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NEWS

Photos / Cut the Cord: Howonquet Resort offers “electronic detox”

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The Howonquet Village & Resort just across the southwest Oregon border in California has created a unique opportunity to “cut the cord, return to the ancient art of verbal communication” and find a reprieve from city stresses.

The resort operators want to “help with your electronic detox.” That’s the goal of Julie McHenry, Manager of the resort.

Situated on the shores of the estuary where the Smith River joins the Pacific Ocean, the Tolowa Dee-ni’ Nation knows the locale as Xaa-wan’-k’wvt.

“Along-There Upon-It, once the location of the Xaa-wan’-k’wvt municipality that provided us with governance, food, housing, and worship,” the tribe describes on the website. For years it was Ship Ashore and Salmon Harbor Resorts. The Tolowa Dee-ni’ nation reacquired the 60 acres in November 2016, and have undertaken a restoration project.

At the resort there are 14 newly remodeled cabins on the shore of the estuary where they invite visitors to enjoy the placid beauty of the estuary, where otters frolic and sea lions sun themselves on the rocks, and you can kayak among them.

The attraction of nature, McHenry and company hope will be enough to convince visitors to deposit their phones in the baskets provided in the rooms for that purpose.

Although the site does have internet, the idea is to put the phones and tablets aside for a while, recognizing the need to spend time apart from those captivating devices.

Electronic screen addiction, also known as screen addiction or digital addiction, has become a growing concern in modern society. It refers to the excessive and compulsive use of electronic devices such as smartphones, tablets, and computers, which, many psychologists and therapists warn, can have various social dangers.

Researchers Jeffrey A. Hall and Dong Liu, in the professional journal Current Opinion In Psychology describe how one of the dangers of digital addiction is the potential erosion of face-to-face social interactions.

Excessive screen time can lead to reduced time spent with family, friends, and colleagues, ultimately impacting the quality of personal relationships. The convenience of digital communication can lead to a preference for virtual interactions over in-person conversations, which might hinder the development of crucial social skills like active listening, empathy, and non-verbal communication, the researchers said.

Furthermore, electronic screen addiction can contribute to feelings of isolation and loneliness. While online platforms offer a way to connect with others, an overreliance on digital interactions can result in a sense of detachment from real-world social circles. This can lead to mental health issues such as depression and anxiety, as genuine human connections are essential for emotional well-being, according to Hall and Liu.

In the professional realm, electronic screen addiction can negatively affect work-life balance. Constant connectivity through devices can blur the boundaries between work and personal life, leading to burnout and reduced productivity. This can strain relationships with colleagues, supervisors, and family members.

Additionally, electronic screen addiction has implications for physical health. Prolonged screen time can contribute to sedentary behavior, leading to a higher risk of obesity and related health issues. This can further impact individuals' confidence and ability to engage in social activities, potentially exacerbating feelings of isolation.

The researchers indicted that hopefully, some time with nature will remind those of us too connected, too online to find a balanced approach that encourages responsible and mindful use of electronic devices and healthy in-person interactions.

For more information about the electronic detox efforts, contact the Howonquet Village & Resort at 707-487-314, or at xvresort.com.

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