



TRY ROSIE'S PIZZA BY-THE-SLICE TODAY

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OPEN:
M & TH 11-6
FRIDAY 11-7
 AT CHEVRON IN CJ
SATURDAY 9-1
 AT GRANTS PASS
 GROWERS' MARKET
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Weather Watch

Cave Junction

Thursday, Jan 19
 Rain
 High --45 Low -- 39

Friday, Jan 20
 Rain
 High -- 46 Low -- 39

Saturday, Jan 21
 Rain
 High -- 44 Low -- 37

Sunday, Jan 22
 Rain
 High -- 45 Low -- 34

Monday, Jan 23
 Chance of Rain
 High -- 48 Low -- 40

Tuesday, Jan 24
 Chance of Rain
 High -- 52 Low -- 32

Wednesday, Jan 25
 Chance of Rain
 High -- 47 Low -- 31

Following are the high & low temperatures, and rainfall recorded at The End of the Road in O'Brien by Cheryl & Harry Johnson:

Jan	High	Low	Rain
6	33.6	12.9	.03
7	38.0	24.3	.79
8	49.1	33.1	3.07
9	40.8	32.6	2.12
10	38.0	36.7	2.39
11	38.9	29.8	1.01
12	39.1	30.4	0.46

Jan Rain: 10.00" YTD Rain: 58.18"

Learn the signs before: Suicide prevention training offered

Judy Hoyle
IVN Contributing Writer

Suicide is the eighth leading cause of death among all age groups in Oregon and is an important public health problem.

Oregon suicide rates have been higher than the national average for the past three decades, and the rate has been increasing since 2000.

It is the second leading cause of death for 10 to 24 year olds in the state, and among Oregon veterans ages 18 to 24 years old, the rate of suicide is almost 10 times higher than for non-veterans in the same age group.

In Josephine County, approximately 18 people die by suicide each year. The county suicide rate of 23 per 100,000 is higher than the state average.

Mental and behavioral health problems, relationship problems with intimate partners, physical health problems and recent criminal/legal problems are the most reported factors surrounding suicide.

Options for Southern Oregon will be offering Applied Suicide Intervention

Skills Training (ASIST) Jan. 26 and 27. The 2-day training will take place 9 a.m. to 4:30 p.m. both days at 1215 SW G Street in Grants Pass. Tuition is \$50, which covers lunches, all materials and a certificate of completion. Scholarships are available.

"This training is for anyone 16 or older, regardless of prior experience, who wants to be able to provide 'suicide first aid.' The ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community," according to Options suicide prevention coordinator Angela Watton.

Family members and friends are generally the first to talk with a person at risk, but may have little training to deal with the situation. ASIST can also help professionals develop "suicide first aid" skills.

In a 2013 study involving ASIST training for suicide crisis line counselors, suicidal individuals showed significant improvement in personal resilience and self-concept, and were less depressed and overwhelmed compared to a wait-list control group.

The training emphasizes helping

a person at risk stay safe. Participants will learn to use the intervention model to identify persons who may be thinking about suicide, help them develop a safe plan and provide follow up.

The training helps participants develop graduated skills through mini-lectures, facilitated discussion, group simulation and role playing.

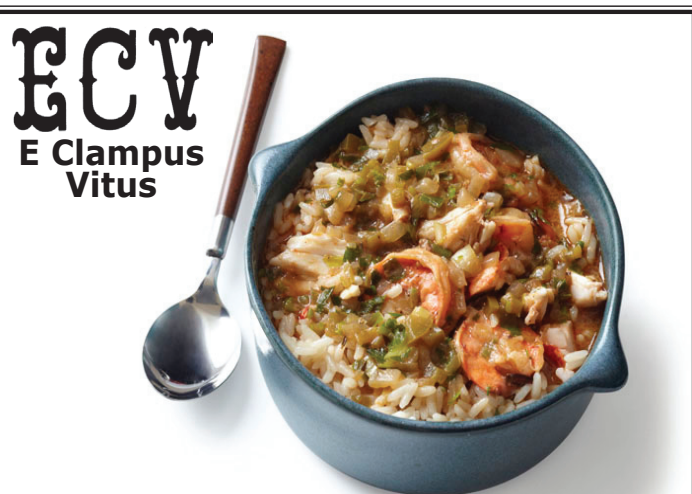
By the end of the training, ASIST participants should be able to identify risk alerts, discuss suicide in a direct manner with someone at risk and demonstrate the skills required to intervene.

Watton pointed out that prevention involves more than suicide first aid. It includes improving community resources, life promotion and self-care skills for caregivers.

CEU's are available for social workers, counselors, educators, medical and public safety professionals. CEU requests are required prior to the training.

Watton is also available to conduct free 1-hour Suicide Prevention Training for groups and businesses.

She can be contacted at 541-244-3153, ext. 3153 or at awatton@optionsonline.org.



SPORTSMAN TAVERN

SUPER BOWL GUMBO
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 FEBRUARY 5 • 2 P.M. - GONE!
 PRIZES & RAFFLES

Guild offers workshop: Online marketing for artists

In today's complex world, developing and constantly expanding, it is a major challenge for individual artists to find a following for their work. In order to accomplish that task, which is critical to increasing sales, artists must introduce their work to many, many people.

In a few short years since taking early retirement from an academic career to become a full-time professional artist, Southern Oregon Guild member Pamela Haunschild has done just that. She has become well-known throughout Southern Oregon and beyond through her workshops and her use of media to develop public

recognition for her art. She will share her methods in a workshop, Online Marketing for Artists, at the Guild Gallery & Art Center in Kerby, Saturday, Jan. 21.

In the workshop, students will create a digital professional newsletter that can be distributed via the Internet. Students will also design a beautiful postcard type handout and a business card, and use of various social media will be discussed as well. Students will come away with a toolkit of marketing materials and information that can significantly expand their public identity and potential sales.

Prior registration is

a must because individuals will be working with either their own laptops or with Guild supplied computers. The more people who can bring their own computers, the more students can be accommodated.

Artists will need photos of some of their work. If they do not already have some quality photographs, a photographer will be on hand at the workshop. Just bring two or three of the best products of your creativity to be photographed.

As anyone who has taken one of Pam Haunschild's workshops knows, she is an excellent teacher. Guild Vice President, Donna Parrish, also

a career educator and an artist, will assist Pam, and class size will be limited, so there will be plenty of individual assistance.

The workshop will be held at the Guild Gallery on the RCC Kerby Campus from 10 a.m. to about 3 p.m., Saturday, Jan. 21. Cost for this special workshop will be just \$10 for Guild members and \$15 for non-members. Lunch will be on your own.

Register on the Guild website at www.southernoregonguild.org or by calling the Guild at 541-592-5019. For further information, call 541-659-3858. See Pam Haunschild's work at pamhaunschild.com.

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