



DRIVE A LITTLE – SAVE A BUNCH!
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Lights,
Comedy,
Laughs!



LIVE STAND-UP COMEDY!
SATURDAY, JUNE 16
Sam Demaris & Phillip Kopczynski
7 pm & 9 pm (21 & Over)
Admission only \$10.
Reserved Seating for this show.

Saturday,
JUNE 16,
at 11:00 am
MOVIE: SHERLOCK
GNOMES [PG]
Sensory Sensitive Show ONLY \$4
Special showing for kids and adults with
Autism or other sensory sensitivities.

Summer Award Program

See 5 movies and get a Small Popcorn and Reg Soda. Pick up a punch card at the box office starting June 15th. See a movie, get a punch. Collect 5 and Redeem.

MILES,

continued from Page A1

described several accidents throughout his biking trips, the worst of which he remembers in Omaha, Neb., last year. He fell and hit his hip, but, he said, pushing harder and continuing the trip helped heal the injury.

Bundy learned about his own endurance during his bike rides. “I learned you can actually push yourself harder than you expect and recover,” he said.

Other incidents aren’t accidents, however. Throughout his trips, Bundy said he’s “run across all kinds of people,” including those driving cars who have hit him and spit on him as they drive past. Bundy said these encounters upset him, but ultimately any kind of response from him could worsen the situation in the moment.

“It’s really hard not to react, but you have to remember you’re on a bike and they’re in a car,” he said.

Bundy describes the bike ride as difficult and strenuous but biking across the country isn’t the most difficult thing he’s ever done. In 1997, a car crash broke his neck and he suffered seven strokes. During his time in the hospital, his mother told him to “make life worth living.” Riding his bike for breast cancer awareness is one way he sees himself fulfilling that advice. He describes his health as back to 90 percent of where it was prior to the crash and says that injury hasn’t impacted his ability to complete the rides. Making a positive impact on others is

a key motivator for Bundy. Throughout his route across the country, he stops to volunteer at Habitat for Humanity ReStores, which provide low-cost home goods and building materials to the communities they serve. He estimates he’s made over 100 volunteering stops over the course of his ride. Despite some of his negative encounters while on the road, he said there are “mostly friendly people throughout

“You can actually push yourself harder than you expect and recover”

— Brent Bundy

the country.” At 50 years old, Bundy thinks he’s getting too old to keep up the pace of the bike rides and, despite saying every year will be his last ride, he thinks this year’s sixth ride will be his last cross-country trip.

CRISIS,

continued from Page A1

death. Unfortunately, we often wait until life doles out a hard lesson before seeking out what we might do to prevent tragedy. I’m weary of tragedy, in my personal life and in the more difficult aspects of my job. It’s why, less than 24 hours before news of Bourdain’s death broke, I was in Corvallis taking a class in mental health first aid for youth.

Developed in Australia, the Mental Health First Aid curriculum is now taught internationally and throughout the United States. It is a free, eight-hour crash course in what to do when someone you know, love, or barely know, is experiencing a mental health crisis. The course is offered occasionally in the Salem-Keizer community but more frequently in Corvallis and Portland. There are courses that focus on adults in addition to the ones that focus on youth as well as Spanish-language options. A full list of upcoming free classes in the area can be found at www.mentalhealthfirstaid.org.

I opted for youth curriculum because I’m the parent of a teenager and because I volunteer with a group of creative writing enthusiasts at McNary High School. I don’t want to be wondering what to do if confronted with a crisis in either circumstance.

Like most things in modern life, Mental Health First Aid has been reduced to an acronym, ALGEE. It stands for: Assess for risk of harm or suicide; Listen non-judgmentally; Give reassurance and information; Encourage professional help; and Encourage self-help and other support strategies.

Assessing is one of the trickier aspects of the technique because, as adults, we are given to chalking up out-of-the-ordinary signs and signals to teenage angst when darker forces might be at play. However, look for physical signs of distress like uncharacteristically high energy, binge activity, excessive crying or long periods of isolation in a bathroom or bedroom. Pay particular attention when those signs present themselves as wild swings in mood or interfere with motivation, appearance,

or social abilities. Listening non-judgmentally is another place where people tend to stumble. Responses to pain we cannot quantify typically fall into neat categories such as telling the person they are wrong to feel what they feel, trying to coach them up by pointing out the things they have going for them or being dismissive of the emotions at play all together.

Instead, maintain eye contact; reiterate what the person is telling you so they know they are being heard and understood. Ask questions about what they are feeling while realizing there are elements to mental crisis, like cultural backgrounds and experiences, that we, as first aiders, have no equivalent for. Acknowledge that what the person is feeling is real, and be empathetic and accepting even though you may not agree.

When giving reassurance and information, focus on hope without making promises. Remind the person that others have found healing and that assistance can come from any number of sources. Instead of telling a someone that “it gets better after [insert current life obstacle],” try telling them that their world is going to get bigger. Refrain from telling the person what they need to do or should do. Look for commonalities between your experiences and theirs. Talk about your experience and invite the person in crisis to talk about theirs and how the two differ. Don’t fixate on outward things like weight, injuries or substance use, try to understand the underlying issues.

Encourage professional help without trying to fix things. There are numerous local avenues for support ranging from hotlines to group therapy. Encourage the person to reach out to one of them. In addition to counselors, psychiatrists, and

primary care physicians, social workers, drug and alcohol specialists, dietitians and certified peer counselors are options. The number for the National Suicide Prevention Lifeline is 1-800-273-8255 (*put it in your phone contact list now*).

Encouraging self-help means identifying the people or activities in the person’s life that might be of the most assistance. Help them explore activities that might bolster their mental health, like regular exercise. Engage family members as well as the person experiencing the crisis. The most important protective factor for a youth against a mental health crisis is feeling close to at least one adult. You may be that person or you might be able to help identify that person. Don’t underestimate your potential impact.

Despite all your preparation, the person you are dealing with may be at wits’ end. If you think there is a chance to intervene, ask the person directly if they are thinking of killing themselves. (*You should practice this before you need to do it in person*). It’s unlikely anyone has killed themselves because someone asked if they are feeling suicidal, the idea was already there, just unvoiced. If they say “no,” ask again. Someone might be able to shrug off the first inquiry, it’s harder the second time.

If they say, “yes,” ask if they have decided how. If they know how, ask if they’ve

decided when. If they know when, ask if they’ve gotten the things they need pull it off. The more answers they have along this line of questioning, the closer they are to a suicide attempt. Be comfortable in silence while waiting for answers. Sit with the person while they talk to someone or until someone else arrives who can relieve you, but do not leave them alone if you believe self-harm or harm to others is imminent.

Finally, if you are concerned that harm is imminent and it’s beyond your abilities, call 9-1-1. You don’t have to walk someone through the whole process, but being there at the right time for the right person can make a difference even if it is only a short contact.

Please don’t take reading this article as a be-all, end-all training. The course takes eight hours to complete and it will leave you feeling better prepared, but there is always more to learn. Mental illness and mental disorders take varying forms and participants in my class were also given a free textbook that detail support strategies for many of them.

It would be disingenuous to think that we might prevent every death by suicide, but suicide rates in the United States have shot up 30 percent in the past 19 years, according to the Centers for Disease Control. Being prepared to have a difficult conversation with someone in crisis might help reverse that trend.

Today in History

Representatives of Great Britain and the United States sign the Oregon Treaty, which settles a long-standing dispute with Britain over who controlled the Oregon territory. The treaty established the 49th parallel from the Rocky Mountains to the Strait of Georgia as the boundary between the United States and British Canada. The United States gained formal control over the future states of Oregon, Washington, Idaho, and Montana, and the British retained Vancouver Island and navigation rights to part of the Columbia River.

— June 15, 1846

Food 4 Thought

“God will not look you over for medals, degrees or diplomas, but for scars.” — *Elbert Hubbard*

The Month Ahead

Friday, June 15

Burger Bash Car Show at Avamere, 5210 River Road N. 11 a.m. to 2 p.m. Show includes raffle, live music, cars and bikes. Food will be available and all proceeds benefit Alzheimer’s research. Coincides with a rummage sale from 10 a.m. to 4 p.m. at the same address.

Salem-Keizer Volcanoes opening night. 6:35 p.m. vs. Tri-City. Postgame fireworks. Tickets available at <https://www.milb.com/salem-keizer>

Family Night at the Southeast Keizer Community Center (Salem Mennonite Church), 1045 Candlewood Drive N.E., 6 to 8 p.m. Games, crafts, and fun family activities are available until 7 p.m. when visitors share a meal prepared by community center volunteers.

Saturday, June 16

Treasure Hunter’s Flea Market and BBQ at the Kroc Center, 1865 Bill Frey Drive in Salem. 9 a.m. to 3 p.m.

Community clean up at Keizer Rapids Park. Join the Rotary Club of Keizer, Comcast, and Oregon Paralyzed Veterans of America from 9 a.m. to noon. Cleaning debris at the orchard.

Sunday, June 17

Happy Father’s Day.

Monday, June 18

Keizer United meeting, 12:15 to 1:30 p.m. McNary room at Keizer Civic Center. Lunch provided, please RSVP to Meredith Mooney, mooneymer@gmail.com.

Keizer City Council meeting, 7 p.m. Keizer Civic Center.

Monday, June 18 – Thursday, June 21

McNary High School boys basketball camp. 9 a.m. to noon for incoming third through fifth graders, 1 to 4 p.m. for sixth through ninth graders. Cost is \$55 and includes a T-shirt.

McNary High School girls basketball camp, 5 to 8 p.m., second through ninth graders. Cost is \$50 and includes a T-shirt.

Tuesday, June 19

Salem Audubon Birding: Ankeny National Wildlife Refuge, 301 Wintel Road South in Jefferson, 7 to 11 a.m. Meet at the Ankeny Hill Overlook.

Keizer Fire District Board meeting, 7 p.m. 661 Chemawa Road N.E.

Thursday, June 21

Science Night for Adults at the Gilbert House Children’s Museum, 6:30 to 9 p.m., 116 Marion Street Northeast in Salem. Enjoy the Matthew Price Band, with adult beverages and food from the Kitchen on Court Street available. “Brewing with Chemistry” presented by Sean Martin of Gilgamesh Brewing will begin at 7:30PM. Learn about brewing from the standpoint of a chemist. The presentation will touch on malting and hop chemistry, as well as yeast metabolism.

Saturday, June 23

Vanfest Northwest, 10 a.m. to 10 p.m. at the Benton County Fairgrounds, 110 Southwest 53rd Street in Corvallis. VanFest Northwest is a music festival that celebrates vintage and modern camper vans, their owners, and the great outdoors.

Pollinator Festival at Dancing Oaks Nursery and Gardens, 10 a.m. to 5 p.m., 1700 Priem Road in Monmouth. Local experts from non-profits will answer questions about pollinators and gardening for pollinators.

Add your event by e-mailing news@keizertimes.com.

sudoku

Enter digits from 1-9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

3	1	7			9	5		2
	2				3			
	5		7			1		
	6			9				
7				5				9
				3			4	
		5			8		2	
			9				8	
8	2	3			4	1	6	

looking back in the KT

5 YEARS AGO

That’s Councilor Freeman to you Keizer’s newest City Councilor, Kim Freeman, was sworn in at a ceremony this week. Freeman replaces Ken LeDuc who resigned in May.

10 YEARS AGO

Timing helped city catch a break on Obama visit A combination of timing and planning ended up with the visit of presidential candidate Barack Obama costing the city an estimated \$800 for extra police officers for about an hour on May 17 2008.

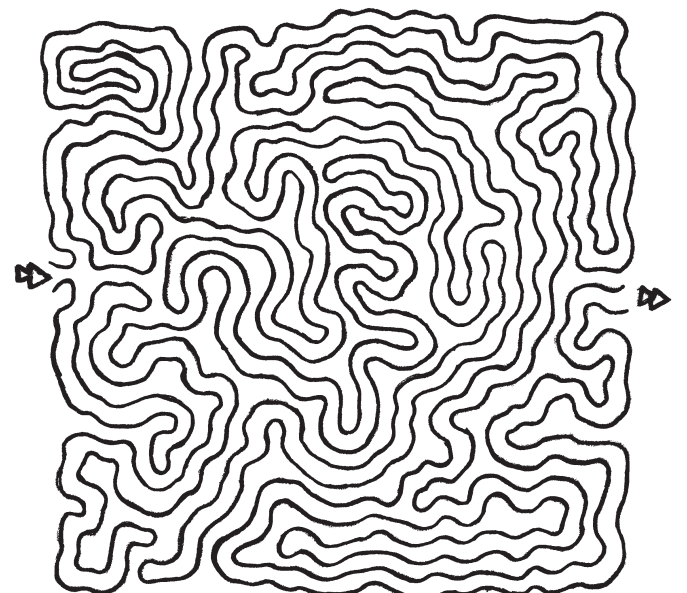
15 YEARS AGO

Keizer babe born in ambulance Keizer EMTs arrived at the home of Denis and Angel Mattson early Monday morning when Angel was on the verge of giving birth. They acted fast and baby Arron Mattson was born on the way to the Salem Hospital.

20 YEARS AGO

Fight with up to 20 people leads to arrests Two people ended up in jail after a Keizer brawl involving as many as 20 people. One suspect had bloody fists and a torn shirt and became hostile when approached by police.

maze



Maze by Jonathan Graf of Keizer

KEIZERTIMES.COM

Web Poll Results

Should the president of the United States be allowed to pardon his/herself?

- 57% – No
- 30% – Depends on the crime
- 11% – Yes
- 2% – No opinion

Vote in a new poll every Thursday!
GO TO KEIZERTIMES.COM

