



DRIVE A LITTLE – SAVE A BUNCH!
3893 COMMERCIAL ST SE • SALEM
MORE INFO AT NORTHERNLIGHTSTHEATREPUB.COM

Sensory  Sensitive Showings

SAT, OCT 5
Toy Story 4
(PG)
11:00 AM
TICKETS ARE JUST \$4
SPECIAL SHOWING FOR KIDS AND ADULTS WITH AUTISM OR OTHER SENSORY SENSITIVITIES.

OPEN CAPTION SHOWING
Aladdin (PG)
Wednesday, Sept 25
6 PM, TICKETS ARE \$4/EACH.
Special showing with captioning shown on screen with the movie.

LIVE STAND UP COMEDY
Lights, Comedy, Laughs!
Saturday, October 12
CHARLIE WIENER & MONICA NEVI will perform at 7pm and 9pm. Admission is only \$10. Ages 21 & over only. Reserved seating for this show. Purchase tickets at box office or at our website.

Today in History

140,000 Polish troops are taken prisoner by the German invaders as Warsaw surrenders to the superior mechanized forces of Hitler’s army. The Poles fought bravely, but were able to hold on for only 26 days. On the heels of its victory, the Germans began a systematic program of terror, murder, and cruelty, executing members of Poland’s middle and upper classes: Doctors, teachers, priests, landowners, and businessmen were rounded up and killed. The Roman Catholic Church, too, was targeted. In one west Poland church diocese alone, 214 priests were shot. And hundreds of thousands more Poles were driven from their homes and relocated east, as Germans settled in the vacated areas.

— *September 27, 1939*

Food 4 Thought

“The right to do something does not mean that doing it is right.”

— *William Safire*, presidential speechwriter and columnist, died Sept. 27, 2009

The Weeks Ahead

Through Saturday, October 12
Willamette University Theatre presents *Men on Boats* by Jaclyn Backhaus. For more details visit willamette.edu/arts/theatre.

Saturday, September 27 – Monday, September 30
Oregon Symphony, led by conductor Carlos Kalmar, presents Brahms’ *Symphony No. 2*, with pianist Garrick Ohlsson. The evening also includes Mozart’s *Piano Concerto No. 25*. Visit www.orsymphonysalem.org to purchase tickets and for more details.

Tuesday, October 1
Free admission all day at Hallie Ford Museum of Art, 700 State Street. Hours are 10 a.m. to 5 p.m.

The Pollinator Conservation Short Course from 9 a.m.-5 p.m. at Minto Island Growers, 3394 Brown Island Road S., Salem, OR 97302, is a full day workshop that focuses on protecting and enhancing population of pollinators, especially bees, in agricultural landscapes. Space is limited. The cost is \$25 and registration fee of \$2.47. Register at tinyurl.com/y62dk8pr.

Thursday, October 3 – Tuesday, October 29
Keizer Art Association, Æs October show is Colors of Autumn. An artists, Æd reception will be held at the Enid Joy Mount Gallery 2-4 p.m. on Saturday, Oct. 5. Gallery hours are 1-4 p.m. Tuesday to Friday and 10 a.m. to 4 p.m. on Saturday. keizerarts.com.

Friday, October 4
The Nightmare Factory opens at 7 p.m. Open Friday and Saturday through November 4. Tickets are \$20 each. nightmarefactorysalem.com.

Saturday, October 5
McNary High School’s class of 1979 will hold their 40-year reunion at the Keizer Civic Center. For more information, go to mcnary79.net or email the reunion committee at mcnaryclassof79@gmail.com.

Sunday, October 6
“Finding the Psalms in Our Hymns” a hymn festival led by Dr. Carl P. Daw, a professor of theology at Boston University. There will be a choir and brass ensemble conducted by Paul Klemme. 4-5 p.m. at St. Paul’s Episcopal Church, 1444 Liberty Street SE, Salem.

Wednesday, October 9
Elsinore Theatre’s Wednesday Film Series presents Alfred Hitchcock’s *Rope*, 2 p.m. and 7 p.m. Admission is \$6 or \$40 for 8 admissions.

Friday, October 11 – Sunday, November 3
Enlightened Theatrics presents *The Rocky Horror Picture Show*. Visit the box office or EnlightenedTheatrics.org for tickets and more information.

Friday – Sunday, October 11 – 13 and Friday – Sunday, October 18 – 20
Sorry, Wrong Number / The Hitchhiker, two one-act plays by Lucille Fletcher. Staged reading at Keizer Homegrown Theatre at the Keizer Cultural Center, 980 Chemawa Rd. N.E. Tickets are \$10; free admission for Oregon Trail card holders. Performances at 7 p.m. Fridays and Saturdays; 2 p.m. on Sundays. Visit Facebook.com/keizerhomegrowntheatre for more information.

Saturday, October 12
The Historic Elsinore Theatre presents Aureum by Halcyon Shows, an aerial and acrobatic adventure tale, 7:30 p.m. Tickets range from \$35 to \$55. elsinoretheatre.com.

Thursday, October 17
McNary Hall of Fame Banquet will be held from 5:30 - 8:30 p.m. at Quality Suites, 5188 Wittenberg Lane, Keizer. Ticket pricing are \$60 for individuals, \$100 for couples, \$350 for a reserved table of seven and event sponsorship is \$1,000. Contact gragg_scott@salkeiz.k12.or.us or visit <http://cm.keizerchamber.com/events/details/mcnary-hall-of-fame-banquet-26716> for more details.

Friday, October 18 – Saturday, November 9
Pentacle theatre presents *Mothers and Sons*. Visit pentacletheatre.org for more information about the play.

Wednesday, October 23
Community dinner at St. Edward Catholic Church, 5 p.m. Free to the public.

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

LGBTQ: Unconditional support is essential



3893 COMMERCIAL ST SE

THIS WEEK’S MOVIE TIMES

47 Meters Uncaged (PG-13)
Fri 6:40, 8:30, Sat 5:00, 8:55, Sun 6:50

Dora and The Lost City of Gold (PG)
Fri 3:50, Sat 11:45, 4:20, 12:25, 2:25

Toy Story 4 (G)
Fri 2:00, 4:10, Sat 12:00, 2:00, 4:00, Sun 12:00, 1:55, 3:50

Spiderman Extended Far From Home (PG-13)
Fri 4:05, 6:15, 8:45, Sat 1:45, 6:00, 8:30, Sun 5:50, 8:20

The Kitchen (R) Sat 6:50, Sun 8:35

Angry Brides Movie 2 (PG)
Fri 2:55, Sun 3:05

Yesterday (PG-13) Fri 8:15, Sun 12:50

Aladdin (PG)
Fri 1:45, 5:50, Sat 12:30, 6:25, Sun 4:25, 7:25

Rocketman (R) Fri 1:30, Sat 8:50

Men in Black: Intn’l (PG-13)
Sun 5:10

FOR ALL SHOWTIMES GO TO NORTHERNLIGHTSTHEATREPUB.COM

(Continued from Page A1)

past year working to bring the Family Acceptance Project to Oregon. The Family Acceptance project is an initiative to educate parents and those who work with kids on the impact of rejecting the identity of their kids when they come out as queer.

The project, created by San Francisco State University, is informed by a study conducted by the university. The study examines the differences in how parents think about and treat their LGBTQ+ kids and how their kids feel about that treatment.

“It has identified a whole series of behaviors that LGBTQ youth experience as rejecting, that families may actually think protect their children,” said Annette Marcus, the state suicide prevention liaison for the alliance.

The Family Acceptance Project study elaborated upon how that dissonance occurs between intention and outcome.

“Many parents believe that the best way to help their gay or transgender children thrive as adults is to help them try to fit in with their heterosexual peers. This may mean trying to change their child’s sexual orientation or gender identity,” the SFSU study authors wrote. “It also often means preventing them from learning about homosexuality or from finding gay or transgender resources to help them develop a positive sense of the future as a gay or transgender adult.”

According to the study, physically abusive behaviors are just as detrimental to a young person’s wellbeing as emotional rejections, like preventing them from learning about queer identities or discouraging kids from making queer friends.

“Parents think they are helping their children survive in a world they feel will never accept them by trying to prevent them from learning about or from being gay. But adolescents feel as if their parents don’t love them, are ashamed of them or even hate them,” the SFSU study found.

Marcus said in her experience at the crossroads of suicide prevention and LGBTQ+ youth, most families don’t really understand the impact their outlook toward their child’s identity can have on them, even if it doesn’t result in physical abuse or abandonment of the child.

“Obviously there’s families out there that have pushed their kids out into the street and done really awful things,” she said. “But mostly families want what’s best for their kids, and don’t understand that they are potentially seriously harming their children” when they make remarks that are disparaging toward their LGBTQ+ kid’s identity.

“When you reject your LGBTQ youth, you are literally putting your child at risk for suicide,” Marcus said.

These rejections of identity go far beyond a child’s perception of their sexuality or gender identity, the study found.

“Young people feel that by rejecting their gay or transgender identity – a very core part of who they are as a person – their parents are rejecting all of who they are. Instead, these very different ideas about how best to help their gay children lead to family conflict and increase the adolescent’s distress and loss of hope,” the SFSU study found.

Rejection of LGBTQ+ kids, the study found, has a lasting impact on the child’s ability to live a healthy and productive life. Among other findings, the report correlated rejection of an LGBTQ+ child’s identity with increased risk of suicide attempts and depression. Youth who are “highly rejected” by their families, the report found, were “more than eight times as likely to have attempted suicide” and “nearly six times as likely to report high levels of depression.”

Acceptance of an LGBTQ+ youth’s identity can’t start once the child comes out as gay or transgender, either. Parents need to be aware that their child can be impacted by the stray homophobic or transphobic comment at any age.

“I think parents need to remember, even when they have a 5-year-old, you don’t know which if one of your children might be gay,” Marcus said. “So the way you’re talking about gays, lesbians, the LGBTQ community – your child could be hearing [those comments] as being about them even when you don’t realize that.”

What’s also notable about the study, Marcus added, is that parents don’t have to be LGBTQ+ advocates to decrease their gay or transgender child’s risk of mental health concerns.

“Even small amounts of being more accepting have proven to have long term beneficial outcomes,” she said.

Family support is crucial for LGBTQ+ young people, who are also twice as likely as their straight and cisgender peers to be bullied at school or threatened with a weapon. The survey also found that LGBTQ+ young people were also “three times as likely to have stayed home from school because they were afraid for their safety at school.”

That makes safe spaces important for young people – both in their own home, but also in places that are specifically geared toward those who identify as they do. These spaces are often not readily available – for example, Salem-Keizer Public Schools only has two active Gay-Straight Alliance clubs. That means parents should take an active role in accepting their children and surrounding them with other supportive people as well.

Surviving a Mental Health Crisis

As more young people struggle with mental health, it becomes even more crucial for bystanders to understand how to support them.

Listen non-judgmentally
Acknowledge that what the person is feeling is real, and be empathetic and accepting even though you may not agree.

Ask about suicidal thoughts
If you think there is a chance to intervene, ask the person directly if they are thinking of killing themselves. If they say “no,” ask again. Someone might be able to shrug off the first inquiry, it’s harder the second time.

Ask about plans
If they say, “yes,” ask if they have decided how, when and if they’ve gotten the things they need to pull it off. The more answers they have, the closer they are to an attempt. Do not leave them alone if you believe self-harm or harm to others is imminent. Call 9-1-1 if it’s too big to handle.

Encourage professional, self-help
Help them explore activities that might bolster their mental health, from therapy to hotlines to regular exercise. The most important protective factor for a youth against a mental health crisis is feeling close to at least one adult. The number for the National Suicide Prevention Lifeline is 1-800-273-8255.

Investigate mental health first aid
Mental Health First Aid 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. A full list of upcoming free classes in the area can be found at www.mentalhealthfirstaid.org.

“For LGBTQ youth to have a network of people who are unequivocally supportive, and had some shared life experience, is just an incredibly important kind of foundation for them for the rest of life,” Marcus said. “Your children want to be celebrated for who they are and it’s important for parents to listen to their children about what their needs are and who they need to have as community.”

When LGBTQ+ young people don’t have that foundation, it impacts their ability to see themselves succeeding later in life.

Due to lasting stigma and ostracization, LGBTQ+ youth can “feel like they don’t have a future, they don’t have hope or their family doesn’t want them, and so having spaces that emphasize their value is really crucial,” Marcus said.

And while Marcus’s work in suicide prevention can be depressing, she said, there’s also an upside: seeing people make it out of the dark places and into a better state of mind. But that doesn’t come without support.

“What we need to be pointing out to young people is their resilience and helping them to see ways to get through the hard time,” Marcus said. “All of us are going to experience hard times, but you can get through them.”

The Family Acceptance Project has created informational materials for parents of LGBTQ+ youth. Those materials can be accessed at family-project.sfsu.edu/

For parents, friends, and allies of LGBTQ+ youth interested in advocacy and support, PFLAG meetings are held the second Monday and fourth Saturday of every month. For more information on the organization and its meeting times, visit PFLAG Salem’s Facebook page.

Next week: Learn about mental health resources available to struggling young people and how adults can use their stories of survival to help today’s teens.

hometown news

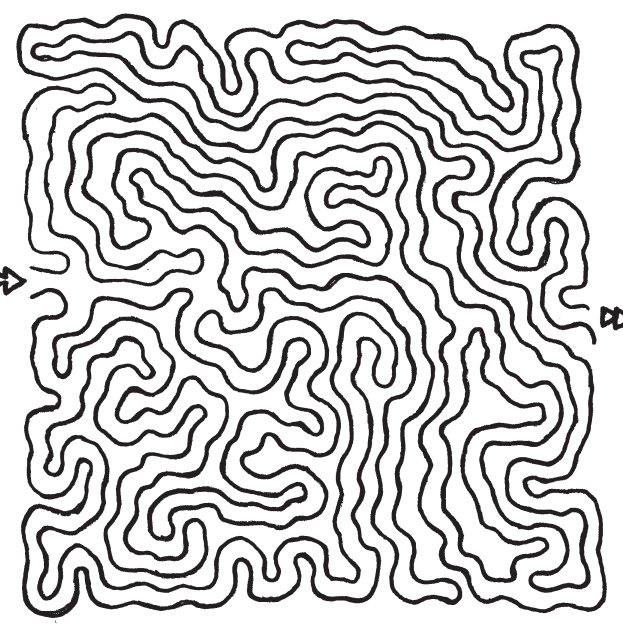
U.S. Air Force Airman Angel L. Hudson graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week, multi-discipline program.

Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Hudson is the daughter of Stacey and Nicole Hudson of Keizer. She is a 2019 graduate of McNary High School.

maze



Maze by Jonathan Graf of Keizer

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.

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