



Joshua Bessex/The Daily Astorian

Capt. Gordon Houston of Seaside Fire and Rescue helps position a flag over Broadway this morning.



R.J. Marx/The Daily Astorian

The flag over the Gearhart fire hall is lowered to half-staff in honor of Sgt. Jason Goodding. Not only family members, but friends and acquaintances can experience debilitating grief.

Goodding: Flags at half-staff

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'Irreplaceable loss'

U.S. Rep. Suzanne Bonamici, state Rep. Deborah Boone and state Sen. Betsy Johnson will also be in attendance.

The Goodding family has asked Johnson to serve as one of the memorialists, Johnson said.

After the shooting, Bonamici posted a statement on her website: "Tragically, a Seaside police officer was killed last night in the line of duty," she said.

"Every day, police officers in Oregon and around the country protect our communities and safeguard our peaceful way of life. Sergeant Goodding gave the ultimate sacrifice to keep our community safe," Bonamici continued. "Our thoughts are with his family, the Seaside police department, and the entire coastal community."

U.S. Sen. Ron Wyden sent a statement to The Daily

'ULTIMATE SACRIFICE'

Sgt. Jason Goodding is the 183rd Oregon law enforcement officer to have died in the line of duty since the first was recorded in the 1880s. The governor's commission has issued the Medal of Ultimate Sacrifice five times since the medal was established in 2012. Those honored include:

- Seaside Police Sgt. Jason Goodding.
- Oregon City Officer Robert A. Libke.
- Eugene Police Officer Christopher Kilcullen.
- Rainier Police Chief Ralph Painter.
- Department of Corrections Officer Buddy Herron.

'Sergeant Goodding served the Seaside Police Department for 13 years, always putting the safety of his community first.'

Gov. Kate Brown

Astorian.

"It's always devastating when a police officer is killed in the line of duty and my heart goes out to Sgt. Goodding's wife and two children for their

irreplaceable loss," Wyden said. "I hope they, and all those fortunate enough to have known Sgt. Goodding, know how much all of Oregon is thinking of them and remembering

how much he accomplished in his life as a dad, husband, coach and very well-respected police officer."

U.S. Sen. Jeff Merkley sent a message of support to the community.

"My thoughts and prayers go out to the family and friends of this dedicated public servant," Merkley said. "This is a terrible tragedy that has rocked this small community and there is no better way to honor Jason's memory than by the community coming together to stand strong against violence."

Brown ordered all flags at public institutions to be flown at half-staff from sunrise to sunset today in honor of Goodding.

"Sergeant Goodding served the Seaside Police Department for 13 years, always putting the safety of his community first," Brown said. "Please join me in keeping Jason's family, friends, and the community of Seaside in your thoughts. His sacrifice will never be forgotten."

Pastor: 'Watch each other, comfort each other'

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"What I'd like to share is the impact on the community as well as the entire police department," Sachs said.

He asked those at the meeting to remember the off-duty police officers who responded and transported Goodding to the hospital. These officers may suffer post-traumatic stress or depression.

"There's a ripple effect," Sachs said. "There's a lot of grief going on in this community, not only with those who responded, but their families."

He asked the group to recall the stages of grief, a model describing the emotional stages experienced by survivors.

"It can happen to all of us because we're human," Sachs said.

He warned of aftereffects both seen and unseen.

"Probably the greatest effect it has is the level of stress you can't see," he said, describing high-blood pressure.

People can learn from watching others' behavior, Sachs said.

"Depression is when people start withdrawing, and they don't act socially like they normally do," he said. "Or they're not talking the way they used

to, or they tear up. Something triggers this sense of mortality."

He asked the audience "to watch each other, comfort each other, but most importantly, I want you to be there to listen. If someone whose style of interaction has changed, that can be a red flag to talk through what's depressing them."

Other outward signs of profound grief are sleeping and eating disorders, he said.

"If people can't sleep through the night, that's got to be checked out," Sachs said. "The other is an eating disorder. People either lose their appetite, they can't eat, or they eat great quantities in order to satisfy or comfort themselves."

"The other is the anger," he said. "I want you to know, it's OK to be angry. It's not OK to get violent, self-destruct and hurt yourself, property or somebody else. If you see that emotion being played out, don't be surprised if someone a week later, a month later, or at an anniversary, that person acts that out."

Sachs said he planned to step away from Seaside this weekend, taking a short getaway in Washington state, his own time to destress.



Jason Goodding

Understanding the value of sacred stories



Tricia Gates Brown
February 18

"An honest, piercing, blunt, lyrical, remarkable writer about the endless chambers of joy and pain in the heart." -Brian Doyle

TO ATTEND:

For Members:
Dinner & Lecture: \$25 ea.
Lecture only: no charge

For Non-Members:
Dinner & Lecture: \$35 ea.
Lecture only: \$15 ea.

Appetizers will be available at 6 p.m.

Dinner will be served at 6:30 p.m.

The speaker will begin after the dinner service is complete and non-dinner members and guests of the audience take their seats.

Forum to be held at the CMH Community Center at 2021 Exchange St., Astoria.



ColumbiaForum

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Holly Larkins at 503.325.3211 ext. 227 or forum@dailyastorian.com by Feb. 15th, 2016

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Working for a strong
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We make a difference together

Each year, CMH caregivers give more than 10,000 volunteer hours and thousands of dollars in donations to our community. CMH raises money each year for worthy community organizations, including United Way, American Cancer Society and March of Dimes. Our caregivers are little league coaches, volunteer firefighters, board members and more.

At home and at work, our caregivers are dedicated to serving our neighbors. That is why CMH offers many programs designed to help those who are uninsured or under-insured. We provide the healthcare you need, when you need it.



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