

PREVENTION from page 1A

According to SAVE, nearly 800,000 people die by suicide worldwide, which is about one self-inflicted death every 40 seconds.

SAVE also reports that while women do take their own lives, nearly 80 percent of successful suicide attempts are made by men, the majority of which are through self-inflicted gunshots.

Closer to home, Florence has experienced a number of high-profile suicides in the past year, including the unexpected death of a well-regarded and admired instructor in the Siuslaw School District, which has elevated the public discussion surrounding suicide locally.

There has also been an increased focus in schools and

workplaces on identifying those individuals who may be at risk of suicide, along with a number of initiatives that have been undertaken to facilitate that effort.

One of those initiatives is being headed up by Dr. Bethany Howe, who will be presenting a suicide prevention training seminar Tuesday, Feb. 25, at The Beachcomber Pub in Florence's Historic Old district.

"We are presenting 'Question, Persuade, Refer' (QPR) suicide prevention training, which is a two-hour course that teaches people how to recognize people in their lives who may be at risk, and how to talk to those people to best get them help," Howe said. "Suicide, as a preventable cause of death, has received a lot more attention in the last few years,

which is good. What I'm not sure many people know, however, is the group that's at the greatest risk are middle-aged males."

Howe said there are a lot of reasons for this, including sociological, environmental, financial and cultural.

"They are reasons that seem so large that people often think 'What can I possibly do?'" Howe said. "Given the stigma that often surrounds even just talking about suicide, most people are missing one of the greatest tools they have for suicide prevention: themselves."

Howe explained that Lane County has one of the highest suicide rates in the state. In any given year, almost as many people die by suicide locally as in Multnomah County, which includes the City of Portland.

"Put simply, those of us in Lane County are losing our friends and family to suicide," Howe said. "As a group of volunteers, the Lane County Suicide Prevention Council is trying to prevent that outcome

wherever we can."

Using a grant from Lane County, Howe said the program is hoping to eliminate the stigma of that conversation, "from Oakridge to Florence, Junction City to Cottage Grove by working with as many people as we can."

The QPR Suicide Prevention Training will touch on different aspects of the suicide issue, including suicide trends in Lane County, warning signs of suicide, intervention strategies and community resources available to assist in this endeavor.

Another attempt at raising the public profile of the suicide problem has been taken by Oregon's U.S. Sen. Ron Wyden, who is currently co-sponsoring bi-partisan legislation called the National Suicide Hotline Designation Act, which would establish a nationwide emergency number for suicide prevention and a mental health crisis hotline.

"Suicide is a public health crisis and requires this urgent step of building upon the suc-

cessful use of a recognized three-digit 9-1-1 number for emergencies," Wyden said about his motivation for introducing the proposed legislation. "Designating a three-digit 9-8-8 number for people in a mental health crisis or who are thinking about suicide is a crucial piece of the targeted response that's needed to save lives in Oregon and nationwide."

In addition to directing the creation of 9-8-8 for the National Suicide Prevention Lifeline, the bill would include the Veterans Crisis Line — 1-800-273-8255, press 1, and www.veteranscrisisline.net — for veteran-specific mental health support and authorize states to collect fees to ensure local call centers can support increased volume.

Howe's workshop at the Beachcomber is going to offer a series of steps that individuals can take to identify — or even prevent — someone they know from attempting suicide, with a somewhat different target audience in mind.

"I decided to approach these trainings different from trainings we've done in the past," Howe explained. "I wanted to get out of the schools, hospitals, fire houses, etc. Not that those aren't fantastic places for these types of trainings; they are. But they also tend to attract the same subset of people. We want to reach the people we haven't yet reached."

To do that, Howe said the program needs to go somewhere different.

"We're discussing something which is serious and, in many ways, uncomfortable — so I wanted to conduct the trainings in places people feel comfortable," said Howe. "The Beachcomber is that kind of place, and I am tremendously grateful for their willingness to host this training."

To pre-register for the free Feb. 25 "Question, Persuade, Refer" suicide prevention training, visit <https://bit.ly/37kTXwK>.

People can also visit preventionlane.org for more information.

87632 North Hwy 101, Florence
541.997.9702

Climate Controlled - Circulating Dehumidified Air 24/7
 Safe & Secure Storage • Cameras & Lighting

We are delighted and grateful that Heceta Self Storage was voted Best Self Storage in Florence!

Thank you for your support!

FLOODPLAIN from page 1A

of community members as it is possible a property may have been determined to be at greater, or lesser, risk of flooding.

The local update of Florence's flood plain maps was prompted by larger scale Federal Emergency Management Agency (FEMA) and Lane County projects to update all of the flood plain maps for

this area. This was done using data and information gathered from satellites to plot potential flood locations with much greater accuracy.

According to Lane County, there are nearly 140,000 acres of land in the county floodplain. This is equivalent to 200 square miles of potentially impacted land. Over 11,000 individual property parcels are partially or entirely located within this floodplain area.

In fact, Lane County has more river miles of floodplain than any other county in the state. Ongoing development along these rivers continues to displace natural areas that have historically functioned

to store flood waters. These changes increase instances of local flooding dramatically.

In order to meet approaching FEMA deadlines for submission of floodplain updates, FarleyCampbell requested the commission approve PC 20 01 IN 01, "New National Flood Insurance Program FIS/FIRM Amendments Initiation."

These updates are primarily designed to allow those living in flood-prone areas to obtain flood insurance from the National Flood Insurance Program at a reasonable cost, according to FarleyCampbell.

See COMMISSION page 9A

OFF BAY STREET BISTRO

Wood burning brick oven Pizzas, calzones, paninis, fish tacos, Crab Caesar, house made desserts, Beer, wine and cocktails. Dinner specials.

OPEN Mon, Thurs, Fri, Sat from 11-8
 Sun, 9:30 - 8 • Closed Tues and Wed
 165 Maple Street, Old Town • 541-590-3569

TheSiuslawNews.com

WEEK #2 WINNERS

LOSE!

to WIN!

TOP 5 Women



DEBBIE HARING 3.13%



LISA MELAINE DALLAS 2.46%



MIKA HUTCHINSON 2.38%



GUADALUPE GALVAN 2.35%



CASSANDRA SOUTHER 2.28%

TOP 5 Men



MATT DANIELSSON 4.80%



JAMES MCKINNEY 2.51%



RON MOORE 2.27%



ED WASCO 2.04%



DAMON FOX 1.18%

| Contestant Name | Weekly % Lost | Season %Lost |
|------------------------|---------------|--------------|
| WOMEN'S RESULTS | | |
| Debbie Haring | 3.13% | 4.81% |
| Lisa Melaine Dallas | 2.46% | 4.80% |
| Mika Hutchinson | 2.38% | 4.48% |
| Guadalupe Galvan | 2.35% | 5.61% |
| Cassandra Souther | 2.28% | 2.72% |
| Kasey Keppol | 1.92% | 4.14% |
| Vickie Hunt | 1.85% | 5.82% |
| Debra Kaiser | 1.67% | 4.42% |
| Katryn Cooper | 1.60% | 4.42% |
| Sherri Mackey | 1.56% | 1.17% |
| Darlynne Acosta | 1.50% | 2.56% |
| Gina Lovato | 1.28% | 1.28% |
| Lori Coffindaffer | 1.22% | 3.04% |
| Nancy Robinson | 1.12% | 2.25% |
| Sue Lindelof | 1.12% | 0.53% |
| Mary Wendling | 1.06% | 0.58% |

| | |
|----------------------|-------|
| Samantha Milbrett | 0.97% |
| Betty Scarbrough | 0.96% |
| Angie Burns | 0.87% |
| Alyssa Cargill | 0.82% |
| Andrea Kramer | 0.81% |
| Siobhan Devaney | 0.80% |
| Linda Crowell | 0.69% |
| Robyn Barrett | 0.66% |
| Patricia Ann Timothy | 0.62% |
| Kelly Moore | 0.54% |
| Noemi Santos | 0.50% |
| Jimi Wade | 0.39% |
| Charlotte Lawrence | 0.38% |
| Kasey Strenke | 0.32% |
| Sharon Dutton | 0.18% |
| Margaret Free | 0.15% |
| Katherine Hemmens | 0.13% |
| Ava Analco | 0.06% |
| Vida Hanks | 0.00% |
| Sonia Munos | 0.00% |

| |
|-------|
| 0.88% |
| 2.79% |
| 8.07% |
| 2.69% |
| 1.21% |
| 2.79% |
| 4.40% |
| 1.18% |
| 3.03% |
| 1.81% |
| 2.58% |
| 2.27% |
| 1.53% |
| 1.60% |
| 4.81% |
| 2.46% |
| 1.40% |
| 2.89% |
| 2.95% |
| 0.84% |

| | |
|----------------------|--------|
| Cassandra Burns | 0.00% |
| Chelsea Anttila | 2.79% |
| Betty Blake | 0.00% |
| Amanda Bryan | 0.00% |
| Evelyne Carson | 0.00% |
| Dahawal Moghe | 0.00% |
| Sheri Ostdiek | 0.00% |
| Kelty Tobinsson | 0.00% |
| Gina Halpin | -0.09% |
| Linda Harklerode | -0.10% |
| Jamie Wilby | -0.11% |
| Tyrah Forbes | -0.22% |
| Mimi Teachout | -0.31% |
| Jo Beaudreau | -0.40% |
| Sharon Osborn | -0.69% |
| Bryd Nelson | -1.19% |
| MEN'S RESULTS | |
| Matt Danielsson | 4.80% |
| James McKinney | 2.51% |

| |
|--------|
| -2.03% |
| 0.77% |
| 0.93% |
| 1.19% |
| 0.61% |
| 0.92% |
| 1.64% |
| -0.41% |
| 1.50% |
| 1.06% |
| 0.67% |
| -0.55% |
| 0.63% |
| 1.11% |
| 0.00% |
| -1.19% |

| | | |
|-------------------|--------|--------|
| Ron Moore | 2.27% | 5.05% |
| Ed Wasco | 2.04% | 2.52% |
| Damon Fox | 1.18% | 4.17% |
| Mack Wade | 0.97% | 4.32% |
| Jose Martinez | 0.92% | 2.59% |
| Tyrell Hunt | 0.89% | 4.20% |
| Lloyd Little | 0.75% | 2.51% |
| Daniel Keppol | 0.72% | 2.86% |
| Franklin Spencer | 0.50% | 4.86% |
| Tom Kramp | 0.49% | 4.87% |
| Justin King | 0.39% | 4.87% |
| Delbert Hanks | 0.00% | 1.78% |
| Jim Hecker | 0.00% | 3.17% |
| Kristopher Keppol | 0.00% | -0.90% |
| Dustin Williams | -0.20% | 4.66% |
| Brad Koehn | -0.38% | 2.51% |
| Al Rojas | -0.46% | 5.15% |
| Bob Weber | -1.03% | 1.72% |
| Wes Mahling | -1.13% | 1.85% |
| Skye McCloud | -1.23% | -1.23% |

OVER \$1,000 IN PRIZES & GIFTS

14-WEEK CONTEST
 February 1 - May 9, 2020

*Weigh in each week at Coastal Fitness & Aquatics
 *2285 Hwy. 101, Florence, each Wednesday,
 7:30a.m.-9:00a.m. -or- 4:30p.m.-6:00p.m.

*Weekly leaders in each category (male & female) will be pictured in the Saturday edition of the Siuslaw News.
 *Look Good - Feel Good!

Contestants understand that participation in the contest may involve inherent risks, dangers and hazards, which many occur without warning, or be due to lack of conditioning, carelessness, and other unforeseen, unidentified, or unexpected perils inherent in physical activities or weight loss programs. Contestants understand that oversight of the contest by the Siuslaw News or any other sponsors does not and cannot guarantee their safety. Contestants understand that they should not participate in the contest if they have any health conditions affecting their ability to participate. Contestants have signed release forms to certify they are fully aware of, and expressly assume these and all other risks involved in participating in the contest, and to grant to the Siuslaw News and all contest sponsors and their respective assignees, the absolute right and permission to use their name, address, photograph and/or likeness in any and all advertising, trade, or promotion. Contestants have weighed in at the first contest weigh-in on January 29 and will weigh-in every Wednesday through May 6, 2020 at the Florence location at Coastal Fitness and Aquatics, 2285 Hwy. 101, Florence.

Diet Tip #2

Have a clear SMART goal; make it Specific, Measurable, Attainable, Realistic and Timely. You'll find more info on setting weight loss goals here:

weigh2live.safefood.eu/planandtrack/tips/goals/

Sponsored by

Siuslaw News
 148 Maple St., Florence
 541-997-3441

PeaceHealth Medical Group
www.peacehealth.org/phmg/florence

Coastal FITNESS & AQUATICS

2285 Hwy. 101, Florence
 541-997-8086