

Kennedy from A1

unit with a wide variety of experience or knowledge of the subject — some completely unaware of the realities of depression and others having attempted to commit suicide — they ended in a similar place of understanding of a complex topic.

For Kennedy student Jaden Hungate, talking about mental health issues was eye-opening and not something he had put much thought into. A new student to Kennedy, he was prepared to not take this lesson seriously.

“I just thought it was a joke. Like we’re going to learn about suicide, what’s the point? But then we spent the day and we learned about it and actually came to an understanding about it. And it’s real,” said Hungate. “People actually die and are so depressed they want to end their life.”

Coming in without an understanding of the realities of the issue, Hungate is a clear example of why this particular lesson is important. For his PSA, he made a red bumper sticker with the words in black and a white trim, that he is looking to get printed to give to students at Kennedy and various businesses around Cottage Grove. It simply states, “Suicide is real.”

A bumper sticker created by AI Kennedy High School student Haley Montoya (left) as part of a special class unite on suicide focused on causes, awareness and prevention; artwork as a PSA created by students Carson Anderson and Theo Stark (below) depicting the sense of isolation often felt by those contemplating suicide.

“We learned about it more, we researched it and I pulled up facts [and] people need to understand that it’s not just something that you can blow over, it’s something real,” said Hungate.

For Hungate’s classmate Haley Montoya, she was well-aware of the all-to-real realities of suicide before learning about it in school.

“I, as a person, have attempted suicide before. I’ve got a lot of treatment, I’m still dealing with it myself and, personally, I want to help other people because it’s not something you should do,” she explained. “In life, it’s kind of like, right now it’s bad but you have to think about the future; it’s really important because if you do kill yourself, there’s so much more opportunities that you don’t have. So it’s a personal thing to me.”

Montoya was committed to creating the best possible project and settled on mak-

ing a bumper sticker. The bumper sticker features the number to the suicide hotline with the phrase “your story isn’t over” next to a semi-colon that is filled with words showing the pain of depression.

“So with the semicolon, when you use it in a sentence it’s like, it’s not the end; you’re continuing. So people use it as, ‘Well, I’m depressed and I want to commit suicide, I’ve attempted, but I’m a survivor because I’m still continuing to this day,’” said Montoya.

For Montoya, this lesson not only got to let her shine in an artistic way but helped start a dialogue about a subject that she feels should be discussed.

“Everyone looks at it like a taboo thing, like, ‘Oh, don’t talk about that, it’s weird.’ I think that if everybody was just kind of open about it, it would be easier,” she said. “So when I share my history with it, I

feel it will help others open up because people usually will talk if they can relate to it so I said that because there are a lot of people who are depressed - they just don’t want to talk about it.”

Across the rest of the classroom, students share their projects that come in different forms. There are videos that were shot and directed on a students’ phone in addition to shirts and a handful of bumper stickers. Carson Anderson and Theo Stark created a picture (drawn by Stark) showing an individual next to a noose that feels isolated and stuck next to a group of people that care for them.

“I have depression and stuff so [this lesson] hit home. It hit hard,” said Anderson. “It’s a valuable message that needs to be put out there.”

There are people who care...

Call the suicide prevention hotline  
1-800-373-TALK

# Worship Directory

- DRAIN:**  
**HOPE U.M.C.**  
131 W “A” St. Drain, OR  
541-315-1617  
Pastor: Lura Kidner-Miesen  
Fellowship & Song: 11:30am  
Potluck Lunch: 12:00pm  
Worship: 12:30pm
- COTTAGE GROVE:**  
**6th & Gibbs Church of Christ**  
195 N. 6th St. • 541-942-3822  
10:00am  
Christian Education:  
Pre-K through 5th  
www.6thandgibbs.com
- Calvary Baptist Church**  
77873 S 6th St • 541-942-4290  
Pastor: Riley Hendricks  
Sunday School: 9:45am  
Worship: 11:00am  
The Journey: Sunday 5:00pm  
Praying Thru Life: Wednesday 6:00pm
- Church of Christ**  
420 Monroe St • 541-942-8565  
Sunday Service: 10:30am
- Cottage Grove Bible Church**  
1200 East Quincy Avenue  
541-942-4771  
Pastor: Bob Singer  
Worship 11am  
Sunday School: 9:45am  
AWANA age 3-8th Grade,  
Wednesdays Sept-May, 6:30pm  
www.cgbible.org
- Cottage Grove Faith Center**  
33761 Row River Rd.  
541-942-4851  
Lead Pastor: Kevin Prueff  
www.cg4.tv  
Full Children’s Ministry available  
Services: 9:00am & 10:45am
- Delight Valley**  
Church of Christ  
33087 Saginaw Rd. East  
541-942-7711 • Pastor: Bob Friend  
Two Services:  
9am - Classic in the Chapel  
10:30am - Contemporary in the Auditorium
- First Baptist Church**  
301 S. 6th St • 541-942-8242  
Pastor: David Chhangle  
Sunday School 9:30am  
Worship Service 11:00am  
Youth Wednesday 6:30pm  
cgfirstbaptist.com
- First Presbyterian Church**  
3rd and Adams St  
541-942-4479  
Rev.: Karen Hill  
Worship: 10:00am  
Sunday School: 10:00am  
fpcgrove.com
- Hope Fellowship**  
United Pentecostal Church  
100 S. Gateway Blvd.  
541-942-2061  
Pastor: Dave Bragg  
Worship: 11:00am Sunday  
Bible Study: 7:00pm Wednesday  
www.hopefellowshipupc.com  
“FINDING HOPE IN YOUR LIFE”
- Living Faith Assembly**  
467 S. 10th St. • 541-942-2612  
Worship Services Sundays: 9a & 11a  
Youth Worship Sundays: 11a (all ages welcome)  
Mondays: 5:30p (6th-12th grades)
- Non-Denominational Church of Christ**  
1041 Penoyer Ave  
541-942-8928  
Preacher: Tony Martin  
Sunday Bible Study: 10:00am  
Sunday Worship: 10:50am & 5:30pm  
www.penoyeravecoc.com
- Old Time Gospel Fellowship**  
103 S. 5th St. • 541-942-4999  
Pastor: Jim Edwards  
Sunday Service: 10:00am  
Join in Traditional Christian Worship
- Our Lady of Perpetual Help and St. Philip Benizi Catholic Churches**  
1025. N. 19th St.  
541-942-3420  
Father John J. Boyle  
Holy Mass:  
Saturday Vigil - 5:30 PM  
Sunday - 10:30 PM  
For weekday and Holy Day of Obligation schedule see website OLPHCG.net  
Confession: 4 PM to 5 PM  
Saturdays or by appointment  
St. Philip Benizi, Creswell  
552 Holbrook Lane  
Sunday 8:30 AM
- St. Andrews Episcopal Church**  
1301 W. Main • 541-767-9050  
Rev. Lawrence Crumb  
“Church with the flags.”  
Worship: Sunday 10:30am  
All Welcome
- Seventh-day Adventist Church**  
820 South 10th Street  
541-942-5213  
Pastor: Kevin Miller  
Bible Study: Saturday, 9:15 am  
Worship Service: Saturday, 10:40  
Mid-week Service: Wednesday, 1:00
- Trinity Lutheran Church**  
6th & Quincy • 541-942-2373  
Pastor: James L. Markus  
Sunday School & Adult Education  
9:15am  
Sunday Worship 10:30 am  
Comm. Kitchen Free Meal Tue & Thur  
5:00pm TLC Groups  
tlccg.com
- United Methodist Church**  
334 Washington • 541-942-3033  
Pastor: Lura Kidner-Miesen  
Worship: 10:30am  
umcgrove.org
- “VICTORY” Country Church**  
913 S. 6th Street • 541-942-5913  
Pastor: Barbara Dockery  
Worship Service: 10:00am  
Message: “WE BELIEVE IN MIRACLES”
- CRESWELL:**  
Creswell Presbyterian Church  
75 S 4th S • 541-895-3419  
Rev. Seth Wheeler  
Adult Sunday School 9:15am  
Sunday Worship Service 10:30 am  
website www.creswellpres.org

Health from A1

names” to avoid being served papers to testify, which may separate them from the children they’re trying to serve.

The process of bringing a child into their family is selective and child-driven, said Dreamer.

Typically, BACA will get a call from a parent or guardian and send a child liaison to vet the family and make sure the group is the right fit to serve the child. If it’s a fit, they let the child choose a road name and patches for their own tailored biker vest.

“So they’re being empowered from the start,” said

Dreamer.

Giving a child that confidence is critical to helping them face their fear. “A lot of times what it is, is it’s a child who’s afraid to speak their truth in court,” Dreamer said. “Either they’re not able to do a forensic interview or they’re afraid someone will hurt them if they tell their truth. ... So what we do is we bring them into our family and we become something bigger and stronger than what they are facing.”

The group serves children as young 3 or 4 years old and teenagers up to 18.

“We work hand-in-hand with other agencies,” said Dreamer.

Dreamer recalled one

case in which a child they brought in was quiet, timid and likely threatened by their victimizer not to speak out.

Empowered by having the BACA members attend the court proceedings, the child was able to speak confidently during examination by the opposing attorney, face the perpetrator and point directly at the accused to say, “You did it.”

Exposure for groups like BACA are made possible by networking events like the Public Health Fair. For more information about events, classes or resources, visit www.frncg.org.

## THE CHURCH OF CHRIST

420 Monroe St.  
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With

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Saturday	(May 4)	5:00 PM
Sunday	(May 5)	10:30 AM & 3:00 PM

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