

Sheriff's department hosts self-defense classes

Situational awareness helps you avoid a bad situation in the first place

By Jolene Guzman
The Itemizer-Observer

DALLAS — We all know texting and driving is dangerous, but what about when you are paying more attention to your phone than what is happening around you in other everyday circumstances?

Polk County Sgt. Jason Ball that is a personal safety risk, a lesson he will teach during the self-defense and situational awareness class for women and girls this Saturday.

That's not just a concern for women, but everyone who is oblivious to the real world when texting or checking on their social media life, he said.

"With the advent of smartphones and social media, people put themselves at risk every day," Ball said. "A couple good examples are just being buried in your cellphone (texting, talking, interacting on social media) while walking to and from your car and com-

Learn more:

What: Personal Protection Training with the Polk County Sheriff's Office.
When: Saturday at 10 to 11:30 a.m.
Where: Academy Building in Dallas, 182 SW Academy St.
For information or to register: segovia.jennifer@co.polk.or.us.

pletely unaware of your surroundings."

He added, while not a personal safety concern, social media updates that make it known people are away from home may lead to home burglaries, as well.

County statistics show domestic and violent crimes rank second and third in Polk County, and many times, the victims of those crimes are women.

The goal of Saturday's class is to help women and girls be more aware of those concerns — and empowering them to fight back if they find themselves in unavoidable danger.

The class, from 10 to 11:30 a.m. at the Academy Building in Dallas, is free to

women and girls. Registration is required.

Situational awareness is the first step, Ball said.

"Self-defense isn't just thwarting an attack, it's about being aware of your surroundings, avoiding situations that sometimes don't occur to people, like parking your car in a dark area in a parking lot," he said.

Added to that are lessons on how to stop an attacker in any situation.

"The hands-on portion or techniques are simply putting tools in the tool box and can be used in any situation whether it's a stranger attack or a spousal attack," Ball said.

The class will put that together to help women learn



PAM KING/for the Itemizer-Observer

Pam King shared this photo on the Itemizer-Observer's Facebook page after Saturday's self-defense and situational awareness class.

how to protect themselves. "Maybe the best vulnerability to discuss is just em-

powering women and giving them the mind set that it's ok to fight and to avoid the

complacency of, 'It's not going to happen to me,'" Ball said.

Child Abuse Prevention month events continue all through April

Itemizer-Observer staff report

POLK COUNTY — Mid-Valley Parenting and Polk County's programs related to child abuse prevention month, launched last week with the Polk County Awareness Walk, and continue throughout April.

Have you considered taking a parenting class?

The knowledge and techniques provided could go a long way to preventing child abuse, county officials say.

"When parents are better educated and they know all the ins and outs of raising kids, it makes things less frustrating, and parents are less likely to potentially engage in some sort of child abuse or neglect," said Brent DeMoe, director of Polk County Family & Community Outreach.

Mid-Valley Parenting offers classes based on your child's age and in communities around the county.

Child care and a free meal are often provided at the seminars and weekly classes.

For more information on classes or to find the class that is right for you, go to www.midvalleyparenting.org.

More events:
• The Confederated Tribes of Grand Ronde's Children & Family Services holds its seventh annual Fun Run/Walk Saturday. Registration starts at 10 a.m.

at the tribal gym, and the race begins at 11:15 a.m.

Lunch follows the race. CTGR Children & Family Service is holding a diaper drive at the event.

For more information: Amanda Mercier, 503-879-2039.

• The Central Community Child Abuse Prevention Walk is at 10 a.m. on April 20 at Henry Hill Education Support Center, 750 S. Fifth St., Independence.

Everyone is welcome and children from Community Action Head Start will join the walk. Bracelets, stickers, temporary tattoos, pinwheels, and other fun items available for the participants.

Wear navy blue to show support for child abuse prevention.

For more information: www.midvalleyparenting.org.

• Dallas' Safe Families for

Children Team is holding the Community Resource Meet & Greet at Pressed Coffee & Wine Bar, 788 Main St., Dallas, on April 27 from 7 to 9 p.m.

The event gives people an opportunity to talk with service provider and learn about resources in the community.

For more information: www.midvalleyparenting.org.

DEADLINES

NEWS DEADLINES

For inclusion in the Wednesday edition of the *Itemizer-Observer*:

Social news (weddings, engagements, anniversaries, births, milestones) — 5 p.m. on Thursday.

Community events — Noon on Friday for both the Community Notebook and Community Calendar.

Letters to the editor — 10 a.m. on Monday.

Obituaries — 4 p.m. on Monday.

ADVERTISING DEADLINES

Retail display ads — 3 p.m. Friday.

Classified display ads — 11 a.m. on Monday.

Classified line ads — Noon on Monday. Classified ads are updated daily on www.polkio.com.

Public notices — Noon on Friday.

CORRECTIONS

The *Polk County Itemizer-Observer* is committed to publishing accurate news, feature and sports reports. If you see anything that requires a correction or clarification, call the newsroom at 503-623-2373 or send an email to ementzer@polkio.com.

WEBSITE

The *Polk County Itemizer-Observer* website, www.polkio.com, is updated each week by Wednesday afternoon. There, you will find nearly every story that appears in the print version of the newspaper, as well as some items, including additional photos, that do not appear in print due to space limitations.

The *Itemizer-Observer* is also on Facebook, Twitter and Instagram. Watch for breaking news, links to stories, sports scores updates and more.

WEATHER

RECORDED	HIGH	LOW	RAIN
April 4.....	59	41	T
April 5.....	61	46	.00
April 6.....	66	47	.22
April 7.....	56	42	.16
April 8.....	53	39	.25
April 9.....	58	36	.18
April 10.....	56	40	.02

Rainfall during April. — 0.83 in.
Rain through April 10 — 27.33 in.

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Matinees are all shows before 6pm. New pricing for matinees are: Adult \$8.00 Children \$7.00 • Senior \$7.25 Pricing does not reflect 3D showings.

Friday - Sunday • April 14 - 16

KONG: SKULL ISLAND (Digital) (PG13)	(12:50)	6:40
LOGAN (Digital) (R)	(3:35)	9:25*
SMURFS: THE LOST VILLAGE (Digital) (PG)	(12:45 3:00 5:15)	7:30 9:45*
BEAUTY & THE BEAST (Digital) (PG)	(12:45 3:50)	6:45 9:40*
POWER RANGERS (Digital) (PG13)	(12:50 3:40)	
THE FATE OF THE FURIOUS (Digital) (PG13)	(1:00 4:00)	6:30 9:30*
THE FATE OF THE FURIOUS (Digital) (PG13)	(12:10 2:30 4:50)	7:10 9:30*
BOSS BABY (Digital) (PG)	(2:30 4:50)	7:10
GHOST IN THE SHELL (Digital) (PG13)	(11:45 2:15 4:45)	7:20 9:50*
GOING IN STYLE (PG13)	(12:25 2:45 5:05)	7:25 9:45*

*Not showing Sunday, April 16.

Monday - Thursday • April 17 - 20

KONG: SKULL ISLAND (Digital) (PG13)	(12:50)	6:40
LOGAN (Digital) (R)	(3:35)	
SMURFS: THE LOST VILLAGE (Digital) (PG)	(12:45 3:00 5:15)	7:30
BEAUTY & THE BEAST (Digital) (PG)	(12:45 3:50)	6:45
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GHOST IN THE SHELL (Digital) (PG13)	(2:15 4:45)	7:20
GOING IN STYLE (PG13)	(12:25 2:45 5:05)	7:25

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◆ Foundation	◆ Repair Walls	4 \$56,500
◆ Electrical	◆ Heating	5 \$61,100
		6 \$65,600
		7 \$70,100
		8 \$74,600

Contact Kelli
Call: 503-831-3173
Email: kburnham@polkcdc.org
657 SW Main St/PO Box 33
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Solution on Page 10A

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

Sudoku
Difficulty: ★★☆☆☆

Row →

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

Three-by-three square →

Column

How to do Sudoku
Fill in the grid so the numbers 1 through 9 appear just once in every column, row, and three-by-three square. See example above.

By Ben Arnoldy

Please, recycle this newspaper.