

Defense: More self-defense classes may be coming

Don't be a victim

Tips for avoiding an attack, or winning if you are attacked:

- Don't fall victim to the mindset of, "It won't happen to me."
 - Park your car in a well-lit area close to your destination.
 - Walk with confidence. The less you look like a victim, the less likely a potential attacker is to choose you.
 - Be aware of your surroundings and stay off your phone when walking to and from your car.
 - Let someone know if you are going for a run or walk, especially if you are exercising alone.
 - Trust your instincts. If something doesn't feel right, don't just write it off. Confront the person or call police. "Even if it turns out to be unfounded, I don't care," Sgt. Jason Ball said. "Give me a chance to respond."
 - Use windows or other reflective surfaces to see what is behind you.
 - Lock your doors.
 - Cut back overgrown shrubs around windows and doors of your home, eliminating hiding spots.
 - It's OK to say no, and say so loud and clear. This accomplishes two things: It lets a potential attacker know that you are going to fight back and lets other people know you are in danger.
 - Carry a weapon: Pepper spray, Taser or a firearm are traditional options, but pens and keys can be used, too. Keep in mind if carrying pepper spray, a Taser or firearm: Make sure you know how to use it. "If you are going to carry a firearm, I think it's incumbent upon you and it's your responsibility to be able to hit what you are aiming at," Ball said.
- The same applies to pepper spray and Tasers. Ball said the worst time to learn to use those tools is during an attack.
- Take an advanced self-defense or martial arts class.
 - Remember there are no rules in self-defense. Biting, scratching, poking and screaming as loud as possible are all fair game.

** Source: Sgt. James Ball*

Continued from Page 1A

Courtney said she believed the most useful techniques are those designed to let you escape a grip, especially one you don't see coming.

Laura Dotson said she's going to have Dorathy and Courtney teach her other two girls what they learned.

"Because bad guys don't discriminate with your age or stature," she said.

Ball said he and Redding

will teach more classes, though they haven't set the dates yet. He said there's a waiting list just as long to take the class.

"I think I get as much out of it as they do. I really enjoy teaching the class," Ball said. "You see women in the class have those kind of moments when they say 'Oh, this is a good technique.' That's when you start building on that self-confidence."



LUKAS EGGEN/Itemizer-Observer

Sgt. Jason Ball, left, and Sgt. Michael Redding, right, help instruct a participant during a self-defense class.



LUKAS EGGEN/Itemizer-Observer

Sgt. Mike Redding leads a women's self-defense class through a technique on Saturday morning.

POLK COUNTY WORSHIP DIRECTORY

DALLAS

Bahá'í Faith - "Ye are the fruits of one tree, and the leaves of one branch. Deal ye one with another with the utmost love and harmony, with friendliness and fellowship." - Bahá'u'lláh. All are warmly invited to an interfaith devotional gathering followed by casual discussion and a light dinner on April 30 at 2:00. This month's theme will be "True Education." You are welcome to share any related quotations, prayers, poems, and songs. For details contact 971-804-5943 or 503-269-3333. More about the Bahá'í Faith: www.bahai.org or www.bahaisofsalem.org

Calvary Chapel Dallas Currently meeting for worship and verse by verse Bible teaching at 628 SE Jefferson St. www.calvarydallasor.com Worship service begins at 10 a.m. on Sunday. Sunday school is available from youth ministry and below to nursery. Wednesday evening cafe-style Old Testament study starting at 6:30 pm. Come join us for a relaxed study around a cup of coffee or drink. Mens prayer is Saturday at 7:30 a.m. Womens Bible studies are scheduled also, call for times. The Pastor/Teacher is Larry King. Come join us and be a part of God's family here in Dallas. For more information call 503-831-1074.

Church of God of Prophecy New Beginnings - 575 SW Ash St., (corner of Ash and Stump St.) Pastor Travis Clemons, 541-671-0375. Bible Study School 10:00 a.m. Morning Worship 11:00 a.m. We welcome all to come and get acquainted with our Pastor and his wife Christina. Home Bible Study 6:00 p.m. Sunday. Associate Pastor Jim Dickason 503-302-9816.

Church of Christ - 691 N.E. Kings Valley Hwy. Sunday Class 9:30 a.m. Worship Service 10:30 a.m. Sunday Afternoon Service 2:00 p.m. Thursday evening Bible Study 7:00 p.m. We follow the New Testament Plan of Salvation in becoming a Christian and the Pattern of the N. T. Church. We would be glad to study the Bible with you and answer any of your questions. We would like to present a very helpful one hour overview of the Bible. Call 503-831-4886.

Dallas Alliance Church - 775 E. Ellendale, Dallas, 503-623-2265, Email office@dallasalliance.org. Lead Pastor Jim Jamieson; and Youth/Children's Pastor Lance Baker; Every Sunday: classes for all ages at 9:15 a.m., Morning Worship at 10:30 a.m., (Nursery provided for a.m. services); Tuesdays: Youth Night 7:00 p.m. in Ediger Hall; Wednesdays: Adult Prayer Meeting 1:00 p.m., Choir practice 6:45 p.m. Call for info on current Bible Studies. Web: dallasalliance.org.

Dallas Church - PO Box 462, Dallas, OR 97338, 503-623-2711. Worship Gatherings: Sundays 10am. Meeting at 450 SE Washington St., Dallas OR 97338. Atmosphere is relaxed, families and children welcome, come as you are, current music & relevant teaching about Jesus. Pastor: Ben Bauman. www.dallaschurch.org

Dallas Foursquare Church - Located at 976 SW Hayter St. on the corner of Washington and Hayter. Worship Service: Sundays at 10am. Youth Group: Sundays 6pm to 8pm. Pastor: Darrin Hausler. We are a multi-generational church with a heart for our community. Our mission is to Love God and Love People to Extend His Kingdom. For more info call us at 503-623-8277 or you can visit us online at dallasfour.com.

Dallas Presbyterian Church invites you: Warm, spirit-filled fellowship with traditional Sunday worship 10:30 am, engaging discussion study groups, prayer "chain" and a loving spirit.—Adult Sunday School 9 am, men's breakfasts Tuesdays at 7 am, women's groups, needle crafts group and Indoor Play Park (for children with accompanying parent). Sensitivity to older adult accessibility and needs. 789 SW Levens, Dallas. 623-3397 dalpreschurch@gmail.com.

Evangelical Bible Church - 1175 S.E. Howe, Dallas 503-623-2331. Senior Pastor Jerry Franz, Visitation Pastor Allan Wiebe, Youth Pastor Nathan Ens. Sunday: Worship *8:00 a.m.; *10:45 a.m.; *6:00 p.m.; Sunday School 9:30 a.m.; High School Youth Group 7:00 p.m.; Thursday: Jr. High Youth Group - 7:00 p.m.; 2nd & 4th Tuesday: MOPS *9:00 a.m.; Wednesday: AWANA - 6:30 p.m.; Prayer Meeting & Bible Study 7:00 p.m.; Thursday: Bible Studies *9:00 a.m. & *7:00 p.m. (women); Thursday Group Bible Study 2:00 p.m. *Nursery care provided.

Faith Evangelical Free Church - 2290 E. Ellendale Ave., Dallas, 503-623-8034; Interim Pastor Derek Olson, Associate Pastor Ed Sutter, Worship Pastor Ted Kitzmiller, Youth Pastor Aaron Swank, Ministry of Children & Family Debbie Davies. Sunday School 9:00 a.m.; Sunday Worship 10:30 a.m., Sunday High School Youth Group 6:30 p.m.; Wednesday Jr. High Youth Group 7:00 p.m. Please call or visit our website for information about other meetings. www.faithfreechurch.org

First Baptist Church - 245 S.W. Church St., Dallas, 503-623-5189; www.gofbc.org; Church Office Hours: Monday, Tuesday & Thursday 6:30 am - 11:30 am; Pastor Rick Bratton 503-551-9561; Sunday School 9:30 a.m., Worship 10:45 a.m., Wednesday Bible Study 6-7 p.m; Everyone Welcome!

First Christian Church - Joyfully Worshipping and Serving 1079 S.E. Jefferson Street, Dallas, 503-623-2569. Pastor Darren Anderson. "Live Wire Worship" with Prayer Team - 8:30 a.m., Adult, Youth & Children Sunday School - 9:30 a.m., Morning Worship - 10:30 a.m. (Nursery provided), Men's Bible Study - Thursday, 8:30 a.m. Christian Women's Fellowship - 2nd Tuesday, 1:00 pm (Grace through June). Please call church office for information about other meetings.

Grace Community Church - 598 E. Ellendale Ave. PO Box 69, Dallas, 503-623-4961. Senior Pastor-Dave Bertolini, Pastor of Worship & Discipleship-Ryan Bucher, Pastor of Student Ministries-Ben Potloff. Sunday Worship: 1st Service-9:00 a.m. with Kids, Youth, & Adult Sunday School running concurrently. 2nd Worship Service-10:45 a.m. with Kids Worship running concurrently. Nursery provided for 0 - 2 year olds during both services. Office open Tuesday-Friday for office hours visit our website at www.graceindallas.org. All are welcome!

Living Hope City Church - 180 SE Mill St., Dallas. Family Worship 10:30 am. Equipping Center & Offices 186 SE Mill St., Dallas. For more information call 503-623-6890.www.livinghopecitychurch.org

Living Word Faith Fellowship - 830 SE Shelton Street, Dallas, 503-623-9062. Pastor Joan Siewert. Sunday Worship 10:00 a.m. Wednesday Worship 7:00 p.m. Children's Sunday service 10:00 a.m., nursery provided. Men's fellowship second Saturday of month breakfast at 8:00 a.m. at Murphy's Restaurant, Dallas. Pastor Michael Van Dyke in charge of men's fellowship. Call for additional information. Website: www.proclaimhim.org

Salt Creek Baptist Church - 15075 Salt Creek Road, Dallas, 503-623-2976. Senior pastor David Curtis. Sunday School 9:30 a.m. Sunday morning Worship 10:50 a.m. Nursery provided for worship services. Classes for all ages. Wednesday Senior High and Middle School Youth at 6:30 p.m. Please call for information about other meetings or visit our website at www.saltcreekchurch.org.

Seventh-Day Adventist Church - 589 SW Birch, P.O. Box 450, Dallas 97338-0450. 503-623-5872. Services on Saturday: 9:30 A.M. Sabbath School Bible Study for all age groups. 10:50 A.M. Worship Service. Office Hours: Monday, Wednesday, Friday, 9 - Noon. Pastor: Lary Brown

St. Thomas Episcopal Church – 1486 SW Levens St., Dallas (at the corner of Levens & Cherry) 503-623-8522. Email: stthomasdallasor@gmail.com www.stthomasdallasor.org 10 AM worship with Holy Eucharist. Father Fred Heard. Sunday School and Nursery Care available during worship. The church has formally adopted a policy of welcoming and fully affirming individuals who are lesbian, gay, bisexual or transgender (LGBT). The new policy formalizes and expands on the church's long-standing tradition of radical hospitality towards all people regardless of race or ethnicity, marital status, disability or socio-economic status. St. Thomas Welcomes you—please join us.

Trinity Lutheran Church - 320 SE Fir Villa Rd, Dallas, 503-623-2233. Interim Pastor - Al Berg. Adult Sunday School 9:00 a.m. Worship Service 10:00 a.m.; Kids Church during 10:00 a.m. Worship. Youth Group HS/MS 11:30 a.m. Sundays. Wednesday evening Contemporary Service 6:30 pm. Free Medical Clinic 1st & 4th Saturday of each month. www.dallastlc.org. Catch us on Facebook.

United Methodist Church – A church with Open Hearts, Open Minds & Open Doors. 565 SE LaCreole Drive, Dallas, 503-623-2481. Rev. J. Quinton Kimbrow, Minister. Worship Service 11 a.m. Sunday School for Adults & Youth, 9:30 a.m. Sunday School for Children during worship service. Child-care available. Handicap access. All are welcome! Email: dallasumc@qwestoffice.net Website: www.sites.umcdallas.com

Valley Life Center (Assemblies of God) - 1795 S.E. Miller Ave., Dallas, 503-623-4116. Lead Pastor: Chris Barker; Associate Pastor: Ted Gibson; Children's Director: Crystal Barker; Youth Director: Kirk Bathke. Sunday Morning Service 10:30 a.m., Wednesday Family Night 6:30 p.m. Please call for more information or visit our website at www.valleylifecenter.com

FALLS CITY

Falls City Christian Church 233 S. Main Street, Falls City, Oregon 97344, 503-787-3104 Sunday Service: 10 am; www.falls-citycc.com

Falls City United Methodist Church - 242 N. Main Street, Falls City, 503-851-3213. Pastor Rebecca Strader. Morning worship Sunday 9:20 am. All denominations are welcome. www.fallscityumc.org

Seventh-Day Adventist Church - 205 N. Main, Falls City 97344, 503-787-3907. Pastor Lary Brown. Sabbath School Sat. 9:30 am-10:40 am; Worship Service 11 am. Community Service Center (Food Bank) third Wed. of each month, noon - 3pm.

INDEPENDENCE

Buena Vista Community Church - 11355 Church St., Buena Vista. Independence. Pastor Larry Lyon. Morning Worship 10:00 a.m.

Cornerstone Church of God - 4395 Independence Hwy, Independence, 503-838-5119. Sunday Service and Children's Church 9:20 a.m. Nursery available. Wednesday Kids Klubs 6:30 p.m.. Thursday Adult Bible Study 6:30 p.m.

First Baptist Church - A warm, friendly church that cares about you! Located at 1505 Monmouth St., Independence (across from Central High School); 503-838-1001. Senior Pastor Michael Parks. Sundays: Worship Service 11 am Wednesdays: AWANA 7 pm (during the school year). Thursdays: Youth Group 6:15pm. Join us for small groups and life groups throughout the week. First Baptist Church has ministries for children, youth, adults, families and seniors, throughout the week. Check us out at www.independencefirstbaptist.com

St. Patrick Parish, Catholic - 1275 E St., Independence. 503-838-5801. Father Henry Guillen Vega Masses Sat., vigil 5 p.m.; Sunday 9:30 a.m. (English), 11 a.m. and 7 p.m. (Spanish); Weekdays Mon, Tues, Wed, & Thurs. 9am, Saturday 7 p.m. (Spanish). Evergreen Nursing Home; Holy Days 9 a.m. (Eng) & 7 p.m. (Eng/Span). Sacrament of Reconciliation: Sat 3:30-4:30 p.m. or by appointment. Religious Education: RCIA Mon 7:00-8:30 p.m.; Mid-High & High School Grades Mon 7:00-8:30p.m.; Grades 1-4 Tues. 7:00-8:30 p.m. WOU Campus Ministry: Mass Sun. 5:00 p.m. at 315 N. Knox St., Monmouth followed by a social hour.

MONMOUTH

Christ The King Christian Church - Meets at 959 Church St. W., Monmouth 7:00 pm Saturday Night. Christ The King Christian Church is a conservative, contemporary, charismatic Biblical Church. At Christ the King we learn: the truths of the Bible, how to live Biblical truths, how to please God, and how to be a blessing to all people. Come and join us as we learn and grow together. Everyone is welcome. Wally Wildman, senior pastor. For more information call 503-623-2262. www.ctkmonmouth.com

Christ's Church Methodist & Presbyterian United - Come care and share with us. 412 Clay St. W, Monmouth, 503-838-1724. Pastor Rebecca Strader. Worship Service 11 a.m. Call for information on small groups.

Church of Christ - 127 N. Heffley St., Monmouth, 503-838-2360. Minister - Jon Siegrist. Sunday School 9:45 a.m., Worship Service 10:45 a.m., Wednesday Service 7 p.m.

Faith Lutheran Church – 200 Monmouth-Independence Hwy., Monmouth (the church with the lighted cross on the "S" curve). Sunday School and Adult Bible Classes 9:00 am; Divine Service of Holy Communion 10:30 am. April 30–Potluck lunch after worship. Everyone is welcome! Pastor Dallas C.R. Dubke. www.FaithLutheranMonmouth.org; 503-838-3459.

Monmouth Christian Church - (503) 838-1145; www.mymcc.cc. Lead Pastor: Sean Bitzer. Pastors: Ulysses Vela, Aaron Barnhart & Mary Weinbender. Sunday Service: 10am in Monmouth (959 Church St.), 11am in Independence (301 S. Main St.); Children's programming from birth to 5th grades every Sunday. Questions? email info@mymcc.cc. Join us this Sunday in person or LIVE online at www.mymcc.cc.

New LIFE Ministries – we're growing in Polk County! CHILDREN'S CHURCH NOW AVAILABLE! We are a God-loving, Bible-believing, non-denominational church body. This church is a little different, in that it's not just a church service, but is all about being a "service church". We strive to seek out and serve the needs of the community. It is our hope that God will use us to make a difference. Come join us! We meet at Henry Hill School 750 S. 5th St. in Independence every Sunday morning at 10:00-11:00 am. Our minister is Marion Seick. Feel free to call us at (503) 871-5207. Please come visit and worship with us this Sunday!"

Praise Assembly 189 Monmouth Ave S., Monmouth (locations in McMinnville and Willamina as well). Our English worship gathering is 11 am on Sundays, followed by a Spanish service at 2 pm. Kid's church available for 12 and under. Youth group meets at 9:30 Sunday morning. Other ministries include: Celebrate Recovery (Tues, 7 pm), College Bible study (Wed, 7 pm), and Spanish Bible study (Thurs, 7 pm). Please check our website for the most up-to-date information, www.praiseonline.net, or call 503-837-0300.

St. Hilda's Episcopal Church 245 Main St. W., Monmouth, 503-838-6087, sthildaschurch.org Sunday Eucharist - 10:00 am followed by Fellowship. Children's Sunday School & Adult Bible Study 9:00 am. Wednesday Worship at 8:00 am and 7:00 pm. Nursery care provided. Call for periodic small groups and celebrations. All are welcome!

Please call 503-623-2373 if you wish to be added to this worship directory.