

Award-winning advocate to speak at suicide forum

Kevin Hines: 'Life is a gift. That's why they call it the present.'

By Richard Hanners
Blue Mountain Eagle



Contributed photo

Motivational speaker and author Kevin Hines will speak at a community forum on suicide at the Grant County Fairground Pavilion on Thursday, Oct. 18, at 6:30 p.m.

A powerful personal story lies behind the motivational message delivered by Kevin Hines, an award-winning global speaker, best-selling author, documentary filmmaker and suicide prevention and mental health advocate. Hines will speak in Grant County Oct. 18.

On Sept. 24, 2000, two years after he was diagnosed with bipolar disorder, Hines attempted to take his own life by jumping from the Golden Gate Bridge in San Francisco, California. Thousands of

people have jumped from the bridge, and less than 1 percent have survived.

Hines, 19 years old at the

time, shattered several vertebrae and lacerated most of his lower organs. A Coast Guard boat rescued him from

the frigid waters, and experimental surgery removed nearly all physical evidence of the fall on his body.

His will to live and stay mentally well has inspired people worldwide. Hines has spoken to high school and college students, clinicians and corporations, military personnel and policymakers.

Hines' first book, "Cracked Not Broken," was released in 2013, and he was featured in the documentary film "The Bridge." He has received numerous awards from mental health organizations and more than 30 U.S. military excellence medals as a civilian.

He told the Eagle he's familiar with Grant County's economic problems and high suicide rate.

"It's a problem sweeping the nation right now," he said.

Hines said he won't be there just to provide rhetoric. He will provide teachable content for people who are

feeling pain and are in a dark moment right now. After 18 years of hard work, he has developed 10 science-informed steps people can follow called "The Art of Wellness."

The steps are not new or special, he said, but they are effective and can be viewed for free on YouTube. He acknowledged that dealing with suicide is not easy. It's about engaging the entire community, at all levels and occupations, he said.

Hines said he firmly believes in his mission and has seen his practices work. It's important to show a commitment to a person and develop interpersonal connections to succeed, he said.

Hines will bring his message of positive attitude during a community forum at 6:30 p.m. Thursday, Oct. 18, at the Grant County Fairgrounds pavilion.

The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email editor@bmeagle.com. For meetings this week, see our list in the classifieds.

THURSDAY, OCT. 11

Grant County Wrestling Club registration and parent meeting

• 6 p.m., Grant Union High School old gym
Registration and a parent meeting starts at 6 p.m. All youths, ages 4-15 (freshman), are welcome to attend. Scholarships are available; contact a board member to learn more. A new girls division will be offered this year. Practice will begin Monday, Oct. 15, in the old gym and runs Mondays through Thursdays. Headgear is required, singlets are provided and some shoes are available to be borrowed.

SATURDAY, OCT. 13

'Be the Difference' training

• 9 a.m. to 3:30 p.m., Grant County Regional Airport
Join us for a six-hour training exploring factors that impact the accessibility and effectiveness of our community services including trauma, poverty and what comes next. Light breakfast and lunch are provided, and door prizes will be awarded. Visit reg.planetreg.com/E979272931475 to register or for more information.

TUESDAY, OCT. 16

Forest health field tour

• 9 a.m. to 2 p.m., OSU Extension Office
For more information or to RSVP, call 541-575-1911.

WEDNESDAY, OCT. 17

'Understanding Alzheimer's and Dementia'

• 1-2:30 p.m., John Day DHS APD Office
An education seminar will be held about Alzheimer's disease and dementia and the different stages, risk factors and the latest research and treatments available. To learn more or register, call 1-800-272-3900.

THURSDAY, OCT. 18

Chamber of Commerce luncheon

• Noon, Outpost restaurant



After the business meeting at 10:30 a.m. at the chamber office, the monthly no-host luncheon will feature guest speaker Paula Gunther, district ranger for North Fork John Day Ranger District. For more information, call Tammy Bremner at 541-575-0547 or stop by the office, 301 W. Main St., John Day.

Dayville Community Fall Festival

• 6 p.m., Dayville Community Hall
For the event benefiting community hall renovations, attendees are asked to bring a salad or dessert, or chili to enter in the chili contest. Cornbread will be provided. Scarecrow winners will be announced. The event features a silent auction, cake walk and apple station. For more information, call 541-987-2188.

Community suicide forum

• 6:30 p.m., Grant County Fairgrounds Pavilion
Residents are invited to attend a forum featuring Kevin Hines, a suicide prevention and mental health advocate, documentary filmmaker and best-selling author. Two years after he was diagnosed with bipolar disorder, Hines attempted to take his life by jumping from the Golden Gate Bridge in 2000. He now travels the world to share his story in the hopes of preventing more suicides and educating people about wellness. For more information, visit kevinhinesstory.com.

SATURDAY, OCT. 13

Veterans information fair

• 2-7 p.m., John Day Elks Lodge
Veterans and families are invited to an event featuring information on a variety of veterans services, including telehealth, readjustment, transportation, legal services and suicide prevention. A free meal will be provided from 4-6 p.m. For more information, call 541-620-8057.



Contributed photo

Blue Mountain Healthcare Foundation President Jack Southworth auctions off items during the annual fundraiser dinner, with Blue Mountain Hospital District CEO Derek Daly in the background. The event is Saturday, Oct. 20, this year.

SATURDAY, OCT. 20

Blue Mountain Healthcare Foundation dinner and auction

• 5:30 p.m., John Day Elks Lodge
The Blue Mountain Healthcare Foundation will host its annual fundraising event, this year with a Halloween theme, "A Boo-tiful Night." Proceeds benefit upgrades and projects in the hospital district. Admission is \$30 per person or two for \$50. Activities include a tri-tip dinner, door prizes, silent and live auctions, games and a costume contest. To RSVP by phone, for more information or to inquire about donations or table sponsors, contact Jena Knowles at 541-575-1311, ext. 2213, or jknowles@bluemountainhospital.org.

FRIDAY, OCT. 26

Benefit dinner to support GIST cancer research

• 4:30 p.m., John Day Golf Club
The golf club is hosting a benefit dinner for gastrointestinal stromal tumor cancer research. There will be two dinner times at 4:30 p.m. and 6 p.m. RSVP by Oct. 17. The cost is \$15, \$25 for a couple and \$7 under the age of 7. Dinner will include pork roast, mashed potatoes, vegetables, salad, bread and dessert.

Attention Grant County Veterans:




Did you know Grant County Veterans Services Officer is available to assist YOU in applying for all VA benefits you may be entitled to?

See your Grant County Veteran Services Officer today for more information.

Katee Hoffman
10am-4pm Monday-Friday • 541-620-8057
530 E. Main, Ste. 5, John Day, OR


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No matter where you're starting from, COUNTRY can help you achieve financial security in retirement. It starts with listening to your situation. Then we help you build a straightforward plan with step-by-step guidance. Call me to get started today.



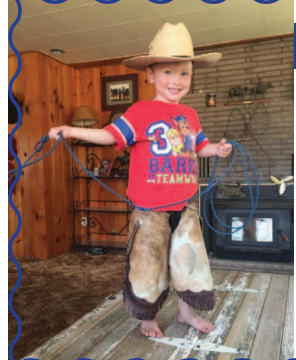
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THANK YOU!

The McCosker Family wishes to express their sincere gratitude to all of the donors, organizers, and community supporters that made Graham's fundraiser such a success!



VETERANS INFORMATION FAIR

WHEN
Oct. 13, 2018
2 pm - 7 pm

WHERE
John Day Elks Lodge
140 NE Dayton St, John Day, OR 97845

FEATURING • Telehealth presentations with Q&A
Bend Vet Center Readjustment Services
Grant County ODVA/VSO services
Transportation Options
Veteran Organizations
Legal Services Available
Suicide Prevention
Free Supper provided by the Elks

VETERANS & FAMILIES


MEAL PROVIDED BY THE ELKS 4-6 PM

SPONSORS
John Day Elks #1824
Grant County VSO
Boise VAMC
Bend Vet Center

BENEFITING
All Veterans
All ERA's
All Branches
AND THEIR FAMILIES

ELKS REMEMBER OUR VETERANS!
For more information contact
Grant County Veterans 541 620-8057

YOU CAN STOP THE CYCLE



OCTOBER 2018 Domestic Violence Awareness & Prevention

Are you or someone you know the victim of physical or emotional abuse? Do you find yourself being abusive toward your partner?

GET HELP TODAY AND COMMIT TO A BETTER LIFE FOR YOURSELF AND YOUR CHILDREN.
NATIONAL DOMESTIC VIOLENCE HOTLINE

HEART OF GRANT COUNTY: 541-620-1342
GRANT COUNTY VICTIM ASSISTANCE PROGRAM: 541-575-4026

CALL NOW OR CONTACT YOUR LOCAL DOMESTIC VIOLENCE CENTER FOR THE HELP YOU NEED TO MAKE A CHANGE.

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