

# Press Release

Contact: Celine Vandervlugt  
Phone: 541.962.1339

FOR IMMEDIATE RELEASE  
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## **Take Responsibility for Your Safety**

(LA GRANDE, OREGON, May 15, 2015): Cook Memorial Library is hosting two free personal safety classes in June, one for adults and one for teens. "Take Responsibility for Your Safety" will be taught by Phillip O'Reilly and Ariel Chiriboga of Northwest Tactical. These classes will provide participants with practical guidance for staying safe in everyday life. The adult class is Thursday, June 4 from 6 to 7:30 p.m. and is open to men and women 18 and over. The teen class is Thursday, June 11 from 3 to 4:30 p.m. and is open to boys and girls in middle and high school. Classes will be held in the library's Community Room at 2006 Fourth Street in La Grande.

Cook Memorial Library is committed to offering free programs for teens that are fun and educational. The teen class is part of their Teen Summer Reading Program. "Personal safety is always a relevant issue for teens. Learning to be conscious of your environment and to make decisions that keep you out of potentially dangerous situations is an important life skill," says Celine Vandervlugt, Teen Services Librarian. "The purpose of this class is not to make teens fearful, but to empower them. All of our teen activities are open to anyone in middle or high school. It's up parents and their teens to decide if they are ready to learn about personal safety."

A great opportunity for adults to refresh or strengthen their knowledge regarding personal safety and situational awareness, the June 4 class will remind adults that simple changes can often make their lives that much safer.

According to instructor, Phillip O'Reilly, "This class is about security issues and about ordering your life to make you less vulnerable to encounters." O'Reilly is a NRA Instructor and licensed Utah CCW Instructor and a Certified Force on Force Instructor from Suarez International, USA with twelve years of teaching and coaching experience. O'Reilly's interest in teaching personal security courses began with martial arts as a teenager and later became serious as his daughters reached adulthood. His priority is on keeping clients out of harm's way in the first place, and then he prepares them psychologically and physically to navigate any unavoidable "hazards." Co-instructor, Ariel Chiriboga, is also a NRA Instructor and licensed Utah CCW Instructor. Chiriboga first became interested in personal protection classes while attending college.

Registration is required for both the teen and adult classes and class size is limited. A signed parental permission form is required for the teen class. Call or visit Cook Memorial Library to register at (541) 962-1339. See Cook Memorial Library's web and Facebook pages for more information on upcoming Summer Reading Program activities.

READ, LEARN, DISCOVER @ your Cook Memorial Library, 2006 4<sup>th</sup> St., La Grande, OR, call 541.962.1339 or visit the library online at [www.cityoflagrande.org/library](http://www.cityoflagrande.org/library).

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