

Get a child seat check-up in Sisters

The Sisters-Camp Sherman Rural Fire Protection District will be hosting a free child car seat checkup event on Saturday, September 24 from 10 a.m. to noon at the Sisters-Camp Sherman Fire Station located at 301 S. Elm St. in downtown Sisters. This event is part of National Child Passenger Safety Week, a movement to draw attention to the fact that car crashes are the leading cause of death for children 13 years of age and younger.

One effort to combat this statistic is to bring awareness to the proper use of car seats for children who are not yet big enough to properly fit in a vehicle seat. Did you know that an average child does not fit properly in a vehicle seat until they are over the age of 8? This means that they are at least four-feet-nine inches tall; their knees bend comfortably over the edge of the seat when their back is flat against the seat and the belt crosses the bony part of their hips and collarbone. According to the National Highway Transportation Safety Administration, in 2014 the age group 4 to 7 had the highest number of fatalities among children. This is the age often associated with booster seat use.

Most parents know that children are supposed to ride rear-facing for the beginning of their life, but for how long? While Oregon state law dictates until the child is at

least one year of age AND 20 pounds, best practice indicates that the child should remain rear-facing until the upper limits of their seat, regardless of how tall they are. Most rear-facing seats are rated to 22 to 30 pounds, which is nearer to when a child turns 2. Some parents worry about a child's comfort with their legs when rear-facing, but it is not really an issue when weighing the benefits versus riding forward facing.

The best-practice approach of waiting to graduate until the upper limits of a seat are met also applies to a child that is in a forward-facing seat after they are turned around. While a child (and parent) may be anxious for a child to "graduate" to the next step, a five-point harness is much safer for a child to use rather than the three-point harness of a vehicle seatbelt. A child can legally move to a booster seat at 40 pounds, but most seats on the market today allow for children up to 65 pounds to be in the harness.

While national statistics indicate that more parents are installing their child's car seat correctly, local technicians still find that most seats need some sort of adjustment when checked at events. Issues include seats installed the wrong direction, seat belts routed through the wrong slots or not locked out, the seat is too small for the child, harness straps routed incorrectly on the seat or buckled loosely. These



ISTOCKPHOTO.COM/BRIANAJACKSON

Kids under four-feet-nine-inches are safest in a properly installed car seat.

issues are easy to correct and don't take much time, but can be fatal if a crash occurs.

Reading the manual for the car seat, as well as the vehicle user manual, are helpful tools that are often overlooked. Car seat technicians are trained to use these tools because each seat can fit each vehicle differently. Engineers designed the child seats and vehicles, and user-friendly was probably not their number-one goal. Take 30 minutes out of your Saturday on September 24 to ensure that your child fits in the vehicle properly. It could save their life.

If you have any questions or would like more information, contact the Sisters-Camp Sherman Fire District at 541-549-0771.

CORRECTION

A front-page story in the September 7 edition of *The Nugget* states that the Forest Service closed the McKenzie Gravel Pit to shooters. That is incorrect. Though the Forest Service has concerns about safety and trash accumulation, and is encouraging shooters to use other locations, the pit is NOT CLOSED.

Shooters are urged to be aware of their surroundings and other users in the forest:

- Know your target and what is beyond: Be absolutely sure you have identified your

target beyond any doubt. Equally important, be aware of the area beyond your target. This means observing your prospective area of fire before you shoot. Never fire in a direction which there are people or any other potential for mishap.

- Only shoot where there is a good backstop.

- Don't shoot toward roads or trails.

- Pack out all target trash, including shotgun shells, fragmented clay pigeons or any targets.

- Do not vandalize signs.

- Spread the responsible-shooting message to others.



PHOTO BY JIM CORNELIUS

The McKenzie Gravel Pit is still open to shooters – but the Forest Service urges them to be safety-conscious in the heavily used area.

Frontiers In Science

MONTHLY SYMPOSIUM IN SISTERS

YOU ARE WHAT YOU EAT! Nutrition and Cancer Prevention

Emily Ho, PhD
 Endowed Director, Moore Family Center for Whole Grain Foods, Nutrition & Preventive Health;
 School of Biological & Population Health Sciences;
 Principal Investigator, Linus Pauling Institute; Oregon State University

Dr. Ho's presentation will focus on the link between diet and cancer risk, and the simple things people can do to decrease their chances of developing the disease by food choices. Cancer is an incredibly complex disease, but for certain cancers, like breast, prostate, and colon cancer, diet could make a big difference in your risk. Many natural compounds found in foods target the same pathways that drugs use to help fight off cancer and other diseases. Cancer-prevention research can be hard to understand, as the results aren't seen right away, but preventing cancer absolutely will save lives. As we find out about what drives the biology of cancer, it is becoming clearer that it's not just genetics that predict your risk. Even if genetics is not in your favor, there are choices you can make with your environment and your food choices that can help you tip that balance favorably that will be discussed throughout the presentation.

Tuesday, September 27
At The Belfry, 302 E. Main Ave., Sisters
One-hour lecture begins at 7 p.m.

Doors open at 6 p.m. for food and beverage.

Admission: \$5;
Science Club Donors, Teachers and Students - FREE

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