

# Interior Secretary supports Oregon dam removal

KLAMATH FALLS (AP) — The U.S. Secretary of Interior supports the removal of four hydroelectric dams on Oregon's Klamath River.

*The Herald & News* reports that Secretary Sally Jewell endorsed the plan Monday in a letter sent to the Federal Energy Regulatory Commission asking it to approve an application for dam demolition.

The dam would also be transferred from its current owner, PacifiCorp, to Klamath River Renewal Corporation, a consortium of federal, state and local officials. That would relieve PacifiCorp of all liability once the dams are decommissioned and removed.

The Klamath County ballot will still contain an up-or-down vote on whether the dams should be removed, but it is mostly symbolic. It could be used as an argument against the project if the vote is overwhelmingly against dam removal.



## Fit For Sisters

Andrew Luscutoff  
Columnist

### Fall fitness

When the days get short and the weather turns chilly, many people find that they'd rather be inside with a hot cup of comfort rather than braving the barrage of the fall season elements. Although daunting, there are options for those who still would like to get their fitness fix during the season.

First, be prepared. If headed outdoors, remember how fast the weather can turn. Bring layers, and expect to have covering for all points of the body. When temperatures drop below 50 degrees, it's important to keep the wind at bay and the moisture out.

Here is an example of proper fall attire: A long-sleeve base layer. Make sure this is a sport-specific designed shirt, this will wick away moisture and dry

quickly; the last thing needed is a sweaty moist shirt which will chafe and feel heavy.

Next, a lightweight merino (or wool blend) sock. Emphasize lightweight, as a bulky sock soon becomes saturated. The wool stays soft, dry, and is incredibly warm. A lightweight cap, gloves, and neck gaiter will also be an essential. These also should be lightweight, to regulate temperature as exercise ramps up and to allow moisture to dry quickly.

Last, the outer layer: a wind-repelling, water-resistant fitted jacket will be a sure-fire solution to keeping the squalls of wind and possible rain showers under control. Keep this lightweight and packable; it may quickly become warm when the sun comes out and the ability to pack this into a pocket is a nice feature.

As far as your feet go, it is important to consider the activity. A slick-soled, mesh tennis shoe will not grip well, or keep the elements out. Consider a trail shoe; these often are designed with the elements in mind. Lugged outsoles provide considerable grip, for a variety of surfaces

We'll face icy mornings in the days ahead. A slip-over

ice-gripper does the job, or for the most dedicated, punching 3/8th-inch sheet metal screws into the sole of your old running shoes will also do the trick.

Soon, the clocks will fall back and daylight will be a precious resource. If you can't get out during the daylight hours, a good light will be essential. Whether the activity is walking the dog, or ripping along on a mountain bike, being able to see — and being seen — will be important. A headlamp allows a hands-free way to light exactly where the eyes are pointed. For a cyclist, city riding will require a headlight and taillight. A blinking taillight is a great way to make sure you're noticed. For the front, a light that shines a bright beam and can be attached to the handlebars is in order.

Cycling-specific lights come with mounts and can be adjusted to direct the beam at the right angle. For a trail light, it's recommended to have 700 lumens at least.

Lumens are a measure of lighting power and 700 will be bright enough to illuminate all the obstacles ahead.

Local bike shops all have them in stock, and can outfit for any level of riding.

Part of this season is change, and it is perfectly acceptable to relax expectations or take a break from the typical sport or activities of the warm season. Trying a new activity or changing it up is a good way to stay motivated, and not fall victim to holding yourself to the standards set before. Enjoy the novelty of a new activity and to give the body a different stimulus. This may result in a better-balanced body, and overuse injury risk will subside. Keep in mind that the gym is also a warm and well-lit place to get some exercise.

Weight training, yoga, and exercise classes all provide a great opportunity to change things up.

Above all, don't let the weather, the season, and the lack of light be an excuse to hibernate for the winter.

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