

Avoid injury in the fall season

Falling leaves, crisper air, pumpkin spiced everything. It must be fall — a time for staying in and being cozy or getting out to enjoy the last bit of sunshine before the rainy season. But while we love fall, it doesn't always love us back.

SAIF's new video demonstrates how loving fall too much can be hazardous to our safety.

"Whether it's lifting a pumpkin that's too heavy, doing yard work, or exercising, there are many risks of getting a sprain or strain during the fall," said Tony Brace, ergonomist at SAIF.

Ergonomic issues are one of the leading causes of injury in Oregon — not just during fall, but year-round. In the last five years, SAIF has received more than 84,000 strains and sprains claims from Oregon workers.

"The good news is that simple changes to your form and posture can ensure you stay safe this season, and all year," said Brace.

Brace offered easy tips for how to avoid injury while doing common fall activities—or while you're at work:

- **Running:** Wet fallen leaves, acorns, pinecones, and downed branches can all pose slip, trip, and fall hazards. If you want to get in some final steps before the weather turns, be sure to watch where you're going and wear good shoes with slip-resistant soles.

- **Cheering for the home team:** Sitting all day in the bleachers can take a toll on your back. Avoid slouching, sit upright, and consider a stadium seat with a back.

- **Picking pumpkins:** Coveting the largest gourd at the patch? Be sure to lift it safely. Keep the load close to the body by standing in front of the pumpkin with one foot along the side and your feet shoulder-width apart.

Keep your chin up and look forward to keep the natural curve in your lower back as you lift.

Flex your knees and avoid deep squatting.

- **Raking leaves:** It may not be everyone's favorite fall activity, but it has to be done. Alter your stance to face the direction you are raking and avoid reaching and twisting when exerting yourself.

More information can be found at saif.com/fallergo.

Commentary...

Sisters can't afford it's own police department

By Laurie Kimmell
Deputy, Multnomah County Sheriff's Dept. (Ret.)

In response to the Sisters City Council Survey regarding local law enforcement: It is not in the best interest for the citizens of Sisters to form a municipal police department.

Re-creating our own City of Sisters Police Department would be very expensive. We would need a police chief, at least three field supervisors working various shifts, and at least six to eight police officers.

These police officers would have to go to the police academy, go through four phases of training which include a coach per officer. The force would equate to approximately six officers, working 8-hour shifts, forty hours per week, with full coverage. Also, overtime, and a supervisor (Sgt. or Lt.) assigned to oversee them or using the existing supervisors from their cities. We would also need to purchase vehicles (a six-car minimum) bicycles, and other pertinent equipment. (Purchasing old prowl cars with high mileage from other departments isn't an option for a quick response). Arrestees would have to be transported from the scene of the crime to the Deschutes County jail.

The City of Sisters would have to offer competitive wage, vacation, and benefit packages as well as hiring support staff. The City of Sisters does not have a crime lab, criminalists, detectives, or an evidence room. The City of Sisters would have to build the infrastructure for a local force.

Is establishing a city police force really going to provide us with better service, and at what cost? Expanding the city limits with the anticipation of collecting additional tax revenue to fund is not fiscally sound.

The Oregon Legislature just passed \$3 billion in new taxes, which would be an average increase of \$2,307 per family. A City of Sisters police officer would cost on average \$100,000 per year for pay, training, and benefits. Establishing a new force could be a cost of approximately \$3 to \$4 million without adding costs for a new physical plant.

I had the pleasure of knowing some former City of Sisters police officers. The local department did not have the strength to give time off when officers requested. The wage and benefit package was not competitive with other local law enforcement. The officers found other employment with either Deschutes County or the City of Bend after approximately 36 months. The City of Sisters was not competitive in wages, training, coverage, labor relations or benefits.

Presently, we have contracted with Deschutes County Sheriff for law enforcement and animal control. They have provided a quick response and a law enforcement presence in Sisters. The contract with Deschutes County just needs to be more specific. The previous city council did not know how to write a specific law enforcement contract for Sisters. Does the present city council know how to do so?

Gone are the days when the Town Marshal Fred Painter was the only local law enforcement needed in Sisters.

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Author releases book on hiking in JeffCo

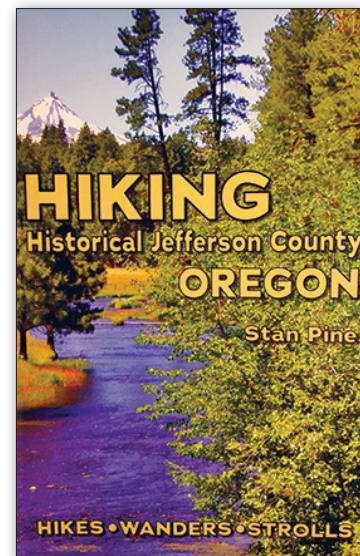
Stan Pine has released a book featuring 130 "hikes, wanders and strolls" in Jefferson County.

The book, "Hiking Historical Jefferson County," will be available at the Camp Sherman Store on Friday, October 4; the author will host a signing there on Saturday at 1 p.m.

"I lived in Jefferson County from 1976 to 2008," Pine said, "living a few years in Gateway, but mostly in Madras. While in Madras, I started as a special education teacher with the Jefferson County School District 509-J, then worked with the Jefferson County ESD serving as an evaluation specialist for all the county schools (Ashwood, 509-J, Culver and Black Butte)."

Being a history buff, Pine began collecting historical information in hopes of writing a book about the history of the county.

"At that time there was very little out about historic Jefferson County other than 'Jefferson County Reminisces,'" he said. "Then Steve Lent wrote his excellent book, 'Central Oregon Names



and Places, Jefferson County' and that was the end of that. Later friends who I hiked with suggested I combine the history with the many hiking trails we had hiked. I began collecting hikes from throughout the county and 20 years later, here is my book."

The hikes are fully described so that all levels of strollers and hikers can determine which hikes, strolls or wanders match their level of ability while learning a little history of each area. All driving directions are either from Madras or Sisters and include mileage and time estimations for the hikes.

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