



VOTE **JAN CLEMENTS** FOR **SHERIFF**



Qualified

Jan Clements has over 17 years of police management experience, and a total of 23 years as a sworn officer. Jan is a 1986 graduate of the FBI national Academy. The Board on Public Safety Standards and Training has granted him an Executive Certificate and verified his qualifications for the position of Sheriff.



Trustworthy

You can depend on Jan Clements to tell you the truth and to keep his word. Four of the county's major law enforcement officer organizations representing over 375 law enforcement employees have endorsed Jan Clements because they trust Jan to get the job done. A vote for Jan Clements is a vote for integrity.



Tough on Crime

Jan Clements will end the routine daily unsupervised release of prisoners from the jail. Jan will improve rural patrols.



Tight with your Tax Dollars

Jan Clements will spend tax dollars wisely! Jan will coordinate resources and services with other agencies and will not duplicate existing services.

The May 6th Eugene Register Guard Editorial Board endorsed Jan Clements saying, "... there's enough evidence of a need for new blood in the position to justify making a change. Lane County voters should elect Jan Clements Sheriff."

Authorized by the Committee to Elect Jan Clements Sheriff, 1991 Garden Ave. Eugene, Oregon, 97403
- Mark Woller, Treasurer -

Prevention: Class teaches basic safety techniques

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the only students. Tony, an OPS officer, was taking it as part of the required training to be an attacker for the class.

The first part of the R.A.D. (Rape Aggression Defense) class focused on personal safety and how not to become a victim. A lot of personal defense depends on the mind set of the person being attacked. You can either be a victim or a survivor. We were learning how to be survivors.

When I was told we were actually going to fight with an assailant, I had second thoughts. I do not have much physical strength. My family didn't nickname me "noodle arms" for nothing.

First, we learned to stand in a basic defensive position. Officer Guse took us through the punches step by step. We learned to yell "No!" with every punch. Remember to yell, not scream. A victim screams but a survivor yells.

After nine hours of practice, phrases like "sweep kick," "hammer fist," "extended knuckles" and "knee strike" became familiar, and the moves were becoming automatic.

By the fourth class we were

ready for the real thing. Tony, the OPS officer who had agreed to play the attacker, put on layers of protective pads. I couldn't help but laugh when he put on a large black pad that strongly resembled a diaper.

Suited up like American Gladiators in Styrofoam helmets, gloves and rubber mouth guards, Kristin and I prepared to fight the assailant. At first, it was a little scary to have someone come up and grab me. But I remembered what Nancy had stressed over and over again, "Just don't panic. You can, and you will survive."

There is no way to explain the way I felt when I threw the first punch and felt it connect. For the first time, I realized I wasn't weak and defenseless. I could fight off an attacker and win.

I suggest that every woman take a self-defense course. The R.A.D. program, which will be offered by the Office of Public Safety every term, uses basic movements for defense. There is nothing complicated or intricate. It is something anyone can learn to do successfully.

For more information, call Bob Guse at the Office of Public Safety at 346-5444.

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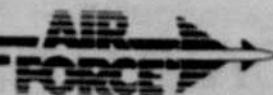
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