

Donation will help KFD firefighters stay in shape

Keizer firefighters have been working out on shift at the fire station for years.

As part of the work day firefighters are permitted time while at work to build their physical strength, increase cardiovascular health and reduce stress.

The challenge has become maintaining adequate space and fitness equipment. Each day there are eight firefighter/paramedics on a 24-hour shift, plus six daytime positions that utilize the fitness room. They have to share one treadmill, two elliptical machines, and minimal weight equipment. The area becomes crowded very quickly and often something is out of service waiting for repair.

A solution recently presented itself for Keizer firefighters in the form of an anonymous donation. The donor has gifted the fire district a three year membership to BFit Gym in Keizer.

After consideration the Fire District Board of Directors and Fire Chief Jeff Cowan felt it will be the perfect solution. It would reduce the strain on the aging fitness equipment at the fire station, allow on-duty firefighters to work out at the same time, provide expert guid-

ance from fitness professionals, and increase the variety of workouts firefighters can do. This would all occur without increasing the fire engine or ambulance's response times to an emergency, there would be no cost to the fire district, and it would assist Keizer firefighters with improving their health and wellness.

"Keizer fire personnel are constantly working to improve ourselves on many levels," KFD wrote in a press release. "Increasing our personal fitness is just one more way we can serve our community to the best of our abilities. We are thankful for this opportunity and the communities' continued support."

In 2015, 68 firefighters across the country lost their lives while on-duty, 51% were cardiac related, according to the National Fire Protection Association.

Two decades ago the International Association of Firefighters (IAFF) and the International Association of Fire Chiefs (IAFC) developed a Wellness-Fitness task force to reduce not only cardiac events in firefighters, but also to reduce injury. Firefighters are at an increased risk for back, knee, and shoulder injuries due to the rigorous physical requirements of the job.



Bronco band visits MHS



The Boise State University Band played before the McNary High School varsity football team's game Friday, Sept. 23. KEIZERTIMES/Derek Wiley

Food trucks to invade Log House Garden

Log House Garden and the Oregon Food Truck Association are sponsoring Truck or Treat, a community event to raise funds for Shangri-La. The event is on Oct. 28 from 5 p.m. to 9 p.m. The fundraiser will be located at 5655 Wind-

sor Island Road.

There will be food offerings from thirteen different trucks. Two bands, Ray Beltran and Gail Gage Jazz, will also be performing at the event. Entertainment for kids will be available.

The admittance fee is \$4 for adults, \$10 for families, and free for kids 12 and under.

Shangri-La is dedicated to serving people with disabilities and disadvantages and helping them achieve their potential.

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One of Keizer's most beloved teachers has joined her husband in serving our community's real estate needs.

Carolyn Ream has joined her husband Ken to form The Dream Team with John L. Scott Real Estate's west Salem office.

Carolyn and Ken have been serving the Keizer community for more than 34 years in various capacities.

The Reams believe the fundamental basis for a good working relationship with their clients is honest, openness and great communication.

"This is what we bring to you each and everyday in the real estate market," said Carolyn. "The process of selling or buying a home can very stressful and an inconvenient time of your time; we understand this. It is our job to make this experience go smoothly."

Carolyn and Ken promise to do more than just list their client's home and or help them buy a new one.

"We help with every aspect that you may encounter," said Ken.

John L. Scott Real Estate is located at 1124 Cornucopia St. NW. The office phone number is 503-399-0089.

Carolyn can be reached at 503-551-3656, Ken can be reached at 503-881-5335.

You can find them on the Internet at ReamRealEstate.com.

As Carolyn and Ken say: "Let our TEAMWORK make your DREAM WORK!"

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