

New owners, new space for Keizer gym



KEIZERTIMES/ERIC A. HOWALD

Personal trainer Cameron Tadlock, one of the new Snap Fitness franchise owners in Keizer, shows off new space inside the gym.

By ERIC A. HOWALD Of the Keizertimes

Keizer's Snap Fitness location has new owners and will unveil a new expansion at 10 a.m. Saturday, Jan. 26.

Personal trainers Cameron Tadlock and Carrie Strong recently purchased the franchise location from the previous owner and have added nearly 1,500 square feet of "functional fitness" space.

"The stuff we have in there is colorful and fun and its the perfect way to supplement the regular gym stuff. Looks more like a daycare center for adults," said Tadlock.

Functional fitness focuses on balance and coordination through movements like kneeling, squatting, running, jumping and more. It's completing the circuit found in traditional gyms that focus on cardio and lifting, Tadlock said.

The new space will have seven stations

outfitted with equipment like punching bags, sandbags, tire flips and battle ropes. It also has 57 feet of turf surface and a sled push.

"I am so unbelievably excited. When I got into fitness, I was so bored. You're stuck between science and very creative marketing. I think most gyms are done wrong, we're supposed to be here to help people," Tadlock said.

Tadlock became a certified trainer almost 10 years ago after a career in retail management. While working in construction, a friend encouraged him to go to a gym and he dropped 70 pounds and it put him on a new path.

He's been part the Keizer Snap Fitness location, 5442 River Road N., since 2011.

In addition to the new space, Keizer's Snap Fitness offers cardio and weight machines, personal training and a special room where members can cue up one of more than 350 training programs on demand.

For more information, call 503-400-6344.

Planning Commission looks to a more proactive 2019

By ERIC A. HOWALD Of the Keizertimes

In the midst of numerous conversations about growth in Keizer, the city's Planning Commission is expecting a busy year.

In that widening gyre, Commissioner Garry Whalen urged fellow commissioners to approach their tasks with a different mindset.

"This is a great time for us to think about what we want to be. We have a chance to look at Keizer's future and what it will be for our kids and grandkids," Whalen said. "We can direct questions to city staff rather than reacting to staff reports and questions."

Whalen, who chairs the committee, said his thoughts on the matter were prompted by looking at the commission's upcoming slate of growth-centered projects.

"We're not required to grow outside the current UGB and I don't think it should be automatic that bigger is better," he

said.

Keizer Development Director Nate Brown said city staff will be looking to the commissioners this year to "grind through" a number of expected reports the city will use to determine how to grow.

"When we start talking about potentially limiting access along River Road, there is no business that is going to be okay with that, and we will need your help," Brown said.

The Keizer Planning Commission holds a unique place among the city's various committee and task forces in that it is the only one required to exist under Oregon law and that mandate comes with specific guidelines regarding the make-up of the commission.

While much of the conversation in city's guiding offices has revolved around expanding the Urban Growth Boundary, Whalen said the city is only required, under land use rules, to encourage enough housing for the expected growth.

"I think we can grow without expanding, and I think it falls to us to think through this and determine how we align with city council and staff," he said.

He also referenced the lack of jobs in the community. Keizer has a meager jobs-to-household ratio. A balanced ratio is considered slightly more than one job per household. Keizer has .48 jobs per household and more than a third of them are in the retail sector. Economists suggest ideal communities have about 10 percent of their jobs in retail.

"There is a number of small business and then grocery stores and things like that to sell us needed goods, but we don't really have a jobs space. We need to find a way to attract jobs and figure out where to place those jobs," Whalen said.

Brown said the ramped-up interest in growth might mean meeting on different days, but commissioners agreed to being flexible.

KFD plans work session on 5-year strategic plan

There will be a public work session of the Keizer Fire District Board of Directors on Saturday, Feb. 2

The session will begin

at 8:30 a.m. at the Keizer Fire Station (661 Chemawa Road NE, Keizer, Oregon).

Strategic planning (five-year forecast) will be the

main topic of discussion.

Upon request, auxiliary aids and/or special services will be provided. To request services, please contact the District office at 503-390-9111 or Oregon Relay at 1-800-735-2900 at least two working days (48 hours) in advance.

Additional information on the meeting can be obtained by calling the District's business office at 503-390-9111.

2019 Street Sweeping Schedule

Sweeping Dates of Every Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
7	8	9	11	14	15	16	17					
4	5	6	7	11	12	13	14					
4	5	6	7	11	12	13	14					
1	2	3	4	8	9	10	11					
6	7	8	9	13	14	15	16					
3	4	5	6	10	11	12	13					
1	2	3	4	8	9	10	11					
5	6	7	8	12	13	14	15					
2	3	4	5	9	10	11	12					
7	8	9	10	14	15	16	17					
4	5	6	7	11	12	13	14					
2	3	4	5	9	10	11	12					

If your street is not swept (due to weather, holidays, or mechanical breakdown) it will be swept on the following Friday.

Frontier

Authorized Sales Agent

Serious speed! Bundle and save today! Daily Download Only

Save with Frontier Internet Bundles. Pay one price for everything you need. High-speed internet and a full featured home phone.

19.99

67.97

Call today and pay less 855-972-6641

You can't get 85 from a buffalo!

Your Family Deserves The BEST Technology... Value... TV!...

\$59.99 MONTH for 24 months

Upgrade to the Hopper 3 Smart HD DVR

Add High Speed Internet \$14.95 a/mo.

190 Channels

CALL TODAY Save 20%! 1-866-373-9175

Imagine The Difference You Can Make DONATE YOUR CAR

1-844-533-9173

FREE TOWING TAX DEDUCTIBLE

Help Prevent Blindness Get A Vision Screening Annually

Heritage for the Blind

Ask About A FREE 3 Day Vacation Voucher To Over 20 Destinations!!!

CROWN MEMORIAL CENTERS CREMATION & BURIAL

A New Tradition

Salem 412 Lancaster Drive NE Salem, OR 97301 (503) 581-6265

Low Cost Cremation & Burial Funerals & Memorials

Simple Direct Cremation \$595
Simple Direct Burial \$895
Traditional Funeral \$2,965

Discount priced Caskets, Urns and other Memorial items.

Privately owned cremation facility. Locally owned and operated by Oregon families.

www.ANewTradition.com

MOUTH WATERING BURGERS

Adam's Rib Smoke House

AVAILABLE NOW AT OUR NORTH LOCATION

North Salem • 2505 Liberty St NE • 503.689.1082
Downtown Salem • 1210 State St • 503.362.2194

EARTHLINK INTERNET

High Speed Internet

Get Connected for as low as \$14.95/mo. or \$49.99/mo.

CONTACT YOUR LOCAL AUTHORIZED RETAILER 855-977-9436

DENTAL Insurance

Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- If you're over 50, you can get coverage for about \$1 a day*
- Keep your own dentist! You can go to any dentist you want
- NO annual or lifetime cap on the cash benefits you can receive
- No wait for preventive care and no deductibles - you could get a checkup tomorrow
- Coverage for over 350 procedures including cleanings, exams, fillings, crowns... even dentures

FREE Information Kit 1-877-599-0125 www.dental50plus.com/25

HEAT & GLO

No one builds a better fire

6000 Modern Gas Fireplace

Trade Ally of Energy Trust of Oregon

As an Energy Trust of Oregon trade ally, we can help you access cash incentives to make it easier to improve your home's energy efficiency.

Your Fire. Your Way.

This modern model evolved from the most award-winning contemporary gas fireplaces ever made, the 6000 Series. Artistic flames rise through glass media, radiating within a reflective fluted black glass interior. Clean lines frame this elegant twist on tradition.

SAVE UP TO \$200 on Heat & Glo Fireplaces, Stoves & Inserts. Claim Your Savings Today!

Home FIRE STOVE GRILL CITY

1695 Market St NE, Salem CCB#48630 • 503.364.6339 homefirestove.com salemgrill.com

SERVICE & INSTALLATION Wood, Gas, Pellet Fireplaces, Stoves, Inserts