

MINORITY,

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people who have alternatives. If Democrats want to go this direction, I want to know what the alternatives are."

Post is again trying to free up allergy sufferers to purchase Sudafed-type medication without seeing a doctor for a prescription. Oregon's restrictions on Sudafed are some of the strictest in the nation while other states keep the medication behind the

counter and allow purchase of the medication as long as the consumer presents a photo ID.

Post has new hope for the bill, which has failed previously, because it appears to have the support of House Speaker Tina Kotek.

"All the legislators are tired of driving to Vancouver for Sudafed," Post said.

Thatcher is also returning with another attempt to mandate that Oregon honor concealed carry licenses issued in other states. Rather than a blanket reciprocity for any

license issued in another state, this time she's focusing on states already offering reciprocity to Oregon concealed license holders.

Post is pushing for a new \$2 million allotment for recipients of SNAP and TANF benefits. He knows it isn't going to be popular with some of his constituents, but he's heard from many families who are running out of money for basic needs like diapers before the end of the month.

Another bill that even Post admits is something of

a surprise for him, is one that would give certain youth offenders a chance for a sentencing review before being transferred to adult facilities.

"I've spent a lot of time hanging out with the youth at McLaren as part of my church (Salem Evangelical), and I've met enough of these guys who can say they were being idiots or made a mistake. I have a young man in my mind who deserves a break, and this is coming from a hard-on-criminals guy," Post said.

While they are still waiting to see what other major issues rise to the surface, one issue they are united in standing against are gun control efforts including a proposed limit on ammunition sales and outlawing magazines with a capacity of more than five rounds.

"Only allowing someone 20 rounds a month limits people's ability to be proficient with

their weapons. That's a safety issue for me," Post said.

"There are the perennial bills that whittle away at people's constitutional rights. Every right is abused and people get hurt over it. There will always be those people, it's not the tool," Thatcher said.

All of the work will be taking place against a background of a major investigation at the Oregon Capitol. The Bureau of Labor and Industry is following up on reports of sexual harassment throughout the Capitol, some of which have mentioned Post by name.

While Post said the investigation is an "act of revenge by [Democrat] Brad Avakian against his own party," Thatcher is hoping some good can come out of it.

"It's also shedding some light on things and because of it I am hopeful that we make some good changes," said Thatcher who is part of the Capitol

Culture Committee working to improve the workplace environment. "We'll be dealing with the rules and hope to make it better for people and without creating a space for politically-based allegations. I do want to make sure people don't have to be subjected to creepy behavior."

Regardless of the issue, both legislators hope to have more constructive talks than are happening at the federal level of government. Both expressed frustration with the partial government shutdown after attending a training on civil discourse last week that illuminated the problems that arise when parties become too entrenched in a particular position.

"I think that demonstration will be in the back of peoples' minds," Thatcher said. "There are instances when you have to agree to disagree, but we have to keep talking."

Chamber offers break to home-based cooks

After a long day, the thought of cooking dinner and cleaning up the kitchen can be daunting. The Keizer Chamber of Commerce wants to give home-based chefs a break and an chance to win a \$100 gift card.

A new initiative called Cook's Night Off will be held at El Patron Mexican Grill this month on Wednesday, Jan. 30. Keizer cooks and their families are invited to dine at El Patron Mexican Grill where they will be entered to win a \$100 gift card. There are two ways to enter the drawing. You are encouraged to post a picture of your dinner at El Patron tagging both the restaurant and the Keizer Chamber of Commerce on Facebook. Additionally, entries into the drawing can be made at the restaurant with an entry form. Entrants can use both methods to double the chance to win.

FITNESS: Labor, financial help needed to meet deadline

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by June 30. He's got about half the \$40,000 he needs to make Phase 1 a reality, but is looking for local businesses or individuals who could contribute the remainder.

"We need community groups that can help with the labor and someone with the skills and equipment to work with concrete so we can install the pads," Davis said.

To cut initial costs, the plan is to use leftover bark chips from The Big Toy resurfacing project and return at a later date to install pour-in-place surfaces throughout the system.

Davis is looking at two types of equipment for the parks. One is a tamper-proof seven-station multigym produced by Outdoor-Fit Exercise Systems. The single piece of equipment enables users to regular or assisted chin-ups and dips, knee raises, back extensions, squats, push-ups and calf raises.

"It would be really easy for a group of people to go down to their park and just rotate around," Davis said.

The second design features a set-up of high and low chin up and push-up bars along with two box stations that could be used in a variety of ways.

Claggett Creek and Meadows Park would get the Outdoor-Fit stations while Wallace House and Country Glen would get the bars and boxes, if Davis' plans pan out.

"The sky is the limit in terms of how it could be used and who can use it. Any one could design a workouts program around a trip to the park," Davis said. "Accessibility is a huge hurdle to fitness. Once you overcome that, you're going to have an impact on the community."

To help out or donate to the effort, Davis can be reached at 541-905-5192 or via email at jeffd@live.com.

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KEIZERTIMES SENIOR HOUSING GUIDE

DIRECTIONS FROM KEIZER:
Take I-5 South, Hwy 22 East, Exit 13, turn towards Sublimity, right (East) on Church Street.

UNIT TYPES:
• Assisted Living
• Independent Living
• Memory Care
• Skilled Rehabilitation & Nursing Care

MONTHLY RENT: Cost Varies

TYPE OF CARE: Full Continuum of Care

AMENITIES:
• 38-Acre Private, Family Owned Active Retirement Community
• No Buy In • Apartments • Cottages
• Café • Gift Shop
• Beauty Shop • Pet Friendly
• Duck Pond with Walking Areas

390 SE Church Street, Sublimity, OR 97385 • 503-769-3499 • www.MarianEstates.com

DIRECTIONS FROM KEIZER:
On River Road, one-half mile north of McNary Estates.

UNIT TYPES:
• Studio
• 1 BR w/ deck or walk-in closet
• 2 BR, 1 BA
• 2 BR, 2 BA w/ deck or walk-in closet

MONTHLY RENT: starting at \$1,350

ASSISTED LIVING AVAILABILITY: no

AMENITIES:
• Full kitchens in every apartment • Free WiFi
• Flexible Optional Meals • Waist High Gardens
• Full Activities Calendar • Weekly Excursions
• Special Dietary Needs Met • Coffee Lounge
• Housekeeping • Community Room • Activity Rooms
• Resident Lounge • Beauty Salon • Transportation

1125 McGee Ct NE, Keizer, OR 97303 • 503-390-7700 • www.EmeraldPointeKeizer.com

DIRECTIONS FROM KEIZER:
Drive north on River Rd. Turn left on Wheatland Rd. Go 1.5 miles. On left side of road.

UNIT TYPES:
• independent living includ. studio and 1-bedroom apartments, 2-bedroom cottages

MONTHLY RENT: starting at \$1,692

ASSISTED LIVING AVAILABILITY: yes

AMENITIES:
• Not-for-profit, Christian community serving all faiths
• Pets allowed • No Extra Charge for a 2nd person
• 24-hour nurse on staff for emergency response
• 3-delicious homecooked meals daily
• Van service for shopping & medical appts
• Housekeeping • Great Social Activities • Church Services

7693 Wheatland Rd N, Keizer, OR 97303 • 503-393-1491 • www.willamettelutheran.com • e-mail: kay@willamettelutheran.com

DIRECTIONS FROM KEIZER:
I-5 South, exit left on Market St, continue past Lancaster Dr, right on Tierra St NE, left on Glencoe St NE

UNIT TYPES:
• assisted living
• memory care studio apartments

MONTHLY RENT: Cost Varies

MEMORY CARE AVAILABILITY: yes

AMENITIES:
• Staff on site 24/7 • Full time RN on site
• Maintenance & Housekeeping
• All utilities (except phone) includes basic cable
• Transportation to appointments, shopping, events
• Laundry & linen services • Salon on site
• Daily activities • 3 meals per day plus snacks

4398 Glencoe St NE, Salem, OR 97301 • 503-581-4239 • www.thespringsliving.com • e-mail: tperkins@thespringsliving.com

DIRECTIONS FROM KEIZER:
On River Road, one-half mile north of McNary Estates. Right on McGee Ct, take second driveway on left.

UNIT TYPES:
• Assisted Living
• Memory Care

MONTHLY RENT: starting at \$2,855

ASSISTED LIVING AVAILABILITY: Yes

AMENITIES:
• Individualized Care Plans • State-of-the-art theater
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• More staff on hand 24/7 than other local facilities
• Private & semi-private Memory Care apartments

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