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PLUNGE



PHOTO BY SUSAN FRIED

Friends Ellen Diaz, Dennice Jordan and Mary Margaret Kopcho started the New Year with a dip Lake Washington along with hundreds of other people during the 11th Annual Polar Bear Plunge at Matthews Beach on Jan. 1.

Seattle Police Video

2010 beating triggered by parked car, engine running

SEATTLE (AP) — A lawyer released a video Friday showing a Seattle police officer striking a restrained man during an arrest in 2010.

Isaac Ocak, who was 18 at the time, had left a car locked with the engine running outside a department store while he returned some items on Dec. 29, 2010, said his attorney, James Egan. When he came back, officers questioned him about why he'd left it there.

The store was on private property, and leaving the car did not constitute a crime or infraction.

The video shows Ocak initially speaking calmly with the officers and referring to one as "sir" but becoming more agitated as he was questioned for several minutes and Officer Larry Longley grilled him about why he had so many keys on his key chain. Egan obtained the video under the state's Public Records Act and publicized it Friday after filing a complaint for damages against the city on Ocak's behalf.

As the questioning continued, Ocak occasionally lifted his hands off the hood of a patrol car despite orders to leave them there. As officers pressed him to the hood, Ocak resisted. Longley grabbed Ocak's mouth and Ocak bit him, prompting the officer to punch him twice in the head as other officers held him down.

Egan said the incident shows unnecessary aggression by the officers, and fits in with the Justice Department's findings that Seattle police had a pattern of unnecessarily using force, especially in low-level situations that could be resolved verbally.

The police department's Office of Professional Accountability is reviewing the arrest, which Assistant Chief Jim Pugel previously determined to be justified.

"Officers were concerned the car could be a potential getaway vehicle for a shoplifter or robber, and tracked down the man who had left the car running," Sgt. Sean Whitcomb said in a written statement. "Officers

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King County Gun Safety Initiative

First gun buyback program in 20 years scheduled for this month

Mayor Mike McGinn and an array of local leaders and business owners this week announced a new Gun Safety Initiative, including the first gun buyback program in 20 years.

The countywide gun buyback will provide a monetary incentive to individuals who turn in firearms, while engaging our communities toward a common goal of reducing gun violence. The first gun buyback will be held on Saturday, Jan. 26, from 9 a.m. to 3 p.m., in downtown

Seattle in the parking lot underneath Interstate 5 between Cherry and James Streets.

"This gun buyback program can help us protect public health and safety and reduce gun violence in our communities," said McGinn. "We will continue working with the police department and other organizations and agencies on a broad range of solutions to the epidemic of gun violence."

"If we can prevent just one child, one innocent bystander, from being the victim of a ran-

dom accident, or the target of an unstable person, it will be well worth our time and effort," said King County Executive Dow Constantine.

"This is an opportunity for people to get unwanted guns out of their homes. We hope that people will take advantage of this opportunity to safely dispose of those unwanted, unused, and forgotten guns that we know are lying around. If this prevents just one tragedy, it is worth the effort." Chief Metz

"The Sheriff's Office remains

committed to providing a safe place for citizens to turn in guns they no longer want. It is a much better choice to remove an unwanted gun from your home than to leave it where it can be stolen and used in a crime," said King County Sheriff John Urquhart.

"The Seattle Police Foundation is proud to partner with the Seattle Police Department and many other community partners to improve the safety of our community by removing

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'Franken Food' Labeling Ballot Initiative

About 50 countries already require consumer notice on GMO foods

By Shannon Dininny
Associated Press

YAKIMA, Wash. (AP) — Any food sold in Washington State and made with genetically engineered crops would have to be labeled under a ballot initiative submitted Thursday.

The move came two months after California voters rejected a similar measure that

pitted food safety advocates against agricultural and biotechnology giants in a roughly \$55 million advertising battle.

Opponents of the food labeling argue it will raise food prices and hurt farmers. Supporters contend that consumers should have a choice about eating genetically engineered products, even if the federal government and major science groups say such foods are safe to eat.

Proponents promised to take their fight to the Northwest after the California ballot measure failed.

On Thursday, initiative sponsors delivered 350,000 petition signatures to state officials inside an ambulance with a sign on the side reading "Label GMO Food."

To qualify for the ballot, it requires at least

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