

# Kennedy

## Continued from A7

Wednesdays one of the cohorts go to Quamash Prairie where they assist with wetland restoration. The final group is the GED program. This program of 15 students meets every day in the morning to prepare students to take tests in social studies, science, math, reading and writing. While other GED programs are more laid back, Ketcher, who ran the program before becoming principal, prides herself on the setup of the program.

“We do a hands-on GED program. So, the kiddos come in, the teacher is teaching lessons. She’s teaching math, science, language arts, social studies every day. And so, they’re coming in – Monday through Friday – and they’re coming in they’re getting instruction,” said Ketcher. “And they have to meet attendance requirements in order for us to pay for them to take tests because we’re investing in their success, they have to invest in their success.”

In addition to the three groups, the students also have opportunities to work and go on trips on Fridays. One way to work is through the crew program that works 8-3 (Mondays for GED and Odysseyware students and

Fridays for cohort students) on conservation work that includes trail maintenance, wetland restoration and planting trees. The students have to submit a resume and fill out an application for this work and then get paid minimum wage. To even have the chance to work crew, students must have at least 90 percent attendance in school.

Once a month, a teacher takes a group of 15 students to experience hands on learning. From salmon spawning to a three-day trip to the Redwoods, the trips take students to learning experiences and add in a college visit for students as well.

### Changes

"Kennedy High School. I like the sound of that," South Lane School Board President Sherry Duerst-Higgins said during a school board meeting last June. The agenda called for the consideration of changing Al Kennedy Alternative High School's moniker to strip the school of ‘alternative.’ It was the second in a string of changes to hit the school this past summer.

"The staff was hesitant when we approached them but

75 percent of the students said they'd like the 'alternative' removed," Ingman, who was in the middle of his transition to Cottage Grove High School at the time, told the board.

"That's not to say that 25 percent of the students wanted to keep 'alternative.' They had other suggestions," he said.

However, no other name changes were considered. The board voted unanimously to approve the name change just days before appointing Ketcher to her position as principal at Kennedy and a handful of weeks before students would begin helping her move the entirety of the school from its place in the portables next to the community pool to its home at Delight Valley.

“I never liked the alternative label. It’s just one of our schools,” Parent said. “It used to be that you had to fail terribly at Cottage Grove High School to go to Kennedy. But now, that’s a choice. I’m a big advocate of giving kids a choice. What works for you, may not work for me.”

# DISASTER PREPAREDNESS

As the clocks fall back a one hour and fall gives way to winter, here are some useful tips for keeping your home safe and sound.

## Fix-it list for winter

A new kitchen or a bathroom remodeling job might be dream projects for many homeowners, but the right home improvement project at a given moment is not necessarily the most glamorous project. Sometimes safety upgrades around the house must take precedence over more popular projects.

Accidents or injuries can occur in any part of the home, but homeowners who take certain preventative measures can greatly reduce their injury risk. The security resource A Secure Life points out that more than 18,000 Americans die every year from injuries that take place in the home. Unintentional injuries account for millions of medical visits each year. Home injuries also are prevalent elsewhere in the world. In the United Kingdom, the Royal Society for the Prevention of Accidents reports that there are approximately 6,000 deaths every year that result from accidents at home.

Periodic inspections for potential hazards can keep everyone safe. The following are a handful of ways for homeowners to ensure their homes are as safe as possible.

- Check for sturdy handrails and prevent tripping hazards. Falls are one of the leading causes of home injuries. Falls can be a particular threat for youngsters and the elderly. To help prevent falls, make sure that staircases feature sturdy railings and that there is ample lighting in walkways. Remove obstructions from frequently used paths inside and outside the home. In addition, insert nonslip padding beneath runners or throw rugs.
- Check for frayed wires or faulty outlets. Address any electrical problems around the house, including frayed wiring and faulty outlets. Sparks

can lead to fires, and poor wiring may cause unforeseen problems behind walls. Repair or replace any loose or frayed wires on all electrical devices. Be sure that cords do not run under doorways or rugs. Replace outlets that are in disrepair or install ones with ground-fault current interruptors as an added precaution. If small children live in the home, use plastic safety covers over unused outlets.

- Practice window safety. Young children are curious and do not always recognize the inherent dangers around them. Children excited to see the great outdoors may climb up to peer out windows, and open windows are falling hazards. Screens do not offer an adequate barrier against falls. Consider locking windows or use safety bars to guard against falls. Test to see how easily screens can be pushed out, replacing any that do not provide adequate resistance to curious youngsters’ hands.
- Check smoke and carbon monoxide detectors. Replace the batteries in smoke alarms and carbon monoxide detectors at least twice per year, and test them to make sure they’re in good working order at least once per month. The National Fire Protection Association recommends replacing hard-wired smoke alarms every 10 years. Battery-operated alarms may need to be replaced even sooner. Many carbon monoxide detectors work for five to seven years. Check the back of alarms for a date stamp that indicates how old the product is and when it expires.

Safety checklists are an important part of home maintenance. A proactive approach can prevent both injuries and damage to the home.

routine

Who is most likely to suffer from SAD?

The Mayo Clinic notes that SAD is diagnosed more often in women than in men, and MHA notes that three out of

four SAD sufferers are women. Young people are more likely than older people to get winter SAD, with MHA reporting that the main age of onset of SAD is between 18 and 30. Symptoms of SAD may worsen among people who have already been

diagnosed with clinical depression or bipolar disorder. More information about seasonal affective disorder is available at [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net).

## Getting your chimney ready

As temperatures drop and thoughts once again turn to lighting fires and sitting down with a good book, it’s important to revisit chimney maintenance. Even though chimneys do not require daily upkeep, regular maintenance efforts help chimneys operate safely and prevent deaths and injuries while protecting homes from fire.

Various problems can arise when chimneys are not well maintained. Such problems include chimney fires, carbon monoxide poisoning and early failure of the chimney and heating sources that the chimney vents.

Carbon monoxide can be scary, as it is virtually invisible without a proper detector. The National Vital Statistics System says that, in 2015, 393 deaths resulted from unintentional carbon monoxide poisoning in the United States. When carbon monoxide is breathed in, it builds up quickly and combines with the blood, reducing the blood’s ability to carry oxygen. The Canada Safety Council says

that body tissue and cells can’t function without oxygen.

Chimney fires are another potential byproduct of poor chimney maintenance. The Chimney Safety Institute of America notes that chimneys expel the byproducts of combustion, including smoke, water vapor, gases, unburned wood particles, hydrocarbon, tar fog, and assorted minerals, which can condense on the inside of the chimney flue. The residue, called creosote, is highly combustible. With the right conditions, a chimney fire can occur.

To avoid chimney fires and other risks, take these precautions, courtesy of CSIA, HomeAdvisor and Popular Mechanics.

- Have chimneys inspected annually and properly cleaned by a professional chimney technician.
- Make sure tree branches and other obstacles are cleared away from the top of the chimney.
- Use seasoned hardwoods that have been split for several months to a year. “Green” wood

creates more creosote.

- The top-down method of building a fire produces less smoke. This means using larger pieces of wood on the bottom and the smallest twigs and kindling at the top. The fire will burn from the top and down, igniting the wood beneath as it goes.
- Put a cap on the chimney to keep out rain, snow and small animals.
- Keep fires small; otherwise, the intense heat may damage bricks and mortar in the chimney. Repair any damage promptly before lighting another fire.
- Open the damper and fireplace doors so that air supply flows freely and can vent the smoke promptly, reducing residence time in the flue; otherwise, creosote can form.
- Install smoke and carbon monoxide alarms throughout the home and routinely check the batteries.

Learn more about chimney maintenance and find a certified chimney sweep at [www.csia.org](http://www.csia.org).

## Adjusting to the time change

The tail end of Daylight Saving Time in 2016 occurs on November 6, when millions of people will turn their clocks back one hour. Few people enjoy turning the clocks back in autumn as much as they enjoy turning them forward in spring. Turning the clocks forward affords many people, in particular working professionals who spend much of their weekdays working indoors, a chance to enjoy some sunlight when leaving their offices each day. However, once the clocks are turned back, professionals typically find themselves leaving their offices under a cover of darkness.

Some people easily adjust to less daylight, while others experience a condition known as season affective disorder, or SAD. SAD is a disorder related to changes in seasons. According to the Mayo Clinic, the majority of people with SAD begin to experience symptoms in the fall and continue battling those symptoms throughout the winter. The end of Daylight Saving Time occurs in early November, and the onset of SAD symptoms is no doubt related to the decreased exposure to daylight many people experience once clocks have been turned back. Those who suspect they might be susceptible to SAD can get a better grasp of the condition so they are capable of recognizing and responding to it should any symptoms appear.

**What is SAD?**

Mental Health America, a leading community-based nonprofit

dedicated to addressing the needs of those living with mental illness, defines SAD as a mood disorder associated with depression and related to seasonal variations of light. Though many people may be saddened when the clocks are turned back and the sun sets earlier than it does in the warmer months, MHA notes that a diagnosis of SAD can only be made after the symptoms of SAD have appeared for three consecutive winters and have gone into remission once spring and summer have arrived.

What are the symptoms of SAD?

Simply feeling bummed out that winter is on the horizon does not mean a person has SAD. The following are some of the more common symptoms of the disorder:

- Depression marked by feelings of misery, guilt, hopelessness, despair, and apathy. A loss of self-esteem may also occur.
- Feelings of anxiety that include tension and an inability to tolerate stress
- Mood changes that are sometimes extreme; some SAD sufferers experience feelings of mania in spring and summer.
- Changes in sleeping habits, such as a desire to oversleep and difficulty staying awake. Some people may experience disturbed sleep and find themselves waking up in early morning when they are unaccustomed to doing so.
- Feelings of fatigue and an inability to adhere to one’s normal

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# PUT TOGETHER A PLAN

Make sure all the pieces are in place to render you and your family prepared in the event of a natural disaster.

- Listen to radio or television newscasts for the latest weather information, and follow all evacuation directions and suggestions.
- Keep a stock of non-perishable food items as well as bottled water on hand inside your home.
- Keep a 72 Hour Kit on hand inside your home that is easy to get to in the event of a disaster.

For more information and tips on disaster response and preparedness, contact your local emergency services center.  
**South Lane Fire & Rescue • 233 Harrison Ave, Cottage Grove 541-942-4493 • 55 South 1st Street, Creswell 541-895-2506**



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