

Polk County  
**Itemizer-Observer**  
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# READY OR NOT?

*Is your family or business ready for an emergency?*

**By Jolene Guzman**  
The Itemizer-Observer

*Editor's note: This is the third in a series of three stories exploring what would happen during and after the predicted 9.0 Cascadia subduction zone earthquake.*

**POLK COUNTY** — The shaking has stopped. You are alive and in one piece.

You breathe in, but soon realize there's something you haven't thought about: What's next? Where is my family? Are they safe? Can I get to them?

"What do you do? You sit there and worry," said Kimber Townsend, Polk County Community Emergency Response Team (CERT) manager.

But you didn't have to if you had made a plan and stored supplies and food.

The predicted Cascadia subduction zone earthquake, that could rock the Northwest with 9.0 magnitude shaking and a tsunami on the coast, need not victimize us twice: once with what could be considerable damage and destruction, and again with helplessness caused by a lack of resources and planning.

Every family should have a plan, Townsend and other local leaders urge. The time to do that is now while the 600-mile fault off the coast remains dormant.

**Preparation is needed**

The process doesn't have to be overwhelming or become a financial hardship — even though the state estimates basic services, like electricity, will be down for at least three months — and can be tackled step by step.

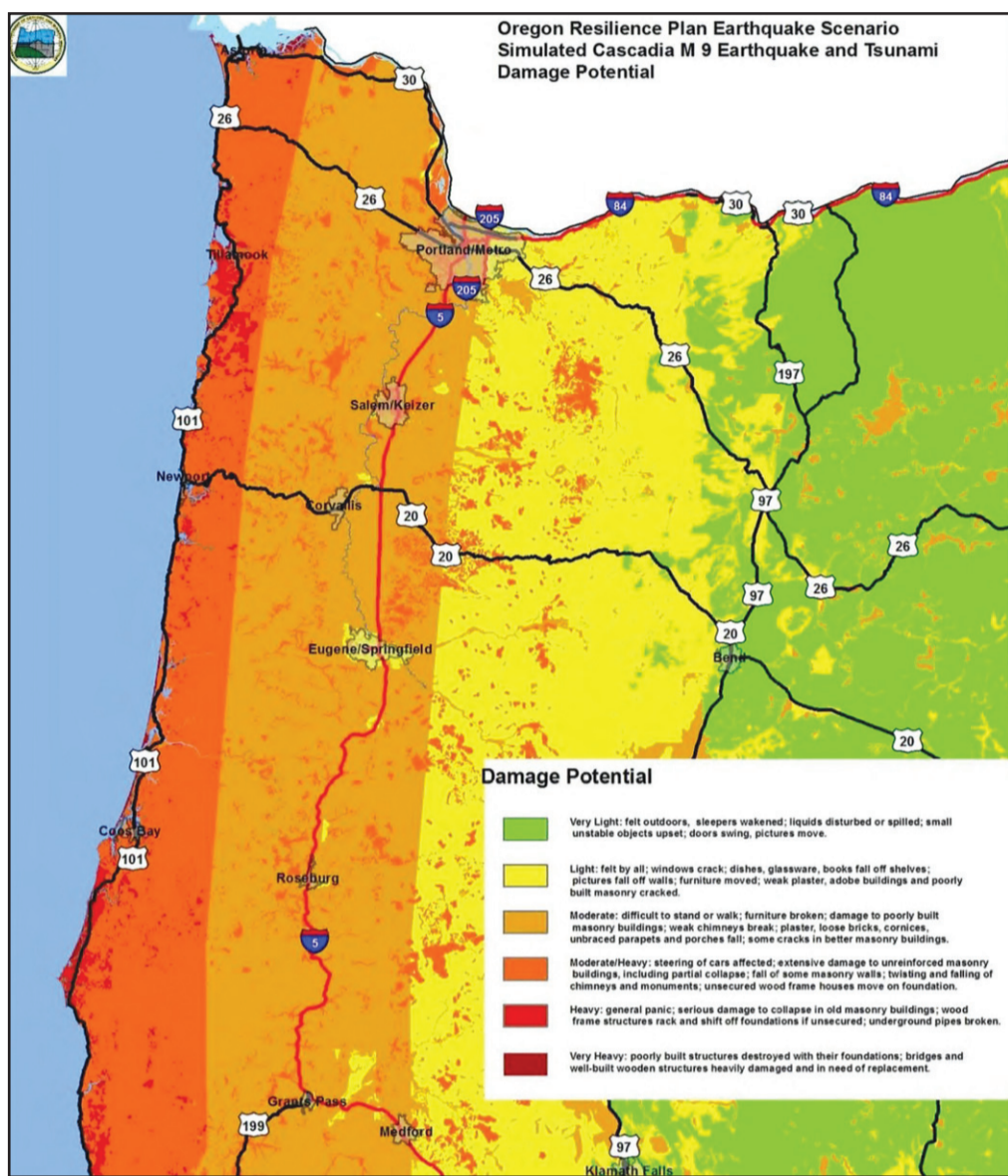
"Preparedness does not have to be expensive," said Althea Rizzo, the geologic hazards program manager for Oregon Emergency Management. "Having a discussion tonight at dinner could be the first step. That doesn't cost anything."

While a 72-hour kit may be woefully inadequate for a disaster of Cascadia's proportions, it's a good place to start.

Being prepared will help not only you and your loved ones, but the entire community, said Polk County Emergency Manager Dean Bender said.

"Start working away at it. Take a few things a month," he said. "If people become self-prepared, it takes the burden off government because we are not going to have the people to come help them."

He said the scenario for Polk County, a mostly rural county, is that police departments likely won't be at full strength and largely volunteer fire departments also will struggle to get personnel to work while they care for their own families.



OREGON RESILIENCE PLAN/for the Itemizer-Observer  
**Damage from the Cascadia subduction zone will vary based on location. In the Willamette Valley we can expect moderate to heavy damage to buildings and roads.**

If the earthquake were to happen in the middle of the night, highly populated West Salem may be left with few, if any, police officers on duty, only one manned fire station, and vulnerable bridges between it and the closest source of help, Bender said.

It could remain that way for some time as state and federal agencies scramble to send assistance.

"They are not coming to Polk County. They are going to Portland. They are going to Salem, Eugene," Bender said. "They are going to go to the larger population areas because you get the biggest bang for your buck. We are going to be on our own for a while."

Dallas City Manager Ron Foggini said if uninjured survivors can take care of themselves for a while, the city could focus on responding to true emergencies.

"We are going to need people to be self-reliant during those times, to be able to help themselves and help their neighbors," he said. "If we are not having to worry about healthy people who just don't have a supply of drinking water, we can concentrate on those (who really need help)."

**Make your plan**

Creating such self-sufficiency requires thinking ahead and organization. Townsend said first make a plan for your family, taking into account different scenarios, such as if the quake were to strike during the work or school day.

She said to establish a meeting point if family



JOLENE GUZMAN/Itemizer-Observer  
**First aid kits and other medical equipment, including clotting sponges, should be included in emergency kits.**

**Cascadia earthquake series**

• In the first story in the Aug. 26 issue of the *I-O*, we outlined how the predicted Cascadia subduction zone earthquake would affect Polk County and how state and local officials have been planning for it.

• The second story in the series, published on Sept. 9, detailed what plans Polk County government, school districts and cities had to deal with disasters now and what more could be done to better prepare for Cascadia.

• This week we address what individuals and families should be doing to prepare themselves for "The Really Big One."

members are away from home and create backups. Trying to call each other, unless done quickly, probably won't work.  
**See PREPARED, Page 13A**

## IN YOUR TOWN

### DALLAS NEWS

The magic word in Kari Witt's kindergarten class Thursday is "school."

To her students, the district's youngest, school still may seem magical.

For some, it's the first time they have been in an educational environment and away from their parents for an extended period of time. They are learning not just reading, writing and math, but how to be students.

Concepts such as raising your hand before speaking, waiting your turn to speak, lining up and eating in a group setting are new for them.

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### FALLS CITY NEWS

Remember "MANOS: The Hands of Fate?"

Largely regarded as one of the worst movies of all time, the now nearly 50-year-old film may have a sequel in the works.

Falls City resident Jackey Raye Neyman Jones — Debbie in the original cult classic b-movie — will be producing it with Seattle-area filmmaker Tonjia Atomic as director.

For fans of the original movie, made famous recently by a Mystery Science Theatre 3000 episode, will be thrilled to know the sequel "MANOS Returns" features Jones, and her father Tom Neyman, The Master.

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### INDEPENDENCE NEWS

Juan Navarro, 22, has already had a great impact on others, inspiring high school students and politicians in Washington, D.C.

Navarro, the new community liaison for Independence, testified in front of the Oregon State Legislature in favor of Undocumented State Tuition, which allows undocumented residents of a state to receive in-state tuition rates.

Navarro, who is vocal about his undocumented status, was born in Mexico, but said he grew up in Stayton.

"I learned English in Stayton, went to school in Stayton, my first girlfriend was in Stayton," he said.

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### MONMOUTH NEWS

Monmouth Independence Networks board of directors believes it needs to stop "playing small ball" and refocus on the big picture.

But before that, the board addressed whether MINET employees should receive free cable, telephone and Internet as a perk of working there.

MINET General Manager Don Patten said board members need to focus on "appropriate agenda items" that will move the company forward.

"Too much negative attention is being attached in public and press to the board, and, by association, to MINET," he said.

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### POLK COUNTY NEWS

When a government agency needs a service, employees use a preferred provider list.

That list is lacking in businesses from Polk County.

Government employees must open a phone book or open bidding, said Chelsea Metcalfe, director of the Dallas Area Chamber of Commerce.

Metcalfe and Jean Love, director of the Monmouth-Independence Chamber of Commerce, have teamed up to provide a free open house where businesses throughout the county may come and learn how to get on one of those lists.

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<p><b>THE NEXT 7 DAYS PLANNING FOR YOUR WEEK</b></p>	<p><b>wed</b></p> <p>Pack your favorite beverage and go to St. Thomas Episcopal Church for a riveting discussion of science and religion. 7 p.m. Free.</p> <p>Sunny Hi: 75 Lo: 48</p>	<p><b>thu</b></p> <p>Dallas Senior Center will kick off its ninth annual music jam for all singers, musicians and music lovers of any age. 6:30 p.m. Free.</p> <p>Partly cloudy Hi: 78 Lo: 53</p>	<p><b>fri</b></p> <p>Oregon Poet Laureate Peter Sears will read his poetry and discuss the role of poet laureate at the Dallas library. 6:30 p.m. Free.</p> <p>Showers Hi: 70 Lo: 47</p>	<p><b>sat</b></p> <p>Check out what's new at Polk Fire District No. 1 during its open house at Station 90 in Independence. 1-4 p.m. Free.</p> <p>Partly cloudy Hi: 72 Lo: 44</p>	<p><b>sun</b></p> <p>Tonight, a complete lunar eclipse will coincide with a "super moon," an event that won't happen again for 18 years. 7:11 p.m. Free.</p> <p>Mostly sunny Hi: 70 Lo: 47</p>	<p><b>mon</b></p> <p>Celebrate National Good Neighbor Day by taking a moment and catching up with or doing a quick kindness for those who live nearby.</p> <p>Showers Hi: 68 Lo: 46</p>	<p><b>tue</b></p> <p>James2 Community Kitchen offers a free meal to all who are hungry each Tuesday at St. Philip Catholic Church. 4:30-6 p.m. Free.</p> <p>Mostly cloudy Hi: 69 Lo: 47</p>
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