

The Signpost

August - September
1992

PRAC In Action

Know Your Park "Management Without Knowledge is Dangerous"

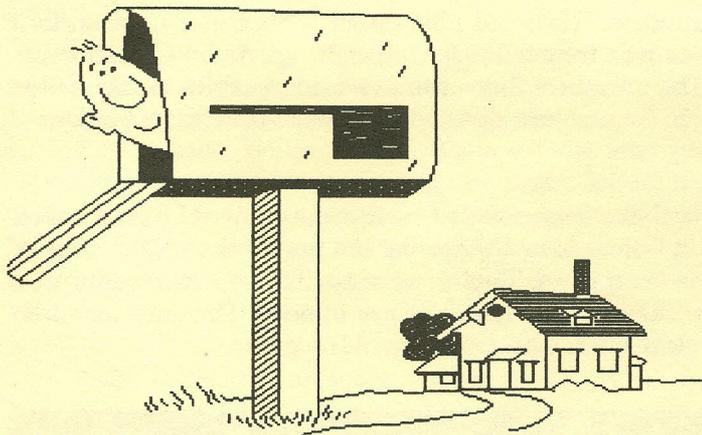
That is the theme of the 1993 Annual CSPRA-PRAC workshop scheduled for March 4 to 7, 1993 at the Santa Clara Biltmore Hotel. Although it is only August of 1992, planning for the conference is already underway. **We need your help!** A critical ingredient of any good conference is participation. Everyone can do something to help make this a memorable and worthwhile event.

Do you live in the local area? Then you can help Raleigh Young with the Local Host Arrangements. Call him at (408) 867-0410.

Are you, or someone you know, a great (or good) orator? Do you have a specialty that you'd like to share? Then you are a perfect candidate for "speaker." Call Janet McGowan at (408) 277-5130. We need speakers in these subject areas: Interpretation, Resource Management and Operations.

Perhaps you have a great idea for a tour? A conference logo? Or recreational activities in the area. Do you know a perfect place to hold a nighttime dinner and dance? (Remember the BBQ on the beach at Anaheim, let's outdo it in Santa Clara!) If you would like to suggest one of your

Continued on page 5.



A New Approach for an Inner-city Park by Carol Fredrickson

On Saturday afternoon, the City of San Jose's Parks are filling up. The park rangers are putting "lot full" signs out and are trying to deal with the large crowds.

Two lucky City of San Jose park rangers are just going out to work with a group of kids called "Junior Rangers."

Back in January the City Council approved funding for two Park Rangers to be assigned to one of the City's worst downtown parks. The rangers and the Department balked at the idea. Things were heard such as: "You can't put us downtown without any enforcement gear, it's

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Board of Directors Nominations are Now Open

Are you interested in working hard, having a good time, meeting great people and helping PRAC to grow and become even stronger and more active? Then we may have a job for you. The nominations committee is currently accepting nominations for the following positions on PRAC's Board of Directors:

President
Director Region 1
Director Region 3
Director Region 5

If you are interested in running for one of the listed offices or know of someone you'd like to nominate, please send your name (or the nominee's name), address and telephone number to:

Pam Helmke, Committee Chair
1375 Branhman Ln
San Jose, CA 95118
(408) 277-5132

The deadline for nominations is September 15, 1992.

From the Presidents Desk

"A Colorado Vacation" By Christopher W. George

As I write this, I am sitting in the Stapleton International Airport in Denver, waiting for my return flight to Orange County Airport.

For the past three weeks, I have enjoying myself on vacation in one of the most beautiful states there is; Colorado, my home state. My childhood was spent in a little town called Leadville. As I grew older, I relocated to California. Every summer however, I return to the blue sky, fresh air and beautiful scenery. If it had not been for Colorado, I may never have become a park ranger. There is a pure spirit there that makes me personally one with nature.

All is not roses and sunshine in the state as far as the park ranger profession goes. I had several occasions the opportunity to speak with park rangers, at the state level as well as the the federal. These rangers are all going through the pains of the recession, budgets, increase in criminal activity and urban encroachment. The Colorado State Park System is currently dependent on revenues and taxes allotted by the state government. The state park system is also "dependent" during these rough times on a supplemental income from the states lottery. Unfortunately by the time the money hits the park very little exists. Sound familiar?

While speaking with these state park rangers, I found that an annual budget for a park consists of about \$60,000. This amount includes all personnel hours, maintenance (for both equipment and operation), clerical and programming. These park rangers just seem to shrug their shoulders and bite their lower lips and say that they'll just do the best they can with the little bit they have.

Also while visiting Colorado, I had the opportunity to visit three beautiful National Parks. The first was Rocky Mountain National Park. While there, I was amazed at the splendor and beauty of this rugged mountain scenery. While visiting the visitors center, I had the opportunity to meet and speak with the Chief Ranger. We discussed issues of both the National Park System as well as California. We were interrupted by a radio call concerning an accident on one of the main roads through the park. The Chief Ranger rolled his eyes and said to me "When will people learn that these mountain roads and signs mean something?" He continued to say how he always found it amusing talking with people who often impressed upon him the question of "Why do so many rangers needed to carry guns? Surely, nothing bad could happen to anyone in such a beautiful setting." He continued that he was amazed how not only the public didn't understand the realities of the parks but neither did Washington. In a frustrated voice, he explained how over burdened he and his insufficient staff are to deal with the many problems occurring in his park. He wasn't sure how he would last the summer. Sound familiar?

I then had the opportunity a couple of weeks later, to visit Arches National Park in Utah. Arches is renowned for it's beautiful pinnacles and sandstone arches formed over millions of years by natural erosion. As I entered the gates of the park, I was amazed by the lack of park ranger present. During the course of my visit, I saw two gate attendants and one ranger in the visitor center. On the road throughout the park I saw no one patrolling, no signs of any observation taking place. As I watched I saw signs warning people of the many safety hazards to both the park as well as to the fragile environment. Many of the people I observed appeared uninterested or uncaring.

The third park on my visit was to the Black Canyon of the Gunnison National Monument. This canyon, which in a word is 'breathtaking,' has observation areas that overlook the canyon from 2,000 feet straight up. As I was spellbound by the sights, I again noticed a lack of patrol by the rangers. The only ones I saw were two interpreters in the visitor center and one having lunch near his private vehicle in the park. I was again shocked to think of the lack of personnel for such a large, dangerous park.

So what have I learned from my visit sitting here in a plane now flying over a state I have come to love? I have learned that we in this profession are sorely misunderstood. Not only in Colorado or California, but across the entire country. Whatever the reason is we got into this profession, one thing is for certain. That is we may all be on the endangered species list unless our voices are heard at the same time our parks cry out when they are in need. The only ones who will inevitably suffer if we are not heard will be those who think there are no problems in the parks.

LEGAL UPDATE

Curriculum and hourly requirements for the PC 832 Course has been revised.

Recent legislation has changed the minimum peace officer training requirements under Penal Code section 832. The changes are two fold: (1) An additional 16 hours of training was added to the basic arrest course. (2) A three year or longer break from completion of the PC 832 course and employment as a peace officer will require a requalification test(s) before exercising peace officer powers.

Additional 16 Hour Training Requirement:

Previously the minimum required training for peace officer was the successful completion of the 24 hour Laws of Arrest Course, generally referred to as the "832 Course." Beginning July 1992 the arrest course will include a section on Note Taking and Arrest Methods. This will increase by 16 the minimum training hours from 24 to 40 hours, (60 hours for the firearms course.) The Note Taking curriculum is developed around the premise that good field notes lead to good crime reports. The Note Taking section emphasizes methods of obtaining information and preparing statements for crime reports. It is not a report writing section. The Arrest Methods section (weaponless defense) is extensive and skill oriented. The students

learn how to: search, handcuff, and use restraint holds, including a rear take down of a suspect.

The additional training is long over due and will complement the 24 hours Laws of Arrest training.

If you have successfully completed the 832 course before July 1992, you're are not required to update your training, unless you have a three year break in employment as a peace officer.

Requalification Test: (Three year break)

If you have completed a 832 PC course but: (1) have not become employed as a peace officer within three years; or (2) have a three year or longer break in service as a peace officer, you must "requalify" before exercising peace officer powers.

POST will provide the requalifying testing sites in both Northern and Southern California at a cost of \$200.

If you would like a copy of the new P. C. 832 regulations or information on retesting send a self addressed stamped envelope to:

Mike Quane
PO Box 3
New Almaden, CA 95042

A New Approach Continued from page 1.

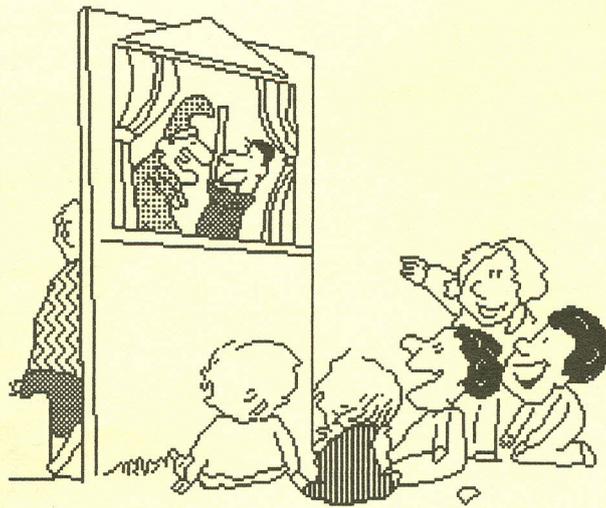
dangerous." "It's crazy!" "Somebody is going to get hurt." "We don't do heavy law enforcement."

Needless to say Carlos Dueñas and myself were assigned to Roosevelt Park, a downtown park known for heavy drug trafficking, prostitution and other illegal activities. Our presence was supposed to deter the illegal activity. Thanks to the San Jose Police Department, Roosevelt Park was cleaned up and the park rangers began interpretation programs for the neighborhood kids.

One of the most popular is the

Junior Ranger program are held on Saturday afternoons at Roosevelt Park. This is an 8 week session and at the end it includes a campout at another more rustic City park. Thanks to merchants who donate the equipment, these kids are going camping for their first time.

The Roosevelt Rangers are not the only lucky ones. The children in the area get an opportunity to learn respect and enjoy nature. They learn through games, activities and hands on experience how to protect and care for their neighborhood park and the environment. What is more important the kids have their park back.



Health at Work
Carpal Tunnel Syndrome
Reprinted from Domini-Gram, Summer 1992
Published by Dominican Hospital, Santa Cruz CA

It may begin with a mild twinge of pain in your hand or wrist as you lift your coffee cup, while you brush your teeth or as you turn the key in your car's ignition. Perhaps you've noticed numbness in your fingers as well. Over time, the discomfort increases, until simple tasks become difficult and painful. The pain may even awaken you at night.

If you experience these symptoms, you could be among the growing number of people suffering from carpal tunnel syndrome (CTS), a common condition affecting many who perform repetitive tasks with their hands. New research has revealed there may be a possible genetic susceptibility to the disorder. CTS plagues mechanics and professional golfers, court reporters, cashiers, gardeners and cab drivers. Few jobs are exempt from the risks, and as automation condenses human tasks to fewer and more repetitive routines, a greater percentage of the population is likely to be confronted with this affliction.

Fortunately, even the most severe cases are treatable, and there are simple precautions people at risk may take to help prevent the onset of CTS. If the condition is allowed to persist, it can lead to permanent nerve and muscle damage.

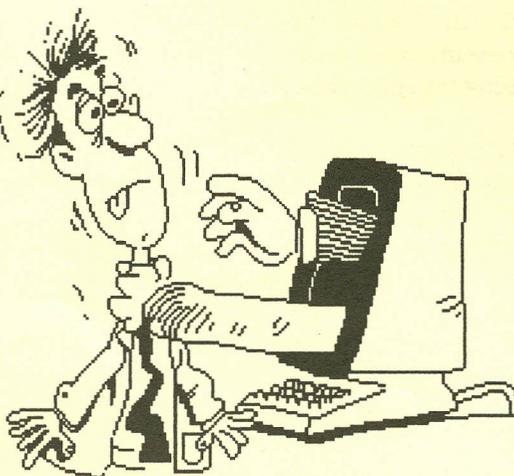
Physicians and therapists are seeing an increased number of cases, which reflects the growing use of computers and keyboards since the mid 1980s.

"On the other hand," says Debby Velazquez, manager of Dominican's Occupational Therapy Department, "carpel tunnel syndrome has become a popular, even fashionable catchall for a number of conditions, including arthritis and bursitis, or problems

that may originate in the upper, or cervical, part of the spine. Patients often come to us after attempting to diagnose and treat themselves for CTS, when their discomfort actually stems from something else. They end up compounding the problem, which can lead to increased suffering and disability."

Carpal tunnel syndrome takes its name from the area where the problem originates—the "tunnel" of carpal bones and ligaments at the wrist, through which the median nerve travels to the hand. This nerve carries sensations from the hand, and controls certain thumb movements. Alongside the median nerve run the tendons that, when contracted, cause your fingers to bend.

If the tunnel of ligaments becomes inflamed, it may compress the nerve inside, resulting in burning, pricking, tingling or numbing sensations in the fingers and hand. The symptoms are typically localized to the thumb, index finger, middle finger and half of the ring finger. In severe cases, pain may radiate into the arm, shoulder and neck, with symptoms most pronounced in the early morning or just before bedtime.



CTS tends to involve the hand you use most often: your writing or dominant hand. Symptoms typically begin to appear in people between the ages of 40 and 60. Although Dominican's Occupational Therapy department has a number of patients who are significantly younger. It strikes women 2-to-5 times more than men.

Long, sustained stretches of manual activity, like writing, typing, knitting, or swinging a hammer, are characteristic of the kinds of tasks that stress the ligaments surrounding the median nerve and lead to irritation and swelling. "Activities that keep the wrist bent in the same positions for hours at a time should be modified to avoid prolonged stress to the joint," says Debby.

An increasingly popular method of identifying and solving such problems involves ergonomics, the study of how humans interact with their physical work area, tools and machinery. Manufacturers are learning to incorporate ergonomics into the design of products from scissors to computer workstations to accommodate the user's physical needs and tolerances, rather than the other way around. Ergonomics places the emphasis of design on the important and fragile machine of all: the human body.

Diagnosis and Treatment

Once a diagnosis of CTS is made, the physician will typically prescribe 1 to 5 common treatments.

Sometimes, interrupting or modifying an aggravating behavior may be enough to alleviate the condition. Hand specialists, like Dominican

Occupational Therapists Cheryl Bencala and Carol Phelan-Smith, can educate sufferers to properly monitor their symptoms and adjust activities to achieve a positive outcome.

This may be followed by splinting, the most common and easily administered treatment for CTS. Splinting will relieve minor symptoms. With proper occupational therapy this may provide a cure. The splint is made of lightweight plastic molded to fit the patient's hand and forearm. The wrist and hand are then immobilized at no more than a 15° angle for 2 to 3 weeks.

Non-steroidal anti-inflammatory drugs, including ibuprofen and aspirin, combined with splinting, are often all that is needed to eliminate the symptoms. They do not always cure the condition, however. If splinting is not successful, cortisone (a steroid) may be injected directly into the carpal tunnel. It can bring dramatic though limited results.

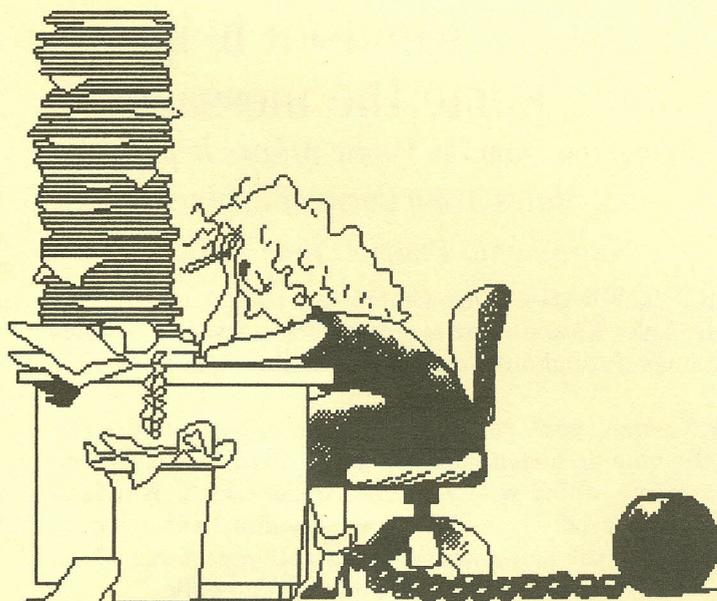
The most radical approach is surgery. It is an elective procedure, performed on an outpatient basis, and is being turned to more frequently as the number of cases and their severity increase. Surgery usually brings permanent relief without loss of function, depending, of course, on the degree of damage already suffered by the nerves and tendons. To ensure success, it may be combined with 1 or more of the non-surgical treatments.

There are 2 surgical approaches currently in use at Dominican. The traditional method of releasing the carpal tunnel divides the thick, wide ligament to relieve pressure on the median nerve. Though the more invasive of the 2 procedures, its long-term results are proven and reliable. Endoscopic treatment, similar to arthroscopy, is a relative newcomer, and so its results cannot yet be guaranteed. However, it does produce a much smaller scar and

perhaps a faster return to activity, say medical experts. Only time will tell if the new endoscopic procedure presents as little risk of nerve damage as the traditional approach.

If you experience symptoms similar to those of carpal tunnel syndrome, the first step is to consult a physician. Consider your daily routine, and try to identify those behaviors putting you at risk. Be prepared to relate your findings in detail, and follow your physician's and therapist's prescribed treatment to the letter.

Prevention is the best medicine—occupational therapists, along with industrial designers, are pooling their knowledge and skills. Their



goal is to minimize the slow wear and tear on all parts of the body that result from our daily tasks. Health professionals hope that lessons learned through observation and treatment will lead to a reduction in the occurrence of CTS and similar occupational hazards. This knowledge, with the aid of ergonomics, will influence the look and feel of products, tools and treatments in the future, and help the human machine wear more slowly.

Get to Know Your Park at the 1993 Conference

Continued from page 1.

great ideas, just write them down and mail them to:

Janet McGowan, Chair
1993 Annual Workshop
Planning Team
22773 Alum Rock Falls Rd
San Jose, CA 95127

Be sure to include your name, address and phone number in case more information is needed. Include any other contact people you know who may be able to offer assistance. Please get ideas in ASAP, since all the planning must be finished by October.

We'd like to try to do things a little differently this time around. For in-

stance, we thought we'd like to have tours scheduled for each day of the conference instead of just the first two days. This will help get more people out into the field. Also, we'd like to encourage more student participation in 1993's conference; therefore we will be offering some sessions specifically to students. These sessions will help students trying to enter the Ranger profession to prepare for, and be successful at their job interviews. We will also be offering a Resume Writing class.

Please, think long and hard about what you want to get out of this conference. It's your participation that makes the difference.

Kaweah, Knudsen help bring home the message

*Reprinted from the Public Affairs Report,
United States Army Corps of Engineers,
Sacramento District, June 1992*

LAKE KAWEAH—Some people put their cards on the table. Lake Kaweah however, puts its message on tables in homes throughout Central California.

Tim Golden, park ranger and water safety coordinator for the lake arranged with Foster Farms Dairy of Fresno to promote water safety to the consumers of Knudsen milk. The product carries two individual water safety pictures on the side panels of half-gallon cartons, which makes the messages highly visible to the public.

"The safety message will be printed on about 500,000 cartons and distributed throughout an area stretching south to the Tehachapi Mountains, west to Santa Barbara, north along the coast to Monterey and east to Merced," Golden said. He expects the messages to be effective because they will be on kitchen tables and

counter-tops in thousands of households in the San Joaquin Valley and along the Central California coast.

Golden hopes the message will be read by both young and old. "Children tend to be more impressionable, so it is our hope that they will remember the water safety messages as they grow older and understand the importance of wearing a life jacket and learning to swim," he said, identifying the two ideas the messages carry. "And we want adults to become more aware of the need for water safety," he added.

Golden believes that awareness is needed to promote water safety on a daily basis. This is especially true during the summer months when the recreational use of the lakes, rivers and the ocean is at its peak, he said.

Aquatic accidents are the second-leading cause of fatalities for those under the age of 44, claiming nearly 6,000 lives every year.

"We applaud the efforts of Foster Farms Dairy, the producers of Knudsen milk. Particularly Ron Foster and Marty Fanucchi of Foster Farms, for their support in creating greater awareness of water safety," Golden said.

Stay in School

by Larry Baird

Moreno Valley Parks & Recreation Advisory Committee

On April 24th I attended a conference at UC Riverside and gleaned some information that can be beneficial to all park employees and volunteers.

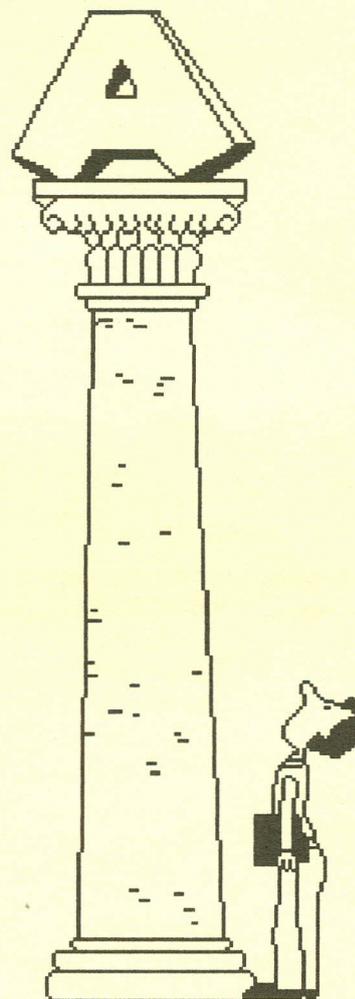
The keynote speaker was Edward James Olmos, star of *Stand and Deliver*, *Zoot Suit* and *American Me*. His major subject was gangs, the causes, effects and a proposed cure.

As this was a Chicano/Latino political action conference, his main focus was the hispanic gangs. Most gang members are dropouts from school. From 50 to 80% of all hispanic students drop out of school. "Gang Banging" is a fairly new phenomenon. Nev-

er before has there been a time when children kill children for no reason.

There is a motion picture being produced featuring Olmos, Carlos Santana, Senator Art Torres, Rita Moreno and others in conjunction with the State Superintendent of Education. This film will be shown at all public schools in California. The film's focus is to encourage children to stay in school.

We in the parks, as we deal with so many children, should be aware of this program and join in the emphasis on education. With a small effort on our part, perhaps we too can assist in curbing the gang challenge.



Think Ahead: Wear a Helmet when Bicycling

*Reprinted from Domini-Gram,
Summer 1992*

Each year at Dominican, an unlucky few bicycle riders wind up in the Intensive Care Unit. Tragically, several die. The patients are usually young, healthy and have bright futures, and their families are often torn apart by these unnecessary tragedies.

The typical profile of a rider who is killed or seriously injured is a young male between the ages of 12 and 17. Although with the increasing popularity of cycling, many adults are now among the victims: an increase to 54% in 1990 from 31% in 1980. Riders are usually injured in collisions with motor vehicles, and most still do not wear helmets, despite the great advances in design and comfort made in the last few years.

A recent patient at Dominican, Matt Cody, 13, fits the typical accident profile precisely. Matt was found lying on his back in the street, his bicycle nearby. He had no obvious injuries, but he was unconscious. A CT scan revealed a large blood clot on the right side of his brain. Surgery removed the clot, but his family and nurses waited anxiously to see how well Matt could recover. He spent 8 days in Intensive Care, then needed prolonged treatment for multiple medical complications.

In April, 4 months after the accident, Topati Serasvati, Matt's mother, reported that he was doing well in rehabilitation. He could walk with the help of a cane. "He has made a remarkable comeback," she said. "Cognitively, he is doing really well—he is back at a 12th grade level, after going down to 7th after the accident."

That is wonderful news. But if Matt had been wearing a helmet, he and his family would have probably avoided the pain, worry and expense they underwent, says Intensive Care Specialist Aaron Morse, MD, himself an avid bicyclist.

Once damaged, the brain is often unable to heal. Depending on the severity of the injury and the victim's age, the disability resulting from brain injury can be minor, or it can alter one's life forever. The lifetime cost of caring for a seriously brain-injured victim can run into millions of dollars. The \$60 cost of a good helmet is a small price to ensure that doesn't happen.

Many riders, especially the young, male and reckless, have a feeling that they are invulnerable. They frequently refuse to believe anything can happen to them. Statistics tell a far different story

Buying a Good Helmet

Several manufactures now make excellent bicycle helmets that meet the standards of both the American National Standards Institute (ANSI), and the Snell Memorial Foundation's even stricter B-90 specifications. Look for stickers attached to the helmet. One of the best, Giro, is made here in Soquel.

Fit is important. The best helmets can be adjusted snugly to fit the rider's head size and shape, adjustment of the straps and insertion of adhesive-backed pads that come with the helmet. The straps should be easy to buckle, unbuckle and adjust.

The helmet should be vented for cooling and lightweight, or riders won't want to wear them consistently, and they should leave the ears uncovered so hearing is unimpeded. Visors can shatter or cause the helmet to dislodge on impact: it is best to avoid them.

Helmets should be worn with the front level with the back, not tilted back on the head, or the forehead won't be properly protected. While it may seem superfluous to some, looks are important, especially to younger people. If you think you look silly; you probably won't wear it consistently. Most good bike stores will help you select and fit the proper helmet.

If it's Tuesday, we must be in the Pits!

What do you do with BBQ ash at your park? At Roberts Park in Oakland, we collect it in a steel garbage can and dump it into a dumpster. The ash is then hauled to the dump with the rest of the garbage.

This isn't very good for the environment. Rangers health is affected by the fine dust accumulating in their lungs.

Also in the park there are not enough places to put the hot ashes from all the portable BBQ's that are used every weekend. Often there are ground or garbage can fires.

Do you have a better system at your park? Is there an effective, inexpensive container for hot ash? We are interested in your answers. Please write the Signpost and we'll publish the results of this informal survey

Remember if Rangers don't lead, the public will just get lost in the woods!

PARK RANGERS ASSOCIATION OF CALIFORNIA

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Submissions should be mailed to David Brooks, 560 Hillcrest Dr., Ben Lomond, CA, 95005. Information can also be submitted by telephone at (408) 336-2948. Submission deadlines are the last day of January, March, May, July, September, and November.

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