“They are a fine, earnest, intelligent, and public-spirited body of men, these rangers. Though small in number, their influence is large. Many and long are the duties heaped upon their shoulders. If a trail is to be blazed, it is “send a ranger.” If an animal is floundering in the snow, a ranger is sent to pull him out; if a bear is in the hotel, if a fire threatens a forest, if someone is to be saved, it is “send a ranger.”

-Stephen T. Mather, First Director of National Park Service

Hey, Ranger...........

When we think of a National Park Ranger we think of the iconic Stetson Hat. Many recruits dream of the day they are handed their very own flat hat. The hat, produced by John Stetson has a rigid four inch brim and pointed four inch crown. The model was called “Boss of the Plains”. Standard issue was choice of stiff or cardboard brim, belly in color.

The pinched crown is sometimes referred to as a “lemon squeezer” or “Montana Peak”. This portion of the hat is more function than style. In 1898 Americans were at war in Cuba and the Philippines. The solders were issued campaign hats. The solders suffered through torrential rain storms. By pinching the top of the hat into four quadrants, the rain flowed down off the hat more effectively.

As these men returned stateside they were assigned to duty in the park system. Many of which still had their lemon squeezer. Over the years some aspects of the uniform have changed, but the hat remains.

At a Uniform Committee meeting in 1929 the design for the leather hat band was approved. Pressed into the leather are markings of foliage and cones of the sequoia tree. The band is secured with a chrome sequoia cone. Some felt this was all about California and not representative of the nation. However, the design prevailed. After all, the Sequoia is a living cornerstone of the first three of four National Parks. Those parks are? Sequoia, Yosemite, and Grant. When the band was first introduced a blank space was left on the front where the name of the park could be placed. However, in 1930 it was decided all bands should say “USNPS”.

Lost in the Line of Duty

EOW 2/24/11

National Park Ranger Julie Ann Weir was on official travel status on I 80 near Kearney Nebraska when she was killed in an auto accident. She was relocating from Independence National Historical Park to Yellowstone National Park. It was during a snow storm she lost control of her vehicle and collided with a tractor trailer.

Julie started her NPS career as a Volunteer Sled Dog Trainer in Denali. She had 11 years of service at the end of her watch.
**Accadia National Park**

Accadia National Park is located in Maine and is the oldest National Park east of the Mississippi river. Originally created in 1919, the park was named Lafayette National Park. It was renamed in 1929 as Accadia National Park.

The park is home to 40 different species of wildlife. Roaming the 47,000 plus acres are moose, beaver, coyotes, white tail deer, bobcats and black bears.

While the park is open year round, the summer months are the busy season. Over 2 million people per year come to Accadia to enjoy the 40 plus miles of shoreline.

As well as the 120 miles of hiking trails, boating, swimming, fishing, horseback riding, and tidlepooling.

Below is the parks patrol horse, Max.

**Physical Fitness**

Over use injuries often plague academy recruits. These types of injuries happen for one of two reasons; the recruit did not prepare physically for the academy and once in the academy is trying to keep up. Increasing intensity, time, and frequency too much too soon. The second case is once in the academy the recruit increases time, intensity, or duration too quickly in an attempt to exceed expectations.

Symptoms of overuse syndrome are increase in resting heart rate, increased fatigue, loss of motivation to workout, unexplained soreness, disrupted sleep patterns, and irritability. The rule of thumb is you never want to increase distance by more than 10% per week. It is important to cross train to provide muscle groups time to recover as well as schedule rest days into your workout plan.

The physical fitness staff at Temple University has over 10 years of experience and is a Cooper Institute Certified Personal Trainer. Students are monitored to ensure they are not putting themselves at risk for overuse injuries such as shin splints, tendonitis, or stress fractures. Recruits have fitness staff, weight room, gym, and running trails available to them throughout the academy.

What can you do now? If you are not exercising, start. But start slowly, maybe using a walk/run program. Walk for a certain time or distance, then run for certain time or distance and continue this for 25 to 30 minutes. Gradually decreasing walking time and increasing running time.

If venturing into the weight room for the first time, ask gym staff for assistance on how to properly work the machines.

Before you know it, May of 2015 will be here....will you be ready?

**Suggested Reading**

*The Last Season*
Eric Blehm ASIN: B000S1LV00

*Death, Daring and Disasters: Search and rescue in the National Parks*
Charles Farabee Jr. ISBN: B0045FOKUQ

*Death, Despair and Second Chances in Rocky Mountain National Park*
Joseph Evans ASIN: B0050JEQE8

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Staff Spotlight:

Mike Valora

Law Enforcement Supervisor Park Ranger Mike Valora has been teaching for the Temple University Seasonal Law Enforcement Training Program since its inception in 2011. Mike teaches several topics including Basic Tactics and High Risk Vehicle Stops. Ranger Valora earned his S.L.E.T.P certificate from Southwestern Community College in North Carolina. He landed his first Seasonal position in 1999 and earned a permanent assignment in 2001 at Independence NHP. He is currently stationed at Valley Forge NHP. Throughout his career he has held titles of Generalist Park Ranger, Law Enforcement Ranger, and Law Enforcement Supervisor Park Ranger in parks such as Gettysburg NMP, North Cascades NP, Catoctin Mountain Park, Independence NHP, Valley Forge NHP, and Hopewell Furnace NHP.

When asked what he thought the best part of the job is he replied it is the variety of experiences you encounter from day to day, while working in some of the most significant historical and natural sites in the United States. Being a Park Ranger requires such a diverse skill set such as emergency medical services, search and rescue, and wildfire/structural firefighting. The way that Park Rangers patrol is also diverse, patrolling by bicycle, foot, boat, vehicle, horse, ATV, and kayak, to name a few.

Supervisor Park Ranger Valora enjoys teaching at the academy and is always ready and willing to share his experiences, knowledge, and guidance to Temple University Seasonal Law Enforcement Recruits.