

# The Chronicle

Weekend Edition  
Saturday,  
May 18, 2013

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## Relay for Life

Survivors, Supporters Rally Against Cancer / Main 7

## District Fastpitch / Sports



# 'House of Rising Son' Owner Arrested

**DRUG CHARGES:** Owner of Controversial Homes Linked to Sales of Morphine Pills and Other Painkillers

By Stephanie Schendel  
[sschendel@chronline.com](mailto:sschendel@chronline.com)

The woman who owns and operates the controversial House of the Rising Son halfway

homes was arrested Thursday on drug charges.

Chehalis Detective Sgt. Gary Wilson said 61-year-old Judy D. Chafin and her ex-husband, Keith D. Williams, 48, had been the subjects of an ongoing investigation.

Police were informed that Williams was allegedly selling drugs — morphine pills and other painkillers — and that Chafin was involved in the

transactions, according to court documents. Police then used a confidential informant to buy drugs from Williams on three different occasions.

During one of the transactions, Chafin arrived in a separate vehicle and gave Vicodin and morphine to Williams, who then sold them to the informant, according to court documents.

please see **CHARGES**, page Main 13



Pete Caster / [pcaster@chronline.com](mailto:pcaster@chronline.com)  
Judy Darlene Chafin makes an appearance in Lewis County Superior Court on Friday afternoon at the Lewis County Law and Justice Center in Chehalis.

# Mother of Dead Toddler Sentenced to Prison

## Worker Hospitalized After Being Struck by Metal Beam Expected to Recover

By The Chronicle

A man working at the site of the Lewis County Event Center and Sports Complex in Centralia is expected to make a full recovery after he was struck by a metal beam Thursday morning.

The construction worker was airlifted to the Harborview Medical Center in Seattle after paramedics with the Riverside Fire Authority arrived at about 9 a.m.

A Lifeflight helicopter landed at the Centralia High School football field.

Riverside Chief Jim Walkowski said the man suffered "multi-system trauma," meaning that various parts of his body sustained severe injuries.

Walkowski said the beam weighed approximately 4,500 pounds.

Mike Swarouth, the project manager for Kaufman Construction, the contracting company out of Olympia, said the man broke his ankle, pelvis and some ribs.

"The beam, which was on the ground, tipped over on its side and he was under it," Swarouth said.

The name and age of the man, who is from the Olympia area, were not released.

Although the man was crushed by the beam, Swarouth said he should make a full recovery since he did not suffer any internal bleeding. He is scheduled for surgery on Saturday.

"A lot of times with something like this, you will have internal bleeding and bleed out before you get to the hospital," Swarouth said.



Pete Caster / [pcaster@chronline.com](mailto:pcaster@chronline.com)

Becky Heupel leaves a Lewis County Superior Court room after being sentenced to 12 months and a day in prison on Thursday morning at the Lewis County Law and Justice Center in Chehalis. Last month, Heupel, 30, pleaded guilty to felony criminal mistreatment after her 2-year-old daughter was murdered by James Reeder in May of 2012. Reeder was sentenced to life in prison with possibility of parole after 37 years earlier this year.

**BEHIND BARS:** Mother of Koralyynn Fister to Serve a Year in Prison

By Stephanie Schendel  
[sschendel@chronline.com](mailto:sschendel@chronline.com)

The mother of the 2-year-old Centralia girl who was tortured to death last May at the hands of the woman's boyfriend was sentenced Thursday morning to a year and one day in prison.

Becky Heupel, the 30-year-old mother of two, pleaded guilty last month to the charge of second-degree criminal mistreatment, which alleges that a parent recklessly created an imminent and substantial risk of death or great bodily harm for his or her child, according to the statute.

She learned she would face criminal charges the day her ex-boyfriend, James M. Reeder, was sentenced to life in prison

with possibility of parole after 37 years for the rape and murder of her daughter.

She was not home at the time of the toddler's death on May 24, 2012, and had left her daughter in the care of Reeder, who was her live-in boyfriend at the time.

**PROSECUTORS AND LAW** enforcement believe Reeder, who was described by the lead detective as a "shark," chose Heupel to gain access to her children be-

cause she was easy prey: a single mother of two, who has a number of mental and physical disabilities.

At the time of the child's death, the body of 2-year-old Koralyynn Fister was covered with bruises, cuts and other injuries, including two palm-sized chunks of skin missing from her buttocks, indicating to authorities that the abuse had been

please see **MOTHER**, page Main 13



## Weather

**TONIGHT:** Low 48  
**TOMORROW:** High 62  
**Showers Likely**  
see details on page Main 2

Weather picture by Kris McGovern, Onalaska Elementary, Fourth Grade

## Elevating Homes

### Chehalis Continues Program Lifting Houses Above Floodplain / Main 6



## Deaths

Lane, Loretta  
Virginia, 74,  
Onalaska  
McMahan, Bob,  
81, Randle  
Skadden, Gladys  
Marion, 93,  
Centralia

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# Progress Continues on Chehalis Home Elevations

**DEADLINES: Homeowners Have Until May 31 to File for Program; Grant Money to Expire Dec. 31**

By Kyle Spurr  
kspurr@chronline.com

Flood-prone homes in Chehalis are being elevated this year from a \$1.2 million Federal Emergency Management Agency grant that was awarded to the city of Chehalis in 2010, but couldn't be administered until now due to a lack of staff and resources.

Nineteen eligible homes are on the list for elevation. Several of the homes are located on historically flood-prone Prindle and James streets.

Six homes are currently under construction, two homes have permits submitted with construction starting soon, another two have met with the city for a pre-construction meeting and nine homes have yet to file paperwork with the city.

Eligible homeowners have until May 31 to have all the paperwork signed and pay 12.5 percent of the costs. The FEMA grant covers 75 percent of the cost. The rest is split between the state and property owner, with each paying 12.5 percent.

"We are running out of time and we need to know if they are in or if they are out," Chehalis Community Development Director Dennis Osborn said.

The city, which requested an extension with FEMA on the grant last year, is under a time crunch since the grant money is set to expire Sept. 30.

Osborn said the city has applied for an extension to make



Pete Caster / pcaster@chronline.com

A house on River Street in Chehalis was raised more than 6 feet off its original foundation in order to ward off possible flood damage.

the end date Dec. 31 for the funds.

Asked whether Dec. 31 is enough time to finish all the elevation work, Osborn said he believes it is, and if homes are not completed by then, that's because of the homeowners.

"That is the game plan," Osborn said. "We've been talking with FEMA and with the homeowners. I think we are going to be OK."

Osborn said the \$1.2 million grant should be enough to assist each home with the evaluation work.

The estimated cost to elevate the homes ranges from about

\$24,000 to about \$90,000.

Originally, 25 homes qualified for the grant program, but some lifted their homes on their own or opted out of the program. Osborn said he is not aware of any homes being left out of the program due to a lack of funding.

The city hired the Chehalis law firm of Hillier, Scheibmeir, Vey & Kelly for \$50,000 to act as a consultant and handle the administration process. FEMA will reimburse the city for all costs associated with the elevation project.

Osborn said the city has done its part as the administra-

tor for the grant. Now, it is up to the homeowners to file and contractors to finish the work on time.

"We are all facing deadlines," Osborn said. "It's a flux program and a lot depends on what is going on with the homeowners."

## HOMES ELIGIBLE FOR ELEVATION

The properties identified by the city of Chehalis as eligible to participate in the Chehalis Home Elevation Grant Program, along with the current status of each home:

### Construction underway:

- 908 NW Prindle St.
- 503 SW Riverside Drive
- 1316 NW River St.
- 317 SW James St.
- 1202 NW Cedar Way
- 389 NW Florida Ave.

### Permit application submitted:

- 1129 NW Shoreline Drive
- 294 SW James St.

### Pre-construction meeting complete:

- 353 SW Riverside Drive
- 398 SW Newaukum Ave.

### Paperwork not filed:

- 1034 NW Prindle St.
- 1271 SW Elzina St.
- 408 SW Riverside Drive
- 418 SW Newaukum Ave.
- 1010 NW Prindle St.
- 898 NW Prindle St.
- 998 NW Prindle St.
- 962 NW Prindle St.
- 340 SW James St.

## Majority of 150 Workers Laid Off at Chehalis Facility Will Transition to New Jobs

**TRANSITION: 130 Workers Offered Positions at New Company After RoadLink Files Notice With State on Layoffs; New Contractor to Hire 40 Additional Employees**

By Amy Nile  
anile@chronline.com

RoadLink, a company that moves merchandise for the Fred Meyer and QFC Distribution Center, intends to lay off 150 employees from the Port of Chehalis facility today, according to the state Employment Security Department.

Most won't be out of work, though, according to a company spokesman.

RoadLink Director of Human Resources Bill Medina said most of the workers will transition into jobs at a new Fred Meyer contractor on Monday.

ESD received notification of the layoffs under the Worker Adjustment and Retraining Notification Act, which requires companies planning more than 100 eliminations to notify workers before the closure so the state can educate employees about jobless benefits.

Medina said the company reported the layoffs to ESD because those 150 employees will be going off the payroll, though

most will not need unemployment benefits.

"Nobody should be hitting the streets," Medina said. "Employees are just going to be working for another company come Monday."

The Port Orchard based Merit Integrated Logistics, the new company taking over on a three-year contract, rehired all but 20 of the laid off RoadLink workers.

"They are getting an immediate pay increase and better benefits," said Merit CEO Mike Bletko.

Merit is looking for 40 additional workers to take warehouse support positions at the Chehalis facility, Bletko said.

Merit will offer employees company-subsidized health care programs, paid time off, and incentive bonuses, Bletko said.

"Through our employee appreciation practices, we will earn employee loyalty and motivation, which leads to higher quality of work, less turnover, fewer accidents and less time wasted on repetitive training," he said.

Merit responded to a request for proposal sent out by Fred Meyer in February, besting RoadLink for a three-year contract. Merit will begin providing services in the Chehalis facility on Sunday.

Upon careful analysis of the facility, Merit has designed

### TWIN CITIES COMPANIES REPORTING LAYOFFS TO EMPLOYMENT SECURITY IN THE LAST DECADE

- Qualex Inc. — 80 employees — 2004
- TransAlta — 568 employees — 2006
- ABX Air — 56 employees — 2009
- RoadLink — 150 employees — 2013

### NEW COMPANY TO HIRE 40 CHEHALIS WAREHOUSE WORKERS

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a custom solution that will achieve significant cost reductions, according to a company issued press release.

Bletko told The Chronicle the cost reductions allow them to offer better pay and benefits for the employees.

"We feel we are doing the right thing by Kroger Fred Meyer, by the employees and by the community," he said. "It's our business and we do it very well."

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[www.facebook.com/AmyNileTheChronicle](https://www.facebook.com/AmyNileTheChronicle)

### News in Brief

By The Chronicle

#### Counterfeit Money Reported in Centralia

Police have received a few reports of counterfeit bills used at Centralia businesses this week.

Someone attempted to use two counterfeit \$20 bills to pay their traffic ticket at Centralia Municipal Court on Monday, according to Centralia police. The clerk noticed the money looked strange and when she examined it the suspect ran away.

Officers also took another report of a fake \$20 bill being used at the Olympic Club. The

bill was reportedly used several days prior, but staff realized it was counterfeit on Thursday morning.

Also, a 48-year-old Centralia woman, Geraldine L. Taylor, was arrested and booked into the Lewis County Jail for allegedly attempting to use a counterfeit \$100 on the 100 block of South Tower Avenue at 5:39 p.m. Thursday.

#### 'Plastic Whale Project' Reception Scheduled

Thurston County solid waste is inviting families to attend a reception for the Plastic Whale

Project on Thursday, 5:30-8 p.m. According to Solid Waste, the project encouraged people to use reusable bags by involving them in a large-scale art project.

"The result," TCHS said in a release, "A 32-foot gray whale made out of plastic bags and other trash."

The reception will take place at the Washington Center for the Performing Arts, 512 Washington St. SE, Olympia.

The event is free to attend. Snacks will be provided.

For more information, visit <http://www.thurstonwaste.org>

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# Supporters, Survivors Rally at Relay for Life

**NEW VENUE:** Local Teams Gather at Southwest Washington Fairgrounds for 24-Hour Event

By Kyle Spurr  
kspurr@chronline.com

More than 44 teams set up tents at the Southwest Washington Fairgrounds Friday afternoon to participate in the 2013 Relay for Life of Lewis County, which is scheduled to continue through 4 p.m. today.

Faye Mullins, of Onalaska, started a team last year with her family and friends called the "Jarvis Juggernauts," and the team came out for the relay again this year.

Mullins and her husband both lost their mothers to cancer in 2011.

Mullins spent Friday afternoon raffling off items from her tent to raise money for Relay for Life. She said the survivor lap and the Chinese floating lanterns, which are new to the walk this year, are her favorite parts of the event.

"It's pretty emotional," Mullins said.

Relay for Life is hoping to raise \$135,000 at this year's event.

This year's relay was the first one at the fairgrounds after being held at Stan Hedwall Park in Chehalis, which Mullins said gives patients more room and accessibility.

"It was hard for people in wheelchairs," Mullins said of



Pete Caster / pcaster@chronline.com  
Walkers take part in the Relay for Life at the Southwest Washington Fairgrounds in Chehalis on Friday. The event raises awareness and money to aid the research to find a cure for cancer.

Stan Hedwall Park last year.

Osborn Cancer Care, which has an office on Bishop Road in Chehalis, also set up a team this year called "Team Jamie," in honor of a nurse's son, Jamie Settle, of Shelton, who is battling cancer.

"Team Jamie" member Mary-

ann Albenesius, of Winlock, who works in oncology at Osborn Cancer Care, said this year is her first time at the event, but she is familiar with the impacts of cancer from working in oncology since 1985.

"Nobody is immune unfortunately," Albenesius said.

# Jury Unable to Reach Verdict in Trial of Woman Accused of Running Centralia Pot Dispensary

**UNDECIDED:** Prosecutors Unsure if They Will Attempt to Retry Her

By Stephanie Schendel  
sshendel@chronline.com

A jury could not return a verdict Friday in the case of 47-year-old Lewis County woman accused of being an accomplice in the now-closed Hub City Natural Medicine marijuana dispensary in Centralia.

Lauri Spangler, 47, was charged with maintaining premises for using controlled substances.

Spangler was among four people to face charges after the business was raided by Centralia police in April 2011. She is the only one of the four with a criminal case still pending.

Lewis County Deputy Prosecutor Brad Meagher told the jury during closing arguments she helped in planning and maintaining a building that was used by her boyfriend to distribute marijuana.

She knew what his intentions were for the business, but it re-

mained open after she received a letter from the chief of Centralia police telling her she was operating an illegal business, he said.

"This isn't the first time some criminal used his girlfriend to put together a criminal enterprise," Meagher told the jury.

The three men involved in the operation were all convicted felons and could not apply for the business license.

She set up the bank account, obtained business licenses, and helped move in furniture, Michael Underwood, Spangler's attorney, said during his closing arguments. She did not act as an accomplice in distributing marijuana.

"There is no evidence she participated there," Underwood said.

Meagher said prosecutors have not decided whether they will re-try her. She will appear in court May 23 for a review hearing.

The three other people who prosecutors charged in relation to the business all took plea agreements in the past several

months. Those individuals include: Daniel J. Mack, 41, of Rochester; David W. Low, of Centralia, and Spangler's live-in boyfriend, Colby D. Cave.

Both Low and Cave pleaded guilty to one count of attempted maintaining of a building for drug manufacturing earlier this year. The crime is a class C felony. Cave was sentenced to 30 days of home monitoring, and Low was sentenced to two days in jail, with credit for two days served.

Mack pleaded guilty to two counts of delivery of a controlled substance and maintaining a building for the manufacturing of marijuana. He has not been sentenced because, per the plea agreement, he said he would testify against Spangler.

Police seized more than 40 grams of dried marijuana in Mason jars and various baked goods and edible items allegedly infused with THC, marijuana's active ingredient, during the raid.

Mack, a medical marijuana card holder, told police he had been "trading" marijuana for

money with at least 100 people, according to court documents. Centralia police later served a search warrant at Mack's home at 18400 Leon Street SW in Rochester and found 164 marijuana plants growing there in hidden rooms — including underground — in various stages of maturity.

After closing arguments Thursday, Sgt. Jim Shannon, who runs the Centralia Police Department's anti-crime unit in charge of investigating drug distributors and producers, said that people can grow medicinal marijuana and abide by state law.

Those who chose to do so, however, should find a "competent" attorney to advise them to make sure they are doing it in a legal manner, Shannon said. Lewis County law enforcement and prosecutors will investigate and prosecute anyone who chooses to grow marijuana that is not in compliance with law, he said.

Lewis County Prosecutor Jonathan Meyer noted that growing marijuana is still a violation of federal law regardless of current state law.

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**SUMMER-TIME 2013 CAMPS**

**HAVIN' A BALL CAMP SPLASH OVER THE EDGE SWIMMING/LASER TAG DAY CAMP**

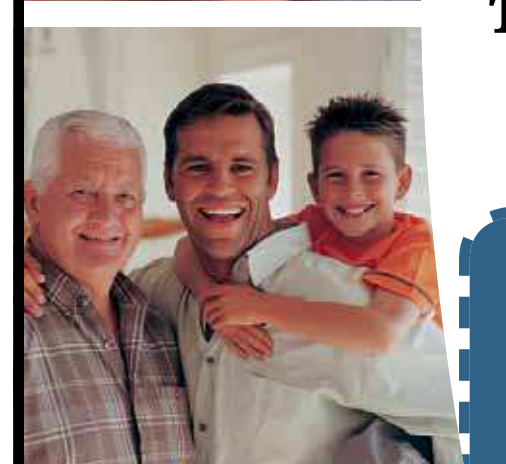
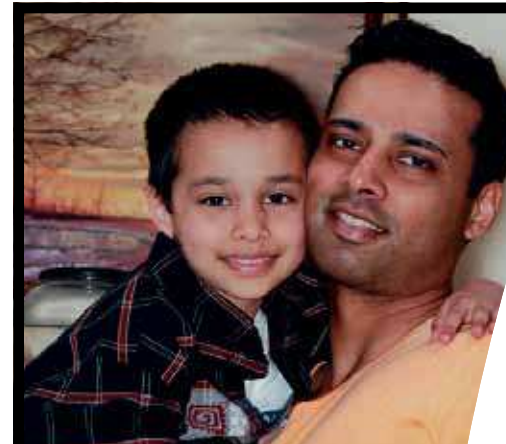
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# Opinion

Columnists, Our Views,  
Letters to the Editor

Richard Lafromboise, Publisher, 1966-1968  
J.R. Lafromboise, President, 1968-2011  
Jenifer Lafromboise Falcon, Chairman

Christine Fossett, President  
and Publisher

## One More Time: It's a Spending Problem

### Our Views

We're tired of the continued threats emanating from Olympia to cut or disrupt such items as parks unless tax increases are passed for the 2013-15 two-year budget.

The state is forecast to take in more tax revenues than ever: \$30.5 billion in 2011-13, \$32.5 billion in 2013-15, and \$35.3 billion in 2015-17.

We have \$2 billion more coming in for the 2013-15 budget cycle compared to 2011-13. State revenues are forecast to rise 6.6 percent.

We've said it before, and sadly, we'll be saying it again: the state doesn't have a revenue problem; it has a spending problem.

And the citizens of the state are starting to get it.

A new poll from Moore Information reveals 61 percent of Washington voters are against any tax hikes, even when keywords such as "education" and "state services" are part of the questions.

The poll, taken April 21-22, contacted 400 Washington state voters.

Those responding to the poll

said if they were able to write the state budget, they would not increase taxes, but reduce spending.

A mere 26 percent said they would raise taxes.

This attitude toward spending endorses the state Senate's plan, passed 51-36, to not increase taxes in the upcoming budget. That plan includes spending \$1 billion more on K-12 education.

Inslee and the House Democrats are pushing to end tax exemptions and extend what they call "temporary" tax increases.

The poll also revealed strong support for cutting wasteful spending and creating a leaner state government (89 percent), and that now is not the right time to raise taxes (71 percent).

Sen. John Braun, R-Chehalis, nailed the truth when he said following Inslee's proposed budget,

"What happened to the promise you made six months ago to avoid tax increases?"

The citizens of this state have it right on taxation. It's high time our state politicians followed the will of the people.

### COMMENTARY: Saturday's Child

## A Hundred Years Old and Still Around

Whenever I tutor potential journalists, I encourage them to take poetry courses and/or read much poetry. Its techniques are the best I know for stating things concisely and colorfully, a necessity for good journalists.

Poetry was at its most popular during the Victorian Age, the time of the three-named poets (Henry Wadsworth Longfellow, John Greenleaf Whittier, James Russell Lowell, etc.). But it carried into the 20th century and was still going strong during my childhood as part of the Greatest Generation.

Certainly the best known poem of the first half of the 20th century was "Trees," which has been in the news this month because we are celebrating the 100th birthday of its writing. It was written by a fellow with the unlikely first name of Joyce.

(In my youth, poets were wrongfully thought of as sissies. I attribute that to Percy Bysshe Shelley, a British Romantic Age poet who was quite effeminate.)

"Trees" was an immediate success. Almost every kid of my age could recite it. I learned it in my small-town grade school; my wife, who attended a country school, is able to join me in reciting it.

It fell out of favor somewhat among the Baby Boomers, following World War II, perhaps because it rhymes and is somewhat sentimental, two taboos of the post-war period. For those of you of that later period, I have included the poem.

When a woman was in Europe during "the war to end all wars" to entertain

### TREES

By Joyce Kilmer

I think that I shall never see  
A poem lovely as a tree.

A tree whose hungry  
mouth is prest  
Against the earth's sweet  
flowing breast;

A tree that looks at God  
all day,  
And lifts her leafy arms to  
pray;

A tree that may in summer  
wear  
A nest of robins in her hair;

Upon whose bosom snow  
has lain,  
Who intimately lives with  
rain

Poems are made by fools  
like me,  
But only God can make a  
tree.

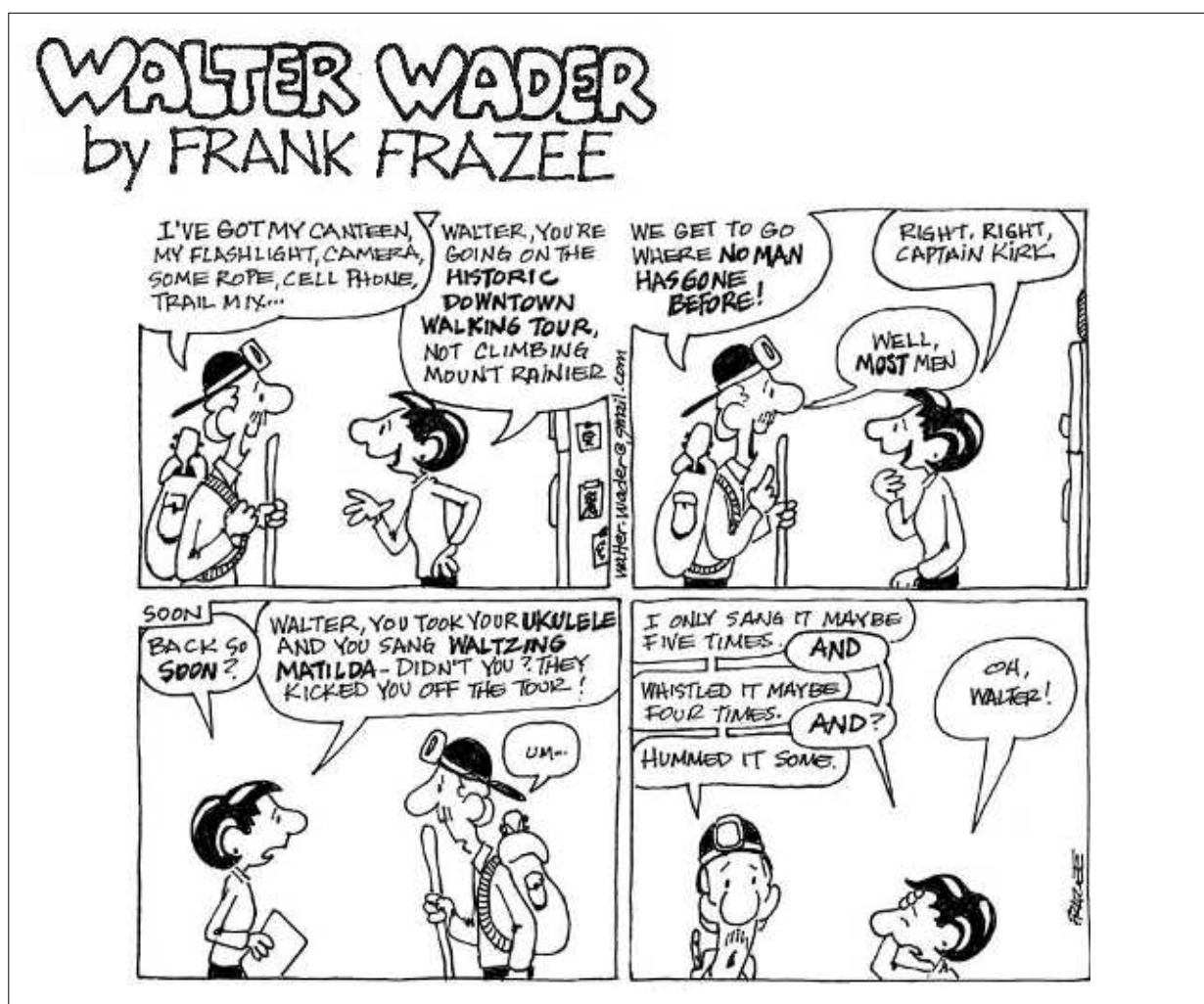
the troops, she tried to recite the poem. Halfway through she had a memory loss and fell silent. A soldier in the audience called out, "Perhaps I can finish it for you," and he did. It was Joyce Kilmer himself.

No one could accuse him of being "a sissy poet." He joined the Fighting 69th Regiment, so outstanding for its heroics that a motion picture was made about it, starring Jimmy Cagney.

Several times he was offered an officer's rank and being placed in a safe position, but Kilmer refused, choosing to stay with his men as a non-com and leading them into dangerous battle.

A few months after helping the entertainer recite his poem, he was killed while attacking a German machine gun emplacement. He was 31 years old.

...  
Gordon Aadland, Centralia, was a longtime Centralia College faculty member and publicist.



### COMMENTARY:

#### Musings From the Middle Fork

## It's Risky Business Being a Lawman

In 1962, President John F. Kennedy signed a proclamation designating May 15 as Peace Officers Memorial Day and the week in which it falls, Police Week.

This past week, thousands of law enforcement officers from around the world traveled to Washington, D.C., and participated in events that honor those that paid the ultimate sacrifice while serving their communities.

My career in law enforcement was an accident, literally. And thank God my career was pretty uneventful, interrupted only by occasional drama or danger. But for some, and ultimately their families, it wasn't so.

Soon we'll have a memorial of our own to honor local officers who died in the line of duty serving right here. My prayer is that no other names make the memorial. It isn't likely to be so, but it is my hope.

Unfortunately, times have become more dangerous, and armed robbery, murders and other crimes have become far too common.

Right here at home, our local officers face danger frequently.

The officers we've lost in the line of duty include:

- Deputy Mike Gallagher, who was killed in 2009 while responding to back up another officer at a domestic dispute. He hit an elk,

which caused him to leave the roadway. The result was sadly fatal.

- Deputy Dick Snider suffered a fatal heart attack after struggling with an inmate at the jail in 1986. He had responded to assist another deputy who was being assaulted by the inmate.

- Deputy Ernest Runke was attacked in 1957 in the Lewis County Jail while passing out dinner. Three inmates assaulted him with a broom handle and hot coffee. He later died from those injuries.

- In 1937, Deputy Seth Jackson was shot and killed while trying to stop two robbery suspects with his partner. During the gun battle, Jackson was shot and killed.

- In 1919, civilian John Haney was shot and killed after being deputized to assist with the arrest of protesters who had shot and killed four soldiers in the Armistice Day Parade a few days earlier.

- In Centralia in 1910, Officer William Smith was struck and killed by a freight train in while standing on a crossing.

- And finally, in 1903, Marshal James Parsons was shot and killed while arresting a man at a local hotel who had made obscene remarks to several children. During the arrest, a shootout occurred. Marshal Parsons was struck in the chest and fatally wounded.

I hope I haven't left anyone out, but these were the killed officers I could find.

Policing is much more difficult these days, and often more dangerous. People are more willing to fight with cops and too often de-

liberately try to injure or kill them, not just get away.

TV shows solve crimes in 60 minutes minus commercials, get convictions on the flimsiest of evidence and have DNA results in minutes. That is what people think is reality and what they expect.

But reality is more like the recent Weston G. Miller murder trial, which was recently concluded with a conviction.

The only eyewitness gave conflicting stories on the night of the murder and reported she didn't see a gun. Then on the stand, she said she did, or maybe she didn't. Complicating her recollection was the revelation she was high on "strong marijuana" but earlier she'd denied she used due to her probation status.

Nevertheless, the cops put together a solid case, the prosecutor professionally presented the case, and Miller was convicted.

TV shows, even the ones called "reality shows" really aren't reality, and my experience is most cases are more like Miller's than anything on TV.

We ask our cops to do many things, and to do them all perfectly.

They won't. They can't. They aren't. And down deep, we know that.

But it's been my experience most of them try.

...  
John McCroskey was Lewis County sheriff from 1995 to 2005. He lives outside Chehalis, and can be contacted at musingsonthemiddlefork@yahoo.com.

### Editorial Mission Statement

■ We will strive to be the voice of reason for the peaceful settlement of conflict and contention on key local issues. We will work to be fair at all times and to provide a balance of opinions. We will make our opinion pages available for public discussion of vital issues and events affecting the quality of life in Lewis County and adjoining regions. When necessary, we will be willing to take a tough, definitive stance on a controversial issue.

### Letters Policy

■ Please type opinions, if possible, and limit letters to 500 words. Shorter letters get preference. Contributors are limited to publication of one item every two weeks, with exceptions as warranted. Items submitted are subject to editing and will become the property of this newspaper. Poetry is not accepted.

### To Send Your Letter

■ Address letters and commentaries to "Our Readers' Opinions." Please sign them and include your full address and daytime telephone number for verification and any questions. Send them to 321 N. Pearl, Centralia, WA 98531. E-mail letters can be sent to letters@chronline.com.

### Questions

■ For questions on a letter call Doug Blosser at 807-8238 or toll-free, 1-800-562-6084, ext. 1238.

### Editorials

■ Regional Executive Editor Michael Wagar can be reached at (360) 807-8234, or at (360) 458-2681, or by e-mail at mwagar@chronline.com.















# Voices

Columns, Celebrations,  
Community Conversations

## Voice of the People

In an effort to reduce the number of deaths related to drunken driving, federal accident investigators are considering a recommendation that states reduce the threshold from the current .08 blood alcohol content to .05, a standard that has reduced highway deaths in other countries. What do you think of the idea?



**"I oppose pre-crime police state tactics. Instead I propose harsher penalties for DUI accidents. Vehicular homicide while intoxicated should be treated as first-degree murder with 25 years to life in prison."**

Jack Thompson  
Centralia, owner of Jack Russell Wildlife Control



**"It isn't going to help unless the punishments are stronger."**

Kim Mozzone  
Tenino, administrative assistant



**"How about zero tolerance for drinking and driving? ... My job has that. This should apply to all substances (legal or not legal) that alter the mind."**

Karen Snipes  
Chehalis, coach



**"Even if it saves one life, what's the harm in lowering the limit? A DUI can be given at .05 now anyways at officers' discretion."**

Victoria Walker  
Centralia, stay-at-home mom

## Anniversaries

### Gary and Kay Odegaard



Kay and Gary Odegaard, 1963



Gary and Kay Odegaard, circa 1910

Gary and Kay Odegaard, Centralia, will be celebrating their 50th wedding anniversary June 27 with a party in Portland for the family.

The Odegards were married June 8, 1963, in Shoreline. They moved to this area that summer. Both were teachers for 30 years — the Rochester and Onalaska school districts in the 1960s and Centralia College from 1969 into the 1990s.

Kay later worked for Love in the Name of Christ (Love INC). Gary worked for Primerica Investments part-time for several years and full-time at Brown Mortuary Service and Sticklin Funeral Chapel for seven years.

Gary was a 20th District senator for 12 years and was majority caucus chair for his last three years. Both Gary and Kay were Lewis County Democratic Party chairs in the 1970s and 1980s.

They are both active at Westminster Presbyterian Church, having been elders and deacons. Kay is chairwoman of the mission commission and Gary serves on the finance committee at the church.

Kay volunteers at Love INC and the food bank.

The Odegards' children

and spouses are Gregory (Ann), Kalama, and Jeffrey, Milwaukie, Ore.

They have five grandchildren and one great-grandchild.

...

To submit your anniversaries, e-mail [voices@chronline.com](mailto:voices@chronline.com) or send mail to Anniversaries, The Chronicle, 321 N. Pearl St., Centralia, WA 98531.

## Births

• **GABRIELLE CASEBOLT AND BRYCE DUE**, Rochester, a girl, Alysa Valentine Casebolt-Due, May 6, 5 pounds, 12 ounces, Providence Centralia Hospital.

• **ANDREA AND JOSHUA MARTIN**, Chehalis, a boy, Cyrus Andrew Martin, May 7, 8 pounds, 14 ounces, Providence Centralia Hospital. Grandparents are Gary and Winnetta Martin, Shelton, and Andrew and Lorna Johnson, Hammett, Idaho. Great-grandparent is Hazel Benwell, Nampa, Idaho.

• **NICOLE MYERS AND NICHOLAS BOND**, Centralia, a girl, Skyla Ann Bond, May 7, 7 pounds, 2 ounces, Providence Centralia Hospital.

• **SALEENA DESMARAIS AND DAVID WILLIAMS**, Rochester, a girl, Emilie Clare, May 8, 8 pounds, 12 ounces, Providence Centralia Hospital. Grandparents are Waneta Desmarais, Burien; Dan Williams, Federal Way; and Cindy Tiefky, Bonney Lake. Great-grandparents are John Ryan, Burien, and Kathy and Vern Anderson, Federal Way.

• **HEATHER JONES-KIPP AND CHAD KIPP**, LaPlace, La., a girl, Emma Grace Kipp, May 9, 7 pounds, 6 ounces, Tulane-Lakeside Hospital, Metairie, La. Grandparents are Glenda Patrick, LaPlace; Ron and Susan Jones, Daufuskie Island, S.C.; Joyce and Pat England, Chehalis; and Diane Kipp, Chehalis. Great-grandparents are Jim and Ann Jones, Kilmarnock, Va.

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**"Rain"**  
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#9615

**"Nelson"**  
Nelson is about 6 years old. He has been here for awhile, and would love a home soon! He promises to keep all the mice away, and give you lots of love!  
#9572

**"Walt"**  
Walt is another 6 year old, big, and willing to work for you on keeping the critters away. He loves being petted, and is a staff favorite.  
#9592

**"Cheeto"**  
Cheeto is a friendly guy about 1 1/2 years old. He loves attention and purrs non-stop when you pet him. He is a happy cat!  
#9631

## Lewis County Animal Shelter Pets of the Week

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Open 10-4 Monday - Saturday

**Thanks for your continued support with donations to our animal shelter!**  
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# Sports

Sports editor: Aaron VanTuyl  
Phone number: 807-8229  
e-mail: avantuyl@chronline.com

## Plenty of Locals Qualify for State Track Championships / Sports 3

### 2A Softball

# REPEAT Performance

## Bearcats Win Second-Straight District 4 Title in Dramatic Fashion

Brandon Hansen / bhansen@chronline.com

W.F. West starting pitcher Ali Graham hugs freshman Tessa Wollan after she notched a walk-off single for an 8-7 victory in the District 4 2A Softball Tournament championship game Friday in Centralia.



## Wollan's Walk-Off Single Helps W.F. West Beat Aberdeen

By Brandon Hansen

bhansen@chronline.com

Nothing seems to rattle W.F. West or its freshmen.

Just ask the Bobcats, who found themselves on the wrong end of a walk-off single by the Bearcat youngster Tessa Wollan, and fell to the Bearcats 8-7 in the District 4 2A Softball Tournament championship game Friday night at Fort Borst Park.

The Bobcats had been riding a wave of momentum after rallying from a 4-run deficit with a 5-run rally in the fifth inning, but W.F. West took care of business in dramatic fashion.

It was the second big game in a row for Wollan, who homered twice on Thursday in a 7-1 win over Centralia.

"We knew that we can win in any situation," the freshman said. "What allowed us to win was heart. Everybody wanted to win it as much as possible."

The game started off heavily



Brandon Hansen / bhansen@chronline.com

W.F. West's Caitlin Reynolds slides into third base on a triple in the bottom of the seventh in the District 4 2A Softball Tournament championship game Friday in Centralia. W.F. West won the game 8-7.

in the Bearcats' favor, as they got RBIs by Caitlin Reynolds, Chloe Lewis, Cassidy Grandorff and Wollan in a 4-run first to knock out Aberdeen starting pitcher Mo Donovan.

Aberdeen didn't answer until the top of the fifth, when a 2-run double by Shannon Chesterman made it 4-2.

Reynolds answered with a 2-run shot in the fifth, pushing the lead back to 4, before Aberdeen's big rally.

In the top of the sixth, the Bobcats collected eight hits, knocked starting pitcher Ali Graham — who had nine strikeouts at that point — out of the game and took a 7-6 lead. The rally started with a 3-run homer by Stephanie Boone, and five more hits brought in 2 more runs.

W.F. West's Marissa Reynolds led off the bottom of the seventh by launching a pitch

*please see BEARCATS, page S5*

## Lumberjill Home Run Derby Puts an End to Centralia's Season

By Aaron VanTuyl

avantuyl@chronline.com

R.A. Long started hitting home runs in the first inning, and didn't stop until it had doubled its season total — and earned a spot in the State 2A Softball Tournament.

The Lumberjills hit a whopping seven home runs and slugged their way past Centralia, 15-8, in the third-place game of the District 4 tournament Friday afternoon at Fort Borst Park.

"It gets a little tiring, watching ball go over your head," Tiger shortstop Parker Pocklington said. "But they were all hard hits. None of them were dinky. They were all home runs."

The action started in the first inning, when the third Lumberjill to the plate — Madison Cathcart — hit a 2-run shot to right field. Considering R.A. Long had finished third in the Greater St. Helens 2A Conference and hit seven home runs, total, as of 6 p.m. Friday night, no one thought much of Cathcart's blast.



Brandon Hansen / bhansen@chronline.com

Centralia third baseman Erika Brower dives for the ball during District 4 2A Softball Tournament action against Tumwater Friday in Centralia. The Tigers beat Tumwater, 10-3, in a consolation semifinal, but lost 15-8 to R.A. Long in the third-place game.

Four batters later, Chelsea Zimmerman hit a 2-run shot to center field. Leadoff hitter Jenny Hagen hit a solo shot in

the second inning and added a 2-run shot in the third; Miranda Cunningham knocked a 2-run bomb in the fourth; Addie Bai-

ley slammed a 2-run job to left in the fifth; and Zimmerman, again, homered in the sixth frame.

"I don't know what to do on it," Tiger coach Candy Hallom said. "They literally hit home runs on every single one of our pitchers."

The Tigers were no slouches at the plate, equaling R.A. Long's 14 hits and homering twice — an Erika Brower solo shot in the second inning, and a 2-run shot by catcher Sy Braaten in the fourth.

Braaten, Pocklington, Tucker McAuley, Payton Pocklington and Mackenzie Wasson each had two hits for Centralia, while Brower finished 3 for 5.

"We came in and hit well, but what are you going to do when they hit home runs?" Hallom pondered.

It was the final game for Centralia's four seniors, all of whom plan to continue their playing careers in college: Pocklington (Arkansas), Brower (Centralia College), Abby Slorey (Centralia College) and Braaten (George Fox University).

Hallom was an assistant

*please see TIGERS, page S5*

### Stop It

W.F. West's Jessica McKay stops the ball with her glove in the District 4 championship game Friday in Centralia.



Brandon Hansen / bhansen@chronline.com

### The Final Word

## Lady Blazers Go 1-1 at NWAACC Tournament

By The Chronicle

PORTLAND — Centralia College lost its first game, but bounced back Friday afternoon in the first day of action here at the NWAACC Softball Championships.

The Lady Blazers were mauled, 14-1, by Bellevue in Game 1, but beat Treasure Valley 4-1 later on Friday to stay alive in the tournament.

Elissa Mendenhall went 2 for 4 with a pair of RBIs in the Treasure Valley win, and Janice Knutz went 2 for 3 with an RBI. Maddi Klingberg and Abbie Hanson each had two hits.

Kalynn Randt tossed all seven innings to get the win for Centralia (19-15), which will face Southwest Oregon at 10 a.m. in a loser-out game back at Delta Park.

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NFL

# Seahawks DE Bruce Irvin Suspended Four Games

By Tim Booth  
The Seattle Times

RENTON, Wash. — Seattle Seahawks defensive end Bruce Irvin was suspended for the first four games of the 2013 season on Friday after the league announced he violated the NFL policy on performance-enhancing substances.

Irvin will be eligible to participate in all offseason activities and preseason practices and games, but will be suspended without pay for the opening four games at Carolina, home for San Francisco and Jacksonville and at Houston. Irvin will be eligible to return to Seattle's active roster on Sept. 30 following the Seahawks' Week 4 game against the Texans, but only after losing a quarter of his salary for the season.

Irvin, the Seahawks' first-round pick in the 2012 draft, was scheduled to make \$814,645 in base salary for the 2013 season.

"I want to apologize to my teammates, coaches and Seahawks fans for making a mistake when I took a substance that is prohibited in the NFL without a medical exemption," Irvin said in a statement released by the team. "I am extremely disappointed in the poor judgment I showed and take full responsibility for my actions. I will not appeal the discipline and instead will focus my energy on preparing for the season so I can begin earning your trust and respect again. I look forward to contributing to the team the moment I return."

Irvin's loss could be a significant blow for a team that has become a popular pick to contend for a spot in the Super Bowl. Irvin was expected to start at defensive end with Chris Clemons likely to miss the start of the sea-

son while recovering from knee surgery after being injured in Seattle's playoff win at Washington last January.

Suddenly, Seattle's focus on addressing the depth on the defensive line in free agency won't be viewed as a luxury. Seattle signed Cliff Avril, Tony McDaniell and Michael Bennett in free agency to bolster a pass rush that was inconsistent for most of the 2012 season. Avril was the only true outside pass rusher the Seahawks signed, but all three, along with Irvin, were expected to upgrade one of the few weak spots on a rising young team.

Irvin finished his rookie season with eight sacks but had just one in the final six weeks of the regular season. With Clemons out, Irvin got the start against Atlanta in the NFC playoffs and appeared overwhelmed by the Falcons' offensive line while trying to be the main pass rusher on the Seahawks line. But his speed off the edge flashed at different points during his rookie season and was the big reason Seattle used the 15th overall pick on a rush end whom many pundits didn't expect to be drafted that high.

Later Friday, Irvin posted a lengthy message to his Twitter account, expressing remorse for his actions. Irvin, who had a troubled upbringing in Atlanta that included a brief jail stint as a teenager, noted his efforts to rebuild his image and said the suspension is another strike against him.

"I missed up and I feel so bad and have been depressed for weeks now," Irvin wrote. "I've had sleepless nights because I knew when this came out, I would let so many people down, including myself."

Irvin's suspension also continues a troubling trend of Seattle players running afoul of

the league's policies on banned substances. Since 2011, five Seahawks players — John Moffitt, Allen Barbre, Winston Guy, Brandon Browner and Irvin — have received four-game sus-

pensions. Barbre was later released by the team.

All-Pro cornerback Richard Sherman was also suspended last season for using a banned substance but won his much-

publicized appeal last December. Sherman won by claiming there were errors in the chain of custody for his urine sample and that the tester made mistakes.

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# OJ's Ex-Lawyer Contradicts his Testimony on Guns

LAS VEGAS (AP) — O.J. Simpson's former lawyer defended himself point-by-point Friday against allegations he botched the former football star's armed-robbery trial, after giving damaging testimony that Simpson actually knew his buddies had guns when they went to a hotel room together to reclaim some sports memorabilia.

Miami-based attorney Yale Galanter quickly found himself under withering cross-examination from a Simpson lawyer intent on proving that Galanter's word couldn't be trusted — that he knew ahead of time of Simpson's plan and spent more effort covering up his involvement than representing Simpson.

The weeklong hearing concluded late Friday with Clark County District Judge Linda Marie Bell telling attorneys she will issue her decision in writing. She didn't specify a date.

Simpson was returned to prison custody. His attorneys, Patricia Palm and Ozzie Fumo, said they were optimistic that the judge would grant a new trial.

"I just think the evidence of his claims is overwhelming," Palm said.

Galanter took the stand as the state's star witness in a hearing on Simpson's claim that he was so badly represented at trial and on appeal that his conviction should be thrown out.

He spent most of the day on the defensive, with Simpson lawyer Tom Pitaro grilling him with accusations and pointed questions.

"Mr. Simpson never told me he was going to go to the Palace (Station) hotel with a bunch of thugs, kidnap people and take property by force," Galanter said at one point. "To insinuate I, as his lawyer, would have blessed it is insane."

Galanter conceded at one point that Simpson's conviction

was his responsibility.

At another point, he conceded that he "misspoke" when he told the trial judge, Jackie Glass, that crucial audio recordings had been carefully analyzed by experts.

"Clearly I misspoke," Galanter said as Pitaro bored in. "I would never, ever ... I would just never intentionally mislead a judicial officer or a lawyer. I'm falling on that sword."

Galanter denied giving Simpson the go-ahead to retrieve the photos and footballs he believed had been stolen from him. He denied keeping Simpson in the dark about offers of plea deals that carried only a few years in prison. He said his client agreed all along with the decision not to put him on the stand to testify at his trial.

And he disputed Simpson's testimony from earlier this week when the former NFL star said he didn't know anyone in the hotel room had guns.

"When you look at the entire trial, I don't think I could have fought harder, done more," Galanter said. "I put every ounce of blood, sweat and soul into it."

At another point, he said: "Simpson brought a lot of baggage into the courtroom. It's not like the 12 jurors didn't know he was accused of murder and acquitted."

Simpson, 65, was found guilty in 2008 of kidnapping and armed robbery over the hotel room episode and was sentenced to nine to 33 years in prison. The conviction came 13 years to the day after his "trial of the century" acquittal in Los Angeles in the murders of his ex-wife and a friend of hers.

Galanter testified that Simpson confided to him that he had asked two men to bring guns to the hotel room in September 2007, and "he knew he screwed up."

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**JOHN DEERE**

## Thursday's 2B Track



Photos by Brandon Hansen / bhansen@chronline.com

Adna's Regyn Gaffney wins the 100-meter run with a time of 12.44 during the District 4 2B Championships Thursday in Raymond.

# Three for Three in 2B

**DOMINANT:** *Bottoms, Gaffney, Brooks-Johnson Win Three Each at District 4 Championships*

By The Chronicle

RAYMOND — The usual suspects shined here Thursday in the District 4 2B Track & Field Championships, as Stephen Bottoms, Alissa Brooks-Johnson and Regyn Gaffney each won three district titles.

Bottoms, from Onalaska, won the 800 meters in 1 minute, 57.55 seconds, took the 1600 by over 30 seconds in 4:17.49, and had little trouble in the 3200, winning by nearly a minute in 9:34.37.

Gaffney, a sophomore from Adna, won the 100 (12.44) and the 400 (58.12), as well as edging defending state champion Brooks-Johnson in the 200, 25.87 to 26.10.

Brooks-Johnson, the senior from Pe Ell, still swept the hurdles, winning the 100 in 15.37 and the 300 by over 5 seconds in 44.41. She also won the triple jump at 36 feet, 1.75 inches — edging teammate Sami-Jo Robinson's second-place mark of 35-03. Robinson also won the long jump (16-11.75) and took second in the javelin and the 100



Pe Ell's Alissa Brooks-Johnson wins the 300-meter hurdles with a time of 44.41 at the District 4 2B Championships.

hurdles. The Trojan girls finished second behind Northwest Christian (Lacey), which won six events.

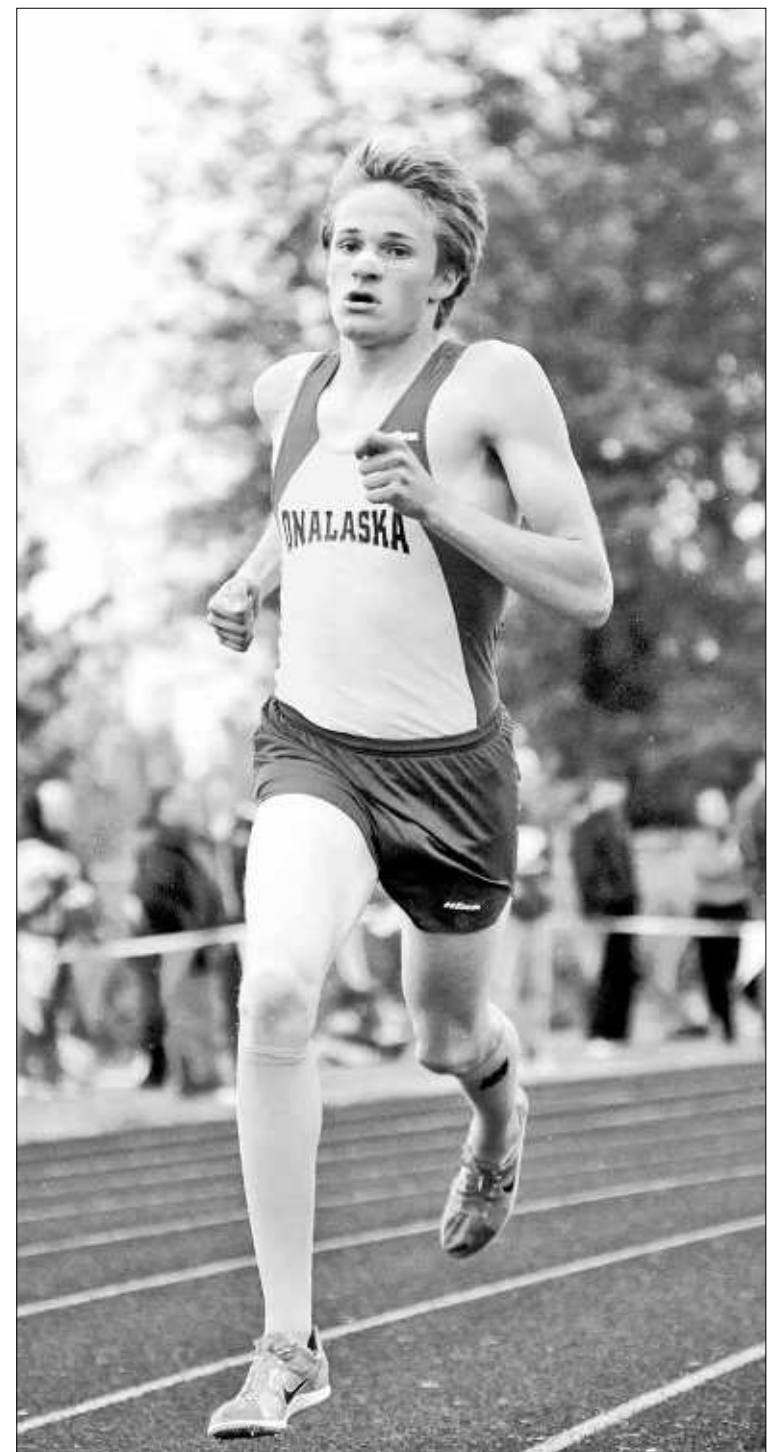
Mossyrock's 4x100 team came in first at 53.62 seconds, with legs by Amber St. Pierre, Astrid Salgado, Lucie Wamsley and Clementine Schultz. Alicia Herrera, a freshman, won the

1600 for Mossyrock in 5:34.02.

Morton-White Pass finished third on the boys side, behind Raymond and Northwest Christian. The MWP boys' lone win came in the 4x400 relay, which was won in 3:35.89 by Jesse Eveland, Daniel Bates, Spencer Seymer and Tyler Barnett. Mossyrock's Brandon Butler

was the only other local winner on the boys side, taking the 400 in 53.35.

The top six placers in each event qualified for the State 2B Track & Field Championship, running May 24-25 at Eastern Washington University in Cheney.



Onalaska's Stephen Bottoms won the 800, 1,600 and 3,200-meter events at the District 4 2B Track Meet Thursday in Raymond.

## 1A Track

## Warriors Qualify 11 For State

By The Chronicle

RAINIER — Rochester will be sending 11 athletes to state, after a solid showing here Friday at the District 4 1A Track Championships.

Kendra Sanford won the 100 and 300-meter hurdles for the Warriors, setting personal-bests in both races (16.09 seconds and 46.91 seconds, respectively). Her 300 hurled time is currently the best in the state's 1A ranks.

The top four athletes in each event qualified for the state championships.

Karlee Pearson finished second in the 400, and Kenna Fosnacht was fourth in the 3200. Rochester's 4x200 relay team (Lupe Vazquez, Anna Vazquez, Pearson and Sharon Smith) finished first in 1:48.01, and the same quartet finished third in the 4x400.

The Tenino girls' 4x100 relay team (Nicole Huber, Alexys Minter, Jaclyn Huber and Keilah Dowies) finished second to qualify.

On the boys side, Rochester's Angel Vazquez took second in the 400 at 51.28, and took fourth in the 200. Cody Triana, a sophomore, took third in the 110 hurdles and fourth in the 300 hurdles, while Tanner Nelson was fourth in the high jump.

The State 1A championships will start Friday in Cheney.

## 2A Track

## W.F. West's Snider Wins Twice at 2A Districts

By The Chronicle

WASHOUGAL — W.F. West's Dallas Snider and Danny Robertson finished 1-2 in a pair of races, and 10 Twin Cities athletes placed in the top three here Friday at the District 4 2A Track Championships to qualify for state.

Snider won the 800 meters in 1 minute, 56.40 seconds, with Robertson a fraction of a second behind at 1:56.43. Snider then edged Robertson, 4:20.14 to 4:22.05, to win the 1600.

Robertson, Snider, Hunter Jones and Bryan Moon teamed up to take third in the 4x400 relay, with Moon also earning state spots by taking second in the 100 and third in the triple jump.

Centralia's Trevor Baumann took second in the javelin to qualify for state.

On the girls side, W.F. West's Raegan Nelson won the 100 (12.81) and took second in the 200, and Rshelle Fisher won the 800 in 2:20.09. Fisher, Nelson, Brittany Simmons and Hannah Tak took second in the 4x400 relay, while W.F. West's Amanda Forbes won the shot put at 33 feet, 4 inches.

Centralia's Michaela Hall won the high jump at an even 5 feet and finished second in the triple jump to qualify.

She's jumped better in the high jump, so we're kind of excited for her in that," Centralia coach Tim Penman said. "Her triple jump didn't get quite up to her personal record, but it was late in the meet. We're excited about her in both those events."

Morgan Ashmore took second in the 300 hurdles and Bethany Newkirk was third in the pole vault for Centralia.

The State 2A Track & Field Championships will run for three days, starting Thursday at Mount Tahoma High School.

## NBA

## Sacramento Mayor: Deal to Sell Kings Has Been Signed

SACRAMENTO, Calif. (AP) — Sacramento Mayor Kevin Johnson announced to screaming throngs of Kings fans Friday that the deal to sell the NBA franchise to a group led by software tycoon Vivek Ranadive has been signed.

The announcement at a City Hall rally brings to an end nearly five months of maneuvering by Johnson to secure a new ownership group, convince the council to commit to building a new downtown arena, and to show the NBA that the capitol city of the most populous state in the nation has the fan base to make the venture successful.

"This was one heck of a comeback," Johnson, a former NBA All-Star, said on a stage shared with two dozen investors, fans and politicians who had worked to keep the franchise in the city.

Earlier this week, NBA owners rejected a bid to move the franchise to Seattle. Investor Chris Hansen, whose agreement to buy the team from the Maloof family and move them to the Pacific Northwest shocked the city in January, fought to acquire the team to the bitter end. He even negotiated to buy a minority share when it became clear the league opposed relocation.

Johnson said that the deal reached between the Maloofs and the Ranadive group did

not include an investment from Hansen.

NBA Commissioner David Stern praised Hansen's proposal and said the NBA might consider expansion once a new TV deal is in place.

The mayor was conciliatory toward Seattle, but said he focused throughout the negotiations on promoting Sacramento as thriving city with 19 sellout seasons, one of the longest streaks in the NBA.

"Seattle is a great city and we want them to get a team. For us, it was never a competition. It was about our community telling our story," Johnson said, adding: "It's about not letting someone take something that's not theirs."

The NBA is expected to officially approve the sale next week.

A person familiar with the deal previously told The Associated Press that the Maloofs had reached an agreement to sell a 65 percent controlling interest at a total franchise valuation of \$535 million. The person spoke on condition of anonymity because they weren't authorized to talk publicly.

The plan for the Kings' future includes a \$447 million downtown arena that will be built on at the western gateway to the city near the Sacramento River.

## Thursday's 2A Softball



Pete Caster / pcaster@chronline.com

Bearcat freshman Tessa Wollan heads home after her first home run against Centralia on Thursday in the District 4 2A Softball Tournament semifinals.

# Wollan Stars in Bearcats' Semifinal Win Over Tigers

By Aaron VanTuyl

avantuyt@chronline.com

Tessa Wollan has, throughout the season, essentially been platooning at the bottom of the potent W.F. West batting order.

On Thursday, though, her bat made a case for a bigger workload.

Wollan homered in her final two trips to the plate, and W.F. West sealed its 10th-straight trip to the state tournament with a 7-1 win over rival Centralia in the District 4 2A softball semifinals at Fort Borst Park.

Mattie Boucher pitched all seven innings for W.F. West, which defeated Tumwater in the 2012 district title game.

"Mattie was hitting on all cylinders, and our hitters did a great job of waiting for good pitches to go after," said W.F. West coach Mike Keen, whose team played two games on Thursday without striking out. "We hit the ball well."

Centralia struck first, when leadoff hitter Sy Braaten singled and came home on a double by Mackenzie Wasson. After Wasson, though, just one Tiger got as far as second base, and Boucher allowed five hits without issuing a walk.

"I think Mattie threw a good game," Centralia coach Candy Hallom said. "She's a good pitcher, and we struggle with her."

Chloe Lewis hit a 2-run single in the third inning to put W.F. West on the board and in the lead. The Bearcats then took advantage of three walks, an error and a hit batter to score another pair in the fourth, and Wollan put the icing on the cake with a 2-run shot in the fifth and a solo bomb in the seventh.

Wollan was out in the field, but not in the lineup, a week earlier, when W.F. West beat Centralia 15-9 in both teams' regular-season finale.

"We've been kind of having her and another girl take turns hitting," Keen said. "She sure took advantage of her opportunity, didn't she?"

The freshman went 3 for 4,



Pete Caster / pcaster@chronline.com

Payton Pocklington swings at a W.F. West pitch during the District IV 2A Softball Tournament semifinal game at Fort Borst Park in Centralia on Thursday afternoon.

with a second-inning double and three RBIs, and quickly laughed off any concern over whether her offensive output would lead to more at-bats.

"Oh, I could care less. It's just an awesome feeling going to state and helping the team out," she said. "I'm a freshman. I didn't expect to play at all, so it just feels great to help."

Centralia committed four errors in the contest and walked eight Bearcats, but didn't allow the walks to pile up as often as in last week's loss.

"It wasn't as bad as we have had," Hallom said. "They didn't have that 10-run inning, so I'd rather do this every time."

Abby Slorey went 2 for 3 for the Tigers, and Braaten, Wasson and Payton Pocklington were each 1 for 3.

W.F. West, the defending District 4 and State 2A champions, haven't missed the state tournament since 2003, and have been to the big dance 13 of the last 14 seasons, with two ti-

tles in four championship games and five third-place trophies.

"It's just something we do now," Keen pointed out. "This is going to be our 10th time going, but it doesn't get old."

### Thursday's First-Round Games

#### Centralia 20, Mark Morris 5

The Tigers' first-round win on Thursday was wild, to say the least.

Centralia piled up 17 hits and scored 20 runs in six rain-hampered innings, with eight different players notching a hit and Erika Brower, Mackenzie Wasson and Parker Pocklington all hitting home runs.

The Tigers also took advantage of six Monarch errors. Mackenzie Wasson, who got the win in the pitching circle, hit a 3-run homer in the second inning, and Pocklington blasted a 3-run shot in the third inning that hit the black Borst Park softball complex fence on its first bounce. Two batters later

Brower homered, giving Centralia a 12-2 lead.

"We love playing teams that we don't know," Tiger coach Candy Hallom said. "For some reason, we could do that all day long. Give us a team that we don't know, and we are a different team."

Pocklington and Sy Braaten were both 4 for 5 at the plate, while Abby Slorey, Wasson and Brower had two hits each.

#### W.F. West 14, Capital 1

The Bearcats scored 9 in the third inning and blew out Capital, 14-1, in a rainy first-round contest Thursday in the District 4 2A Softball Tournament at Fort Borst Park.

Jessica McKay went 3 for 3, Marissa Reynolds hit a double and a home run, and Caitlin Reynolds and Alexcys Homan each added two hits for the winners.

Ali Graham got the win on the mound for W.F. West.

## Horse Racing

# Orb Favored to Take Preakness, Set Up Triple Try

BALTIMORE (AP) — Everything's a go for Orb.

The Kentucky Derby winner was in a playful mood the day before the Preakness, making faces for photographers between nibbles of grass outside his stall at Pimlico Race Course.

"He's really settled in well. He seems to be energetic about what he's doing so I couldn't be more pleased," trainer Shug McGaughey said on a warm and sunny Friday morning. "We're excited about giving him a whirl to see if we can get it done and go on to the next step."

Getting it done would mean defeating eight rivals in the 1 3-16-mile Preakness to setup a Triple Crown try in the Belmont Stakes three weeks from

Saturday. Orb is the even-money favorite, and there's a growing feeling that this 3-year-old bay colt may be special enough to give thoroughbred racing its first Triple Crown champion since Affirmed in 1978.

"We'd sure love to have that opportunity," said McGaughey, seeming relaxed and confident. "Probably the racing world would love to see it, too. It brings a lot more attention to what we're doing from all standpoints."

Orb extended his winning streak to five with a thrilling victory in the Derby two weeks ago, when jockey Joel Rosario patiently guided the colt from 17th to first in the final half mile over a sloppy track.

In the Preakness, Orb will

break from the No. 1 post, a spot that has seen only one winner — Tabasco Cat in 1994 — since 1961.

"Who knows how this race is going to go, but I don't think it will be a problem," Rosario said of the inside post. "He's a horse that comes from behind, so I really don't think it will affect him. I'm just excited to go into this with a horse who has a chance to win."

A chance?

While rival trainers aren't conceding the race, most agree Orb is the best of the bunch.

"Orb, he's a freak. Right now, everybody should be rooting for Orb, except for the connections of the other horses in the race," trainer Bob Baffert said —

and he's got a horse in the race, 12-1 choice Governor Charlie. "Anybody who's not rooting for Orb, there's something mentally wrong with them."

Baffert has been there before. Three of his five Preakness winners had also won the Derby, but were unable to complete the Triple Crown with a win in the Belmont. He says the Preakness is the least stressful of the three races.

"There is absolutely no pressure, believe it or not because you've just won the Derby," he said. "You're flying high and everybody's excited. You don't think about it. The next one (the Belmont) is the pressure."

## Thursday's 2A Girls Tennis

# Centralia's Scheibmeir Qualifies for State

By The Chronicle

OLYMPIA — Centralia's Anna Scheibmeir won her first two matches here Thursday in the District 4 2A Girls Tennis Tournament to punch a ticket to the State 2A tournament.

The top Tiger netter beat Tumwater's Lauren Brandt 6-1, 6-1 in the first round, and defeated Black Hills' Madilyn Saylor 6-2, 6-1 in the district semifinals. She'll face Capital's Lauren McCann at 1:30 p.m., back at the Capitol City Tennis Center, on Saturday. Scheibmeir defeated McCann in the sub-district championships last Saturday.

Centralia's Lillian Albright lost to Hockinson's Michelle Chiou in the first round, but beat R.A. Long's Reagan Swier 6-2, 6-2 in a consolation match and will play a consolation semifinal match against Saylor at noon on Saturday. The winner of that consolation semifinal will move on to the third/fourth match and the state tournament.

W.F. West's Julie Spencer and Katie Hankins lost their first match, 6-0, 6-0, to Tumwater's Rachel Howard and Madelyn Hougan, but bounced back with a win over a Washougal duo, 7-5, 6-1, to make Saturday's consolation semifinals and keep their state hopes alive.

The Bearcat duo trailed 4-2 in the first set before rallying to win.

"Katie and Julie have just gotten better and better every day since sub-districts," W.F. West coach Jack State said. "Their athleticism is really starting to show up."

Spencer and Hankins will take on Emily Barclift and Mackenzie Click, a duo that have made the state tournament three years in a row, on Saturday.

The State 2A Girls Tennis Tournament will be held May 24-25 at the Nordstrom Tennis Center in Seattle.

## Sports Briefs

### Washington's Wilcox Undergoes Foot Surgery

SEATTLE (AP) — Washington guard C.J. Wilcox has undergone surgery on his left foot to stabilize a stress fracture that bothered him for much of his junior season.

The school says Wilcox had the surgery on Friday. Wilcox's surgery stabilized the fifth metatarsal in his left foot. He is expected to make a full recovery in time for the start of the 2013-14 season.

Wilcox, the Huskies' leading scorer last season, considered leaving school for the NBA after his junior season but decided in late April to come back for his senior campaign. Wilcox averaged 16.8 points per game, good for sixth in the Pac-12. He was a second-team all-Pac-12 selection.

### Mariners Option Noesi to Tacoma

CLEVELAND (AP) — The Seattle Mariners have optioned pitcher Hector Noesi to Triple-A Tacoma after he made an emergency start Thursday.

Noesi replaced scheduled starter Aaron Harang, who came down with a stiff back prior to the game against the Yankees. The right-hander allowed one unearned run in 4 1-3 innings in the Mariners' 3-2 win. Noesi has no record and a 2.63 ERA in five appearances.

The Mariners selected the contract of right-hander Danny Farquhar from Tacoma, where he was 0-1 with six saves and a 2.25 ERA in 15 appearances.







## MLB

## Kipnis' 10th-Inning Homer Gives Indians 6-3 Win Over Mariners

CLEVELAND (AP) — Jason Kipnis had made a habit of hitting first-inning home runs this season. On Friday night, he tried something different.

Kipnis hit a three-run homer with two outs in the 10th inning off Lucas Luetge to lead the Cleveland Indians to a 6-3 win over the Seattle Mariners.

The home run was the seventh of the season for Kipnis. The first five came in the first inning before he homered in the eighth in Wednesday's win over Philadelphia. His walkoff shot Friday came on an 0-1 pitch and capped a two-out rally that began with a walk and an infield hit.

"This was outstanding," said Kipnis, who was mobbed by his teammates at home plate. "This was one of the more fun nights I've had on a baseball field."

The Indians have won 15 of 19 and are 10-2 at Progressive Field since April 30. Vinnie Pestano (1-0), activated from the disabled list before the game, worked around a one-out walk in the 10th.

The game drew a crowd of 34,282, a total boosted by a post-game fireworks show and a \$1 hot dog promotion. The Indians are last in the majors in attendance despite being 18-7 since April 20. The biggest crowd of the season since the home opener was not lost on Cleveland's players.

"That was awesome," Kipnis said. "I was just as amped up as they were rounding first base. You never want to put too much emphasis on different wins, but we knew we had a big crowd. To get a win in front of them and to get it like this in front of them, hopefully it brings some of them back, because we had a lot of fun tonight."

The Indians posted their third walk-off win of the season and are 4-0 in extra innings.

"There were no words coming out when I was rounding (the bases) and screaming," Kipnis said. "It was just sounds, just gibberish screams."

Added Indians manager Terry Francona: "Watching the guys jumping all over each other is fun."

Drew Stubbs, who homered in the fifth, drew a walk off Luetge (0-1). Stubbs broke for second with a 1-2 count on Michael Bourn, and Luetge threw to first baseman Justin Smoak, but Stubbs beat the throw to shortstop Brendan Ryan. Bourn hit a slow roller past the mound and second baseman Dustin Ackley's throw to first was late.

"That was the matchup we wanted, lefty-on-lefty there, but he (Luetge) just spun one up there and they took advantage of it," Mariners manager Eric Wedge said. "Speed got us there in the 10th. The kid (Stubbs) did a heck of a job getting to second base, and Bourn is just so fast."

The Mariners fell short of reaching the .500 mark for the first time since they were 4-4 on April 8. Raul Ibanez's two-run homer in the sixth tied the game, and the bullpens on both sides took over.

Chris Perez retired the side

in order in the ninth. Perez, who has been nursing a stiff shoulder, was pitching for the first time since May 11. Pestano had been on the DL since May 1 with a sore right elbow.

Mariners relievers Charlie Furbush and Carter Capps combined to pitch 3 1-3 scoreless innings. Capps struck out Mark Reynolds to start the 10th. Luetge got Michael Brantley to ground out before running into trouble. Seattle lost for just the seventh time in 19 games.

Ubaldo Jimenez allowed two runs and struck out a season-high nine in five innings. He was pulled after Smoak led off the sixth with a single. Rich Hill was brought in to face Ibanez, who homered to right on an 0-1

pitch to tie the game. Jimenez, who had won three consecutive starts, struck out five of the first seven batters he faced. Seattle rookie Brandon Maurer allowed three runs in six innings. The right-hander matched a career high with six strikeouts.

Jason Giambi's sacrifice fly gave Cleveland the lead in the second. Maurer's wild pitch allowed another run to score. Kendry Morales' solo homer into the second deck in right field cut the lead to 2-1 in the fourth. Stubbs homered in the fifth to give Cleveland a two-run lead.

Nick Swisher drew a lead-off walk in the second and took third on a double by Carlos Santana. Swisher scored on

Giambi's fly ball to right, which also moved Santana to third. Santana scored when Maurer bounced a pitch in front of the plate with Brantley batting.

Morales, who flirted with an extra-base hit down the right-field line before lining out to Jimenez in the first, homered on a 2-0 pitch with one out in the fourth.

Stubbs' drive to right with one out in the fifth landed in Seattle's bullpen, barely clearing the wall. Kipnis and Ryan were came up hobbled in the third. Kipnis banged his head into the right leg of Ryan as he dove into second on a failed steal attempt. Ryan applied the tag, but both players were down for a couple of moments after the play as the

two managers and trainers ran on the field. Kipnis and Ryan remained in the game.

**Notes:** Mariners RHP Hector Noesi, who made an emergency start Thursday in place of RHP Aaron Harang (lower back stiffness), was optioned to Triple-A Tacoma before the game. RHP Danny Farquhar was called up from Tacoma to provide some bullpen depth for the next couple of days. Seattle manager Eric Wedge said Harang was examined by a chiropractor Friday and is still set to make his next start Tuesday against the Angels. ... Jimenez hasn't won four consecutive starts since 2010. ... Mariners LHP Joe Saunders (3-4) meets Indians RHP Zach McAllister (3-3) on Saturday.



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# Life: Senior Edition



## Keep Your Sense Don't Lose Your Cents

### Law Enforcement Urge Senior Citizens to be Vigilant Against Scammers

By Stephanie Schendel  
For The Chronicle  
sschendel@chronline.com

When the 79-year-old Onalaska woman received a frantic phone call from a man in late September asking for \$2,500 to bail him out of jail, the woman was sure it was her grandson.

The caller knew her grandson's name, as well as where he was stationed in the military. The man even had her grandson's voice, she said.

The caller claimed he had flown to New York with his friends for a wedding and had been arrested for drinking and driving. He told her he needed the money quickly so he could be released from jail and catch his flight back to base in Utah before being AWOL.

Her grandson's "attorney," who went by the name of Robert Powell, then got on the phone, and instructed her to wire \$2,500 via Western Union to a New York bank account.

The woman immediately did it, and about a month and a half later, she called her real grandson and realized she had been scammed.

The woman, who agreed to be interviewed by The Chronicle, but requested her name be omitted because of embarrassment, said she was well aware of senior citizens falling victim to scams, but never thought it could happen to her.

"I thought, 'how could these older people be so stupid?'" she said. "Then I fell for it."

Nearly 25 million Americans are victims of fraud each year and a growing segment of

the victims are senior citizens, according to the National Council of Aging.

Between emails urging people to collect a foreign lottery from a deceased Nigerian prince to offers to install a "free" security system in a home, everyone is exposed to various scams. Senior citizens, however, are at a much higher risk of becoming a victim to these types of crimes.

The scam the Onalaska woman experienced is not new — it is designed to fool grandparents into believing their grandchildren are hurt, in trouble, stranded or arrested, and in desperate need of money.

A frequent indicator that something might be a scam is the urgent nature in which the scammer creates for people to give them money.

"They didn't want me to call them back or wait," the woman said. "It was quick, quick, quick."

The man pretending to be her grandson claimed he only had one phone call, and that he did not want to call his mother. The woman said she knew her grandson had money, and figured he could not access it at the moment.

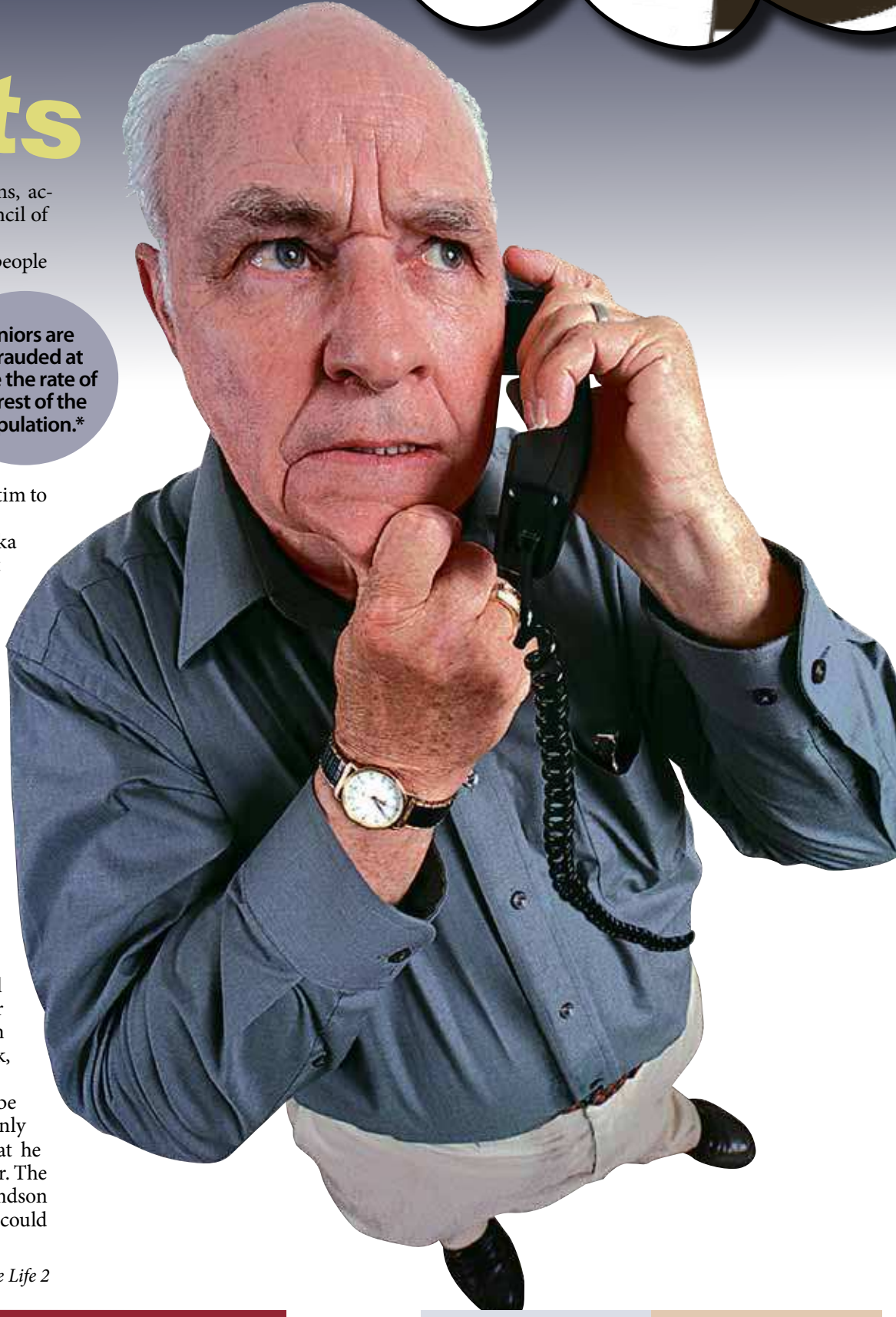
*please see FRAUD, page Life 2*

Seniors are defrauded at twice the rate of the rest of the population.\*

Securities regulators estimate that securities and commodities fraud totals approximately \$40 billion a year.\*

Twenty-six percent of victims of telemarketing fraud overall in 2002 were age 60 or older. The elder age group was victim of prizes and sweepstakes fraud at a higher rate of 61 per cent\*

\*(National Consumer League, 2003. Credit Card Scams Bump Prizes and Sweepstakes as #1 Telemarketing Fraud. Washington, DC.)



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# Fraud: Watch for Warning Signs of Fraud Schemes

Continued from life 1

If any other family member would have called her asking for money, she said she would have likely said no. But she said she would do anything to help her grandchildren.

"Of course I did not want to see my grandson in jail," she said. "My good sense went out the window."

Retirees and grandparents are an attractive target for financial scammers because they oftentimes have good credit and money saved, according to the National Council of Aging. The cases can be difficult to prosecute, and often go unreported. If the scams are successful, however, they can be devastating to many older adults.

People older than 60 are more likely to fall victims of scams for a number of reasons, said Chief Deputy Stacy Brown, spokeswoman for the Lewis County Sheriff's Office. Some have diminished mental capacity, and others are lonely and want to talk to people, which makes them easily swayed.

Also, Brown said, many

of the scammers have very sophisticated schemes.

Since the beginning of 2012, the sheriff's office has taken more than 60 reports of scams where the victim was between the ages of 60 and 90.

"Some are very trusting and never dealt with types of scams back in the good old days," Brown said. "They come from a different generation where they trusted people."

While the Onalaska woman reported the incident to police, even though she knew they could not do anything about it, she was too embarrassed to tell anyone else. She only told two people — a friend and her grandson. She said she even forbid her grandson from telling his mother.

"It was a horrible, horrible thing that happened," she said. "You can't imagine how embarrassed and stupid I felt."

The woman still has no idea how the scammers got her name, information about her grandson, or how they got her phone number, which is unlisted.

"I still don't understand it," she said.

Her theory is that the

scammer had likely gained the information from the Internet. With all the technology today, it's difficult to keep personal information private, she said.

"There's no secrets anymore — it's very scary out there," she said.

A few months after the scam, she said she received another phone call from a man claiming, yet again, to be her grandson needing more money.

The woman said she was immediately suspicious, and she told him that she knew it was a scam and that he could "go fly a kite."

"I know there are more people out there who get scammed," she said. "There are

suckers every week."

While local law enforcement can do little to solve these types of crimes, the most important way to battle these incidents is through prevention.

"People

need to be looking out for their elderly loved ones and they need to pass this type of information to them," Brown said. "If they are aware of these types of scams, they are less likely to become a victim of one."

## WARNING SIGNS OF ELDER FRAUD SCHEMES

"Free" gifts that require you to pay shipping and handling fees, redemption fees or gift taxes before delivery .

"High profit, no-risk" investments

"Act now" and other high pressure sales tactics.

A request for a credit card number for identification or to verify that you have won a prize.

Refusal to provide written information or even the most basic details about an organization.

Organizations that are unfamiliar or have only a post office box for an address .

(National Consumer League. 2003. Credit Card Scams Bump Prizes and Sweepstakes as #1 Telemarketing Fraud . Washington, DC.)

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National Fraud Information Center  
1-800-876-7060

Better Business Bureau Wise Giving Alliance  
[www.bbb.org/us/Wise-Giving](http://www.bbb.org/us/Wise-Giving)

Ask Dr. Marion

## Losing Friends

**Q:** My 86-year-old mother-in-law has lost a number of friends over the past few years—to the either moving in with relatives or passing on. Now she is losing one of her oldest and dearest friends who also happen to be her next-door neighbor. They have depended on each other for various things like dinner or a cup of tea or picking up each other's mail while one was out of town. She sounds so down I'm not sure what to say to her. She is strong and will survive, but it is very sad. Do you have any suggestions?

- Pat, 59

Losing friends or relatives is a trying time for all of us, and especially for those who are older. There is always a natural period of grieving and remembering. We cannot replace those who are lost to us. But I try to show my clients to be grateful for the blessings and joys these people have given them, and to be buoyed by the friendship that has enhanced their life.

No matter what age we may be, we are in control of making the most of our lives. Your mother-in-law needs to make the maximum effort so she can go forward in her life. Sometimes people reach out to us, but usually we have to attempt to make new friends or acquaintances in order to build new relationships. It can be very empowering and exciting to renew ties with family

members, or to reach out at our religious organizations or clubs or social venues. This all takes time and effort, but it's usually well worth it.

Having new people in our lives can be very rewarding. We all seek companionship and the comfort of knowing someone cares. Sometimes the simple gesture of volunteering our time and talents, the act of giving, comes with its own rewards. When we stop thinking so much about ourselves, our grief and loss can be healed.

...  
*Dr. Marion (Marion Somers, PhD) is the author of "Elder Care Made Easier" and has over 40 years of experience as a geriatric care manager, caregiver, speaker, and expert in all things elder care. Visit [www.DrMarion.com](http://www.DrMarion.com) for more information.*

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# Neither Death Nor Alzheimer's Can Dim The Passion Of 29 Years Of Love Poems

By Michael Vitez  
The Philadelphia Inquirer

PHILADELPHIA — Carleen Hamilton wrote the first poem on a napkin, sitting in a coffee shop in Bermuda, on their honeymoon, Oct. 29, 1974.

Oh, how I glow  
and grew  
to inconceivable brilliance  
in his loving fire.  
And we were called Sun  
and Moon.  
Complete life.

Virtually every workday for the next 29 years, she wrote a poem on a napkin and packed it in her husband's lunch.

And George Hamilton, director of the Fels Planetarium at the Franklin Institute, inspired by his new wife, her poetry, her devotion, and his own happiness, returned the kindness.

Every morning, perhaps when she was fixing his lunch, he wrote his own poem, and taped it to the mirror in the master bath.

Four children grew up in that Cherry Hill, N.J., house, and knew, vaguely, that this was going on. But they never knew the extent.

Until last month.

George died in July at 87. Carleen, 77, suffers from advanced Alzheimer's and was moved into assisted living in September.

A son, Brandon Hamilton, was cleaning out the house, getting it ready for an estate sale April 10, when he found 16 binders of napkins, saved by his father, stored in boxes in the back of his workbench area.

Then he discovered three much thicker binders of poems, saved by his mother, stacked on a closet shelf in a spare bedroom.

"I find what they did so incredible," said Brandon, 45, who lives in Haddon Township, N.J. "Not only the discipline of doing it every day, but the closeness that they had in their marriage because of sharing your innermost feelings every day. That fire that you have on your honeymoon, they kept it alive."

In the summer of 1974, George Hamilton had just buried his first wife, who died from

cancer after years of suffering. A mutual friend fixed him up with a recent divorcee, a mother of four, whose husband suffered mental illness.

George drove to Upstate New York, where Carleen lived, and the first thing he noticed, being an astronomer and director of a planetarium, was her medallion, depicting a moon.

He often wore one himself — of a radiant sun.

He said he simply had to borrow hers for a planetarium show, but would drive back the following weekend and return it — an excuse to see her again.

The date was Aug. 17, 1974, because in one poem he writes:

Time had a beginning,  
August 17 1974.  
And with it I was born.

They fell deeply and passionately in love. By late September, according to their son, George told Carleen, "snows are coming, and these back roads will be impassable. I can come back in spring, or you can marry me now and move to Cherry Hill."

George was 47. Carleen was 37. They had no children together. But he adopted her four children. He had three of his own, who were grown, and whom Carleen embraced.

In their poetry, she was the moon, and he the sun. And so many expressions of their love focused on space and sky.

She wrote in 1974:

Mymoonstoodwantingin  
his warmth  
Hetookmydarkersideand  
fired it through the racing  
stars to hold me still.

She wrote mostly on white napkins, but occasionally on a green, yellow, or even pink one. His canvas alternated between lined paper — abundant, since she became a Cherry Hill teacher for 27 years — and stationery.

While each poem was dated, the authors rarely referenced daily events — other than weather, as in hers:

Snowfalls warm me.  
Like in your arms,  
they hold me safe.

please see **POETRY**, page Life 8



APRIL SAUL / Philadelphia Inquirer

Haddon Township resident Brandon Hamilton, who, after his father died, recently discovered love poems that his parents wrote to each other for many years. Here, Brandon visits his mother, Carleen Hamilton, at Spring Hills Assisted Living in Cherry Hill, and shows her some of the poetry.

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Emily Robson // Allentown Morning Call

Fred Glass, 76, of Allentown, PA., poses next to the hundreds of trophies he's won in his basement gym. Glass is an international weight-lifting champion and can still lift more than 400 pounds.

# Weight-Lifting Champ Can Still Heft More Than 400 Pounds at Age 76

By Milton D. Carrero  
The Morning Call

ALLENTOWN, Pa. — Fred Glass has not forgotten the days when he weighed 99 pounds and fought to avoid bullies at his Allentown, Pa., high school.

It was a curse that followed him during the four years he spent in the Air Force. He was just a few pounds heavier than he was in high school.

Soon after leaving the service, Glass learned that power lifting could help him gain weight. He took the lesson to heart.

More than 50 years later, at age 76, Glass is a 20-time world champion who can easily lift more than 400 pounds.

He is no longer bullied. In fact, he enjoys chatting with his previous bullies during class reunions. He doesn't try to intimidate them, but he knows he could.

A lifetime follower of Jack LaLanne, Glass says that while he could never accomplish any of LaLanne's record-setting feats — which include doing 1,033 push-ups in 23 minutes and swimming the length of the Golden Gate Bridge — he is convinced that he can squat and lift more than LaLanne ever did during his training.

Glass' goals for lifting weights, however, are more ambitious than just being strong. He wants to stay healthy and young.

"You don't have to age," Glass says. He is a role model for younger weight-lifters who see that you can remain strong no matter the age.

"It's terrific," says Chris Lotrarity, a 59-year-old lifter who trains three times a week at Glass' home. "It makes me feel like I'm going to keep going. It can be done."

Besides an array of free-weights and machines, Glass' house is filled with a dizzying number of medals, certificates and trophies. Most are in the

basement, where he trains. But his most prized awards are in a dresser in his living room.

That's where he keeps his first world championship trophy, which he earned in Italy more than three decades ago. The award is particularly valuable to him because the rules of the competition did not require doping tests. He knew that some of his competitors would be using steroids.

Not only did Glass win his category, but he also was chosen the best lifter in the competition.

"That was like putting a regular car against a NASCAR and winning," he says.

The win propelled his discipline. He competed in every weight-lifting contest he could enter in Pennsylvania, New Jersey and Delaware. He has won championships in the 123, 132, 148 and 165 pound divisions, with world records in most of them. He won all of them, he says, steroid-free.

He had tried anabolic steroids briefly at the beginning of his career in the 1960s, but quickly stopped when he learned that the side effects could cut his life short.

"I was scared," he says. It was a small dose, he says. His peers insisted that if he upped the amount, he would be

twice as strong in no time.

"Yeah, but I want to live," he told them.

He has passed his philosophy to his pupils. The more he has grown in the sport, the more he has tried to help others catch up.

Glass has trained several other world champions and introduced countless new enthusiasts to the sport. He often recruits talented youngsters, and then does everything he can to help them reach their goals, author and fellow power lifter Tim McClellan writes in his book, "Inner Strength/ Inner Peace: Life Changing Lessons From the World's Greatest."

Glass' volunteer work includes driving his friends to

Chicago to compete at a national contest or driving a similar distance to judge other competitions, a job that doesn't pay.

He is still as competitive as he was when he began the sport. He keeps charts from previous training sessions at his house. It is proof of how he has helped his friends do their best. Glass celebrates each milestone, and then

pushes himself to do better than his strongest pupil.

"How can some old guy be this strong, run and do most things that younger people can't?" he is often asked.

He trains six times a week, he avoids caffeine and sugars and he eats large amounts of protein. He also consumes more than \$300 a month in nu-

tritional supplements. And his secret trick: He spends time every night before he goes to sleep visualizing himself reaching his next milestone.

It all comes together when he faces the free weights. No matter how much he has to lift, he always has the same strategy:

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### GAIN STRENGTH

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- Set short-term goals: Set your goals the month before and work your way up month by month.
- Eat healthfully: Diminish your intake of sugar and caffeine. Gravitate toward protein.

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## Lumbering About



This Mutual Lumber Co. photo shows crews in Bucoda in what is probably the early 1900s.

Submitted by Tom Cunningham for Our Hometowns

### Where's the 'Farming Country?'

In 1890, the Centralia Chronicle was irritated with the question, "Well, it's a nice town, but I don't see what there is to keep it up. Where is your farming country?"

"For an answer let them look to the east, west, north and south," the newspaper wrote. "There are four valleys comprising extensive regions of the most fertile land in the world. On the east is the southern branch of the Hanaford; on the north are the valleys of the Hanaford and Skookumchuck, on the south is the wide expanse of the Chehalis Valley, and on the west Lincoln Creek pours its waters into the Chehalis."

### Atlas Leads to Chehalis Name

In 1885, when Richard and Betty Hegner, of Harvard, Ill., were expecting a baby girl, they selected a name from an Atlas map for her first name, Chehalis.

At age 23, Chehalis Hegner visited her namesake.

While attending the Berkeley College of Music in Boston, she played in a band called Chehalis.

### Doench Remembers Tough Job After Eruption

In 2000, Joe Doench, currently the Lewis County Sheriff's chief criminal deputy, remembers when he was 26 and had just begun his law enforcement career at the time when Mount St. Helens blew.

He and fellow deputy Al Meuchel were assigned morgue security at the Toledo-Winlock Airport, where there was capacity to hold 30 bodies of the victims of the eruption. (Twenty one people assumed dead were never found.)

Doench remembered working 18- to 36-hour shifts.

### Berry Picking Has Changed

In 1934, the Depression had caused a change in the local approach to berry picking. "We used to live to

pick and now we pick to live," The Chronicle wrote.

"Berry picking nowadays is a science compared with the old pick'em-sell'em-hell-with'em days when strawberries were more of a weed than an agricultural industry. Pickers observe a code now that restricts target practice, artificial berries in the hallocks (boxes) and intrafield verbal riots. The job is seriously a way of making a living."

### Clubs Raise Money for Livestock Building

In 1959, the Lewis County Commissioners gave approval to 60 4-H clubs in the county to raise money to build a new 4-H livestock barn at the Southwest Washington Fairgrounds.

The new building was needed as the membership in 4-H was increasing. In 1958, 4-H club membership increased 30 percent over 1957. In 1959, it was estimated another large increase would occur, reaching 1,000 members.

The goal was \$4,000 for the first unit of the 40 by 160-foot barn, to be completed by fair time.

### Large Sign Installed at Park

In 1984, a large sign, "Rotary Riverside Park" was hung at the entrance to the park. Centralia Rotary had donated land to the city, and the city was then able to receive a grant for park renovation, which included a 15-unit campground, fire rings, asphalt road, tables, landscaping, restrooms and a chain-link fences.

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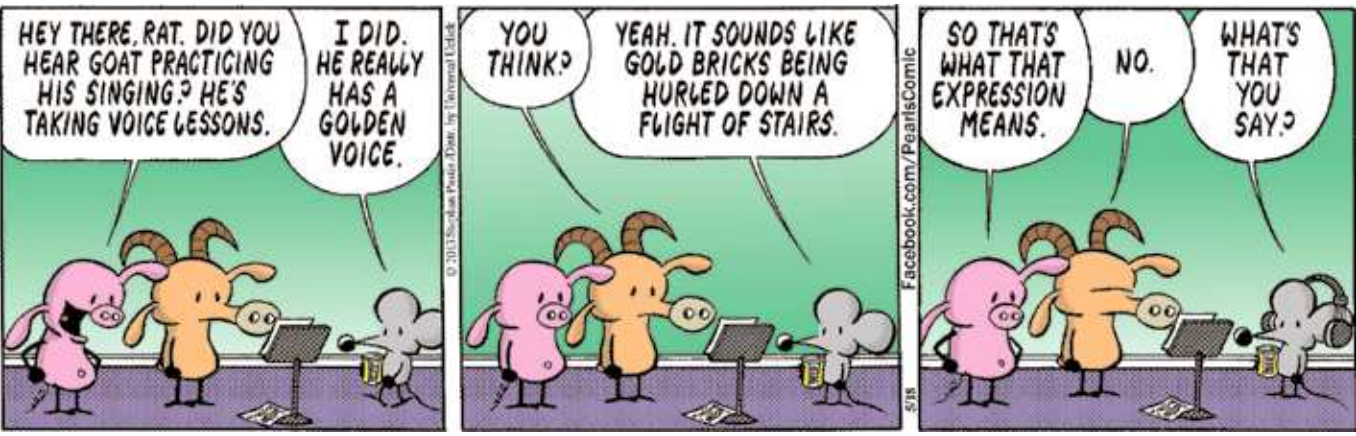
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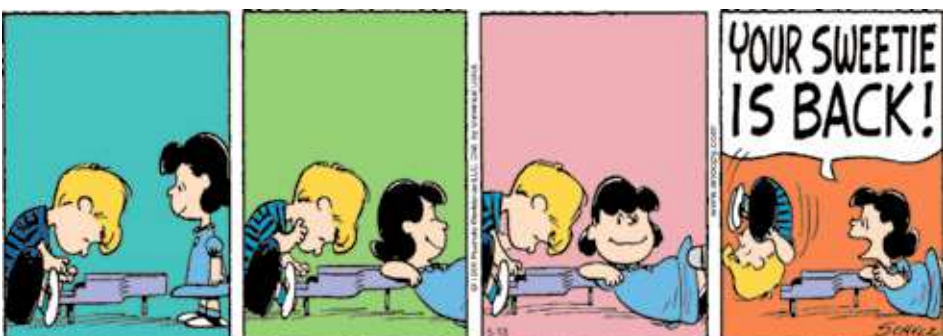
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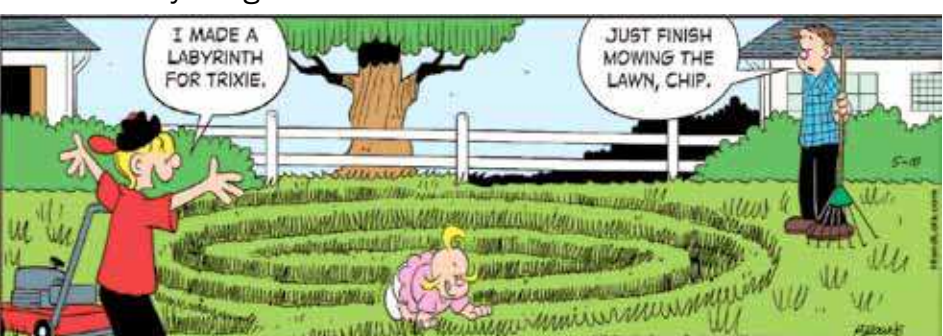
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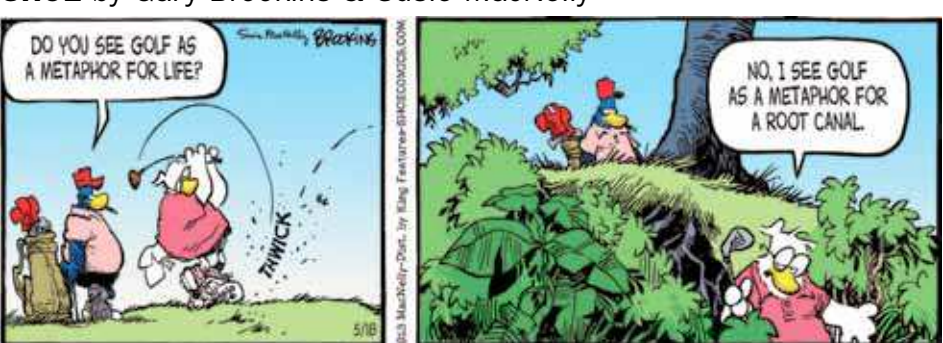
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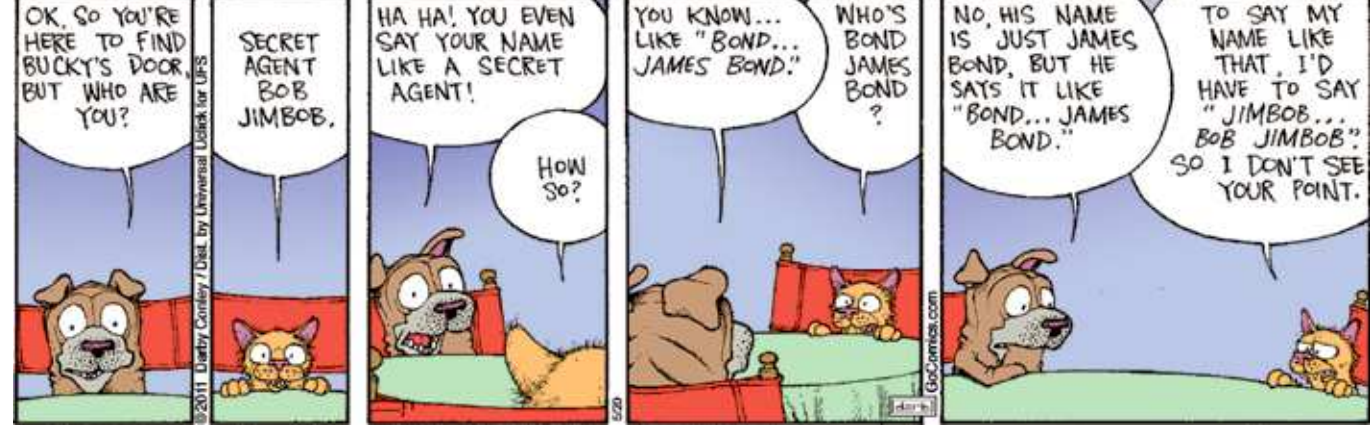
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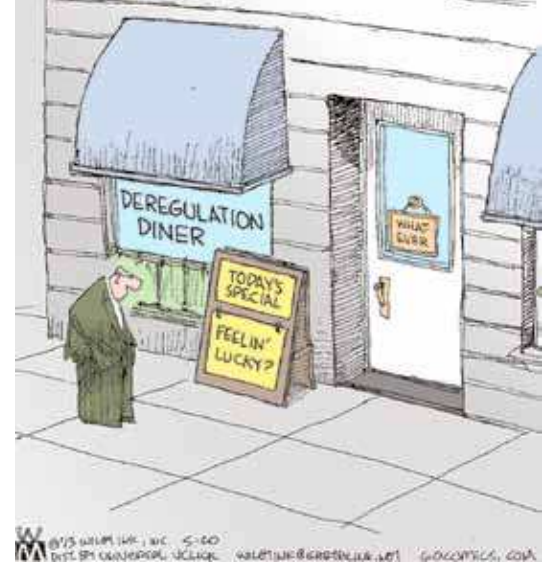
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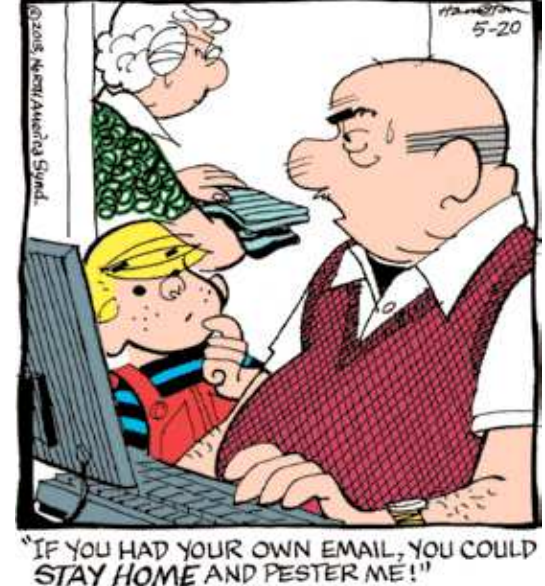


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"He's working on a way to make his hair grow."

**DENNIS THE MENACE** by Hank Ketcham



**DILBERT** by Scott Adams



**PICKLES** by Brian Crane



**WIZARD OF ID** by Parker & Hart



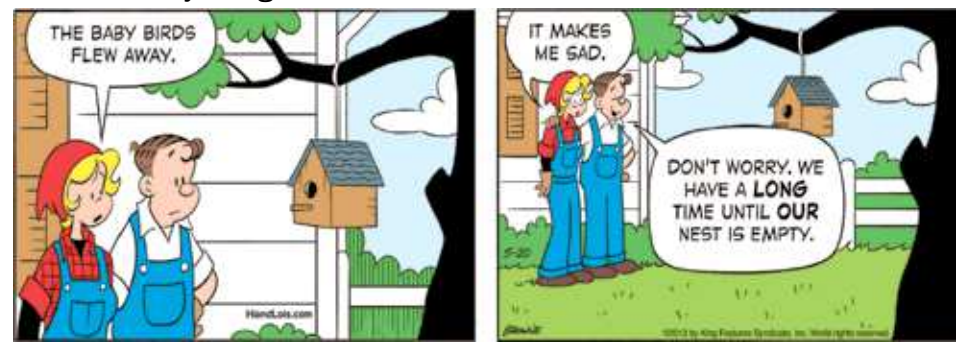
**FOR BETTER OR FOR WORSE** by Lynn Johnston



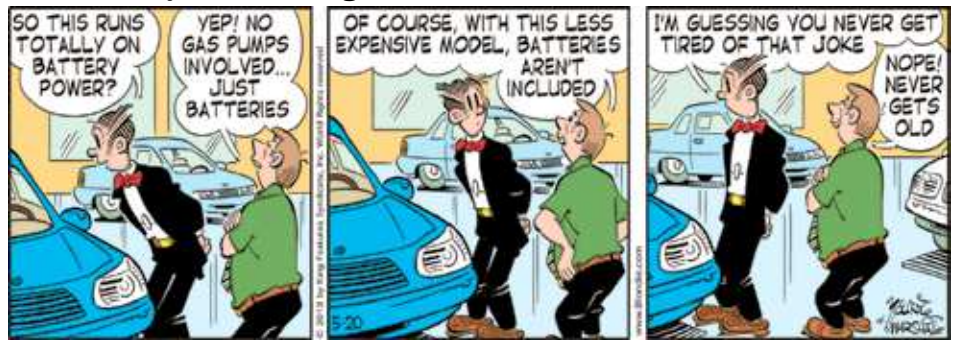
**CLASSIC PEANUTS** by Charles Schulz



**HI & LOIS** by Greg & Brian Walker



**BLONDIE** by Dean Young & John Marshall



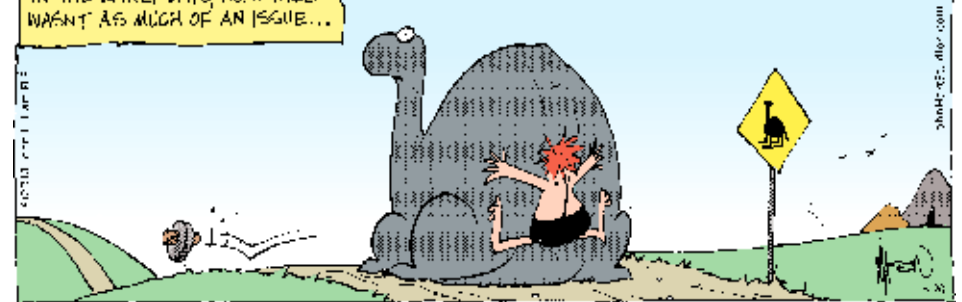
**SHOE** by Gary Brookins & Susie MacNelly



**FRANK & ERNEST** by Bob Thaves



**B.C.** by Mastroianni & Hart



**BEEBLE BAILEY** by Mort, Greg & Brian Walker

