



DRIVE A LITTLE – SAVE A BUNCH!  
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## Summer Award Program

See 5 movies and get a Small Popcorn and Reg Soda. Pick up a punch card at the box office. See a movie, get a punch. Collect 5 and Redeem.

### SUMMER FAMILY MOVIE SERIES

\$1 MOVIES MON-FRI

*Shrek (PG)* July 2-6  
*Wonder (PG)* July 9-13  
*The Karate Kid (PG)* July 16-20  
*Night At The Museum (PG)* July 23-27

### LIVE STAND UP COMEDY

Lights, Comedy, Laughs!  
Saturday, July 14

CLAUDE STUART & BO JOHNSON will perform at 7pm and 9pm. Admission is only \$10. Ages 21 & over only. Reserved seating for this show. Purchase tickets at box office or at our website.

## Today in History

The American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth. It is a historic moment of cooperation between former rival space programs and also the 100th human space mission in American history.

— June 29, 1995

## Food 4 Thought

“The time for action is now. It’s never too late to do something.”

— *Antoine de Saint-Exupery, author of The Little Prince, born June 29, 1900*

## The Month Ahead

### Monday, July 2

Keizer City Council meeting, 7 p.m., Keizer Civic Center.

### Wednesday, July 4

Independence Day, most government offices closed.

### Wednesday, July 4 – Sunday, July 8

The Northwest Civil War Council returns to Powerland Heritage Park, five days of Civil War reenactments and living history with daily battles at 11 a.m. and 3 p.m. Full schedule at: [www.nwcw.net](http://www.nwcw.net). Admission: \$12.

### Thursday, July 5

Southeast Keizer Neighborhood Association meeting, 6 p.m., Keizer Civic Center.

### Friday, July 6 – Saturday, July 28

Pentacle Theatre Presents *1984*. A provocative look at the dystopian future imagined by George Orwell. 7:30 p.m. at Pentacle Theatre at 324 52nd Avenue NW in Salem.

### Monday, July 9

Keizer City Council work session, 6 p.m., Keizer Civic Center.

### Tuesday, July 10

Keizer Parks Advisory Board meeting, 6 p.m., Keizer Civic Center.

### Wednesday, July 11

Keizer Planning Commission meeting, 6 p.m., Keizer Civic Center.

### Thursday, July 12 – Sunday, July 15

Marion County Fair. Oregon State Fairgrounds. Tons of fun for everybody including entertainment, rides, animals and a rodeo. Visit [marioncountyfair.net](http://marioncountyfair.net) for fair times and admission prices.

### Thursday, July 12

Keizer Traffic Safety/Bikeways/Pedestrian Committee meeting, 6 p.m., Keizer Civic Center.

### Saturday, July 14

Race To Save The Harvest. The run benefits Salem Harvest which connects farmers and backyard growers with volunteer pickers to harvest fruits and vegetables that would otherwise go to waste. The 5k begins at 10 a.m. and the 3k begins at 10:05 a.m. at Riverfront Park. Participants who register before June 21 get reduced prices; visit [salemharvest.org/events.php](http://salemharvest.org/events.php) for more info.

### Monday, July 16

Keizer City Council meeting, 7 p.m., Keizer Civic Center.

### Saturday, July 21

Thirteenth Annual Knights of Columbus Car Show. All proceeds benefit Father Taaffe Homes for Young Teens and Their babes. Food available. 10 a.m. to 2 p.m. at St. Edward Catholic Church, 5303 River Road N.

### Friday, August 3 – Sunday, August 5

Homer Davenport Community Festival in honor of nationally-renowned political cartoonist and Oregon native Homer Davenport. Festival will have crafts, food, music, and more. A contest for political and editorial cartoons is also being held; they will be on display at the festival and judged by a panel. Prizes up to \$750 are available. Takes place in Silverton, Oregon; [homerdavenport.com](http://homerdavenport.com)

## Correction/Clarification

In a June 22 story titled *Coming soon to Keizer parks: Drone Zones*, it was stated that drones will only be allowed in drone zones. However, drone flying will be allowed in Keizer parks while the city reserves the right to establish zones where flying can occur if problems arise.

## sudoku

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2		6		7	5		1	9
	8		6		2		4	
	9	4		2			7	
8			7		6			3
	5			8		4	2	
	2		4		7			8
4	6		1	3		7		2
5		8						

Enter digits from 1-9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

## OLYMPIAN, continued from Page A1

leg that they were unusable for her. Competitive swimming led her to competing in open-water swims in Oregon’s Hagg Lake and in the open ocean off the beaches of San Diego where she’s completed lengths of one mile.

In 2015, Karlee’s pursuits led her to connect with a mentor in fellow amputee-athlete Sarah Reinertsen and then one of Nike’s sports managers, Lori Roth. That led to another challenge.

“One of them dared me to run the Nike Women’s Half-Marathon. At first, I kind of blew it off and then she came back and said I was locked in,” Karlee said.

She began panicking as the date neared and the realization sunk in that it was 13.1 miles through one of the hilliest urban terrains in the country.

“The night before it was all deep breaths,” Karlee said. “When I finished, Lori was shocked. I ended up being the youngest female amputee to finish that race.” Karlee still wears the pendant she received for finishing the challenge on a regular basis.

Not long after the half marathon, Karlee learned that Nike

wanted to sponsor her. That news led her father, Steven, to put out a call on Facebook that a trainer was needed. Keizer’s Carlos Soto, owner of CS Defining Fitness, was tagged by another former client in the post and he offered his services.

“I reached out and I didn’t know she was an amputee. I didn’t know until we met and then it was, ‘Oh, whoa ... that’s cool.’”

For the past year, the two have been training together and with Soto’s other clients in his River Road gym. But, it’s been a learning experience for Soto as well as Karlee.

The first time the pair got together, Steven accompanied them to McNary’s track so Soto could see her in action.

“Her dad would shout out voice cues to get her to run with the proper form. There’s a way she’s supposed to run and he had to teach me what to tell her. That helped me, having dad here for a while, and telling me to not baby her,” Soto said. “I’ve been melting her face ever since.”

Karlee said there is a mental hurdle to running that those with two legs would struggle to understand.

“I will swing my leg out when I’m not paying attention. It should go up and under more like a traditional runner but, in my head, I’m always thinking



KEIZERTIMES/ERIC A. HOWALD

Carlos Soto spots Karlee Miller during assisted pull-ups in his gym at 3816 River Road N.

my toe will get stuck and I’ll trip and fall,” Karlee said.

Karlee has some load limits as far as what she is able to bear, but Soto has been able to adapt most of his exercises for her needs.

“She favors the amputation, but we are trying to get her hip flexor straight and it has improved a lot in the past year,” Soto said.

To assist in his ability to work with Karlee’s needs and desire to compete in the Paralympic Games, Soto has taken part in camps on the Nike campus tailored for amputees.

“Working out with them and picking their brains was huge,” Soto said. “I was able to ask one of the other coaches when she got over the mental block of running right and she said that it will click one day. So we just keep working at it.”

Along the way, Karlee rarely fails to impress. The first time Soto brought out a jump rope, Karlee left him agape. He took out his phone and started filming so others could see what she was capable of. He was also surprised to discover that her favorite workout music was rock from the 1970s.

Soto said he puts more thought into movement than

many of his clients would guess, but working with Karlee has been a wholly new experience.

“I try to go over it and think about the mechanics of a knee and the exercises she will be able to do, but there are still times when we need to modify something on the day we try it,” Soto said.

For her part, kettle bell swings are the least favorite of the rigors Soto puts her through, but he rarely hears her complain about anything.

“She’s an inspiration with the drive she has. Most of my clients know her because I invite her to different group trainings and they watch her and get more motivated,” Soto said.

The immediate goal is the Paralympics, but she’s happy to have developed the relationship she has with Soto, especially since that other coach left such a welt on her pride.

“Carlos doesn’t baby me. He knows how to switch things up when they need to be, but he doesn’t use my leg as an excuse for anything,” Karlee said. “It’s just something we have to work around and that’s huge. It’s the way I want everyone to feel about it. It doesn’t make amputees weird, it’s just something we have to deal with.”

## obituaries

Submit an obituary through our website at [keizertimes.com](http://keizertimes.com) or send an email to: [editor@keizertimes.com](mailto:editor@keizertimes.com)

## Marian L. Franken

March 21, 1930 – June 11, 2018

Marian L. Franken passed away peacefully in her sleep at age 88 on June 11, 2018.

Her family was at her side. Marian was born March 21, 1930 in rural Brown County, Nebraska. The Great Depression was just beginning. Her mother Edith died unexpectedly when Marian was just four. Marian’s father remarried two years later and she became one of six in a blended family, living in the Sandhills of Nebraska.

After graduating high school in 1948 she got her teaching certificate and taught in a one room schoolhouse.

Marian, ready for a change, set out for Omaha. She lived at the YWCA and worked for Mutual of Omaha. Marian met Francis, the love of her life, and they married June 11, 1955. The new couple moved to Bellevue where their three daughters were born. Marian was an excellent homemaker and cook. She sewed, painted, wallpapered, knit, and canned and cooked all the goods from the garden. In 1974 Frank retired and the family moved to Corvallis, Oregon. After the girls graduated and moved, the couple moved to West Salem. They were married for 38 years when Frank died

in 1993. Marian sold her house, moved to Keizer where she had her dream house built. She resided there for the next 30 years.

Marian traveled to Italy, Ireland, New Zealand, Australia, and Switzerland.

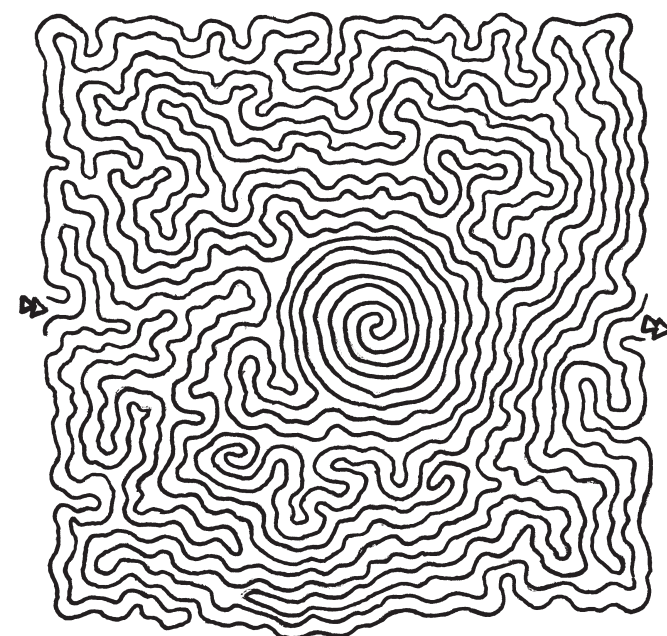
Marian enjoyed her friends her rose garden and her family and bridge. She moved to Portland the last few years to be close to her kids.

Marian is survived by her sister Vernice of Iowa and daughters Barbara Moore of Bend Oregon, Julie Warren of Goldendale Washington and Leslie Maynard of Oregon City and grandsons Matthew and Jason of Tempe Arizona. She will be laid to rest at Willamette National Cemetery with Frank. A small service will be held at a later date.



M. Franken

## maze



Maze by Jonathan Graf of Keizer

## looking back in the KT

### 5 YEARS AGO

Teaching assistant convicted

Jose Juan Moreno, a former teacher’s assistant at Whiteaker Middle School was convicted of four counts of sex abuse involving three minors.

### 10 YEARS AGO

Man cuffed for pot grow

An apparent marijuana grow operation was found in the attic of a home on McLeod Lane. Police arrested Joel Haskins, 18, for possession of controlled substance and manufacturing of controlled substance, both enhanced because the home is less than 1,000 feet from Whiteaker Middle School.

### 15 YEARS AGO

Policing activist resigns amid neighbor feud

The chairman of Keizer’s Community Oriented Policing Main Committee has resigned his post after a neighborhood feud regarding a vine plant boiled over, resulting in his arrest and that of three others.

### 20 YEARS AGO

Ex-director gets jail term for theft from Chamber

A former manager of the Keizer Chamber of Commerce pleaded guilty to stealing more than \$18,000 in chamber funds and equipment. She will spend 30 days in jail.

### WILL YOU BE THERE THE MOMENT YOU’RE NEEDED?

Will you be there when a life needs to be saved? When homes are threatened by a natural disaster? The answer is “yes” if you’re a member of the National Guard.

Learn more about being there for your community at [NATIONALGUARD.com](http://NATIONALGUARD.com) or call 1-800-GO-GUARD.



NATIONALGUARD.com



KEIZERTIMES.COM

## Web Poll Results

How much does your family spend on food each week?

55% – Less than \$150

36% – \$150 - \$249

6% – \$250 - \$499

3% – \$500 or more

Vote in a new poll every Thursday!

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