

Volcanoes looking for host families



Submitted
Andy Armstrong (left), pictured reconnecting with San Francisco Giants second baseman Joe Panik back in 2016. The Armstrong's were Panik's host family when he started his professional career with the Volcanoes in 2011. Families interested in the Volcanoes' Host Family Program should contact Lisa Walker at 503-390-2225, or at probaseball@comcast.net. The organization is especially in need of bilingual families.

ATHLETE of the Week



presented by



BRAIDEN COPELAND 8th grader Whiteaker Middle School

Copeland took first place in both the high jump and long jump events at the All-City track meet at Sprague High School on Tuesday, May 14, helping Whiteaker clinch the overall team title.

His best long jump was 16-feet-11 inches, while his top high jump was 5-8.



McGranahan

RACE, continued from Page A14

I knew that I really wanted to make the Olympic Trials time in the 20K, but I knew that it would be pushing it," McGranahan said.

But throughout McGranahan's short race walking career, she has surpassed her own expectations, and this race was no different as she finished her 20K in personal-best time (1:45.51) on March 17 to qualify for her second Olympic Trials race.

However, what was sweeter for McGranahan was what happened after the race.

Due to her high finishes in recent competition, McGranahan was asked by USA Track & Field to join the four-person race walking team at the 50K Pan-Am Cup in Mexico on April 21.

"I was so excited to do my first international race," McGranahan said. "I had all my USA gear in my suitcase. It was

quite the honor and I wanted to represent and do my best."

McGranahan ended up placing 10th in the race and helped the U.S. earn the overall team title.

Race walking is an incredibly grueling sport, but with her enthusiasm and positive attitude, McGranahan was a fan favorite during the competition.

"I'm usually smiling when I race walk because I'm having fun and I just love it," McGranahan said.

"It was the most exciting and fun race I've done. And the fans were absolutely amazing."

The responsibility of juggling everyday life around being an elite race walker can be daunting. McGranahan trains five days a week, teaches fitness classes three days a week and home schools her daughter. But she is more than willing to do the juggling act for the sport that she has grown to love.

"It is a balancing act. I have to be creative and I have to pick and chose the things that I say yes to," McGranahan said. "It's challenging, but I love race walking and I am so thankful that I am 42 years old and I get to do this."

"My story is one that inspires others to not let their past, their age, their struggles, stop them from chasing their dreams and accomplishing big things."




Submitted
Lydia McGranahan poses with the American flag after finishing third in the 50K National Championships in Santee, Calif. in January.

 Emerald Pointe Senior Living Community	DIRECTIONS FROM KEIZER: On River Road, one-half mile north of McNary Estates.	UNIT TYPES: • Studio • 1 BR w/ deck or walk-in closet • 2 BR, 1 BA • 2 BR, 2 BA w/ deck or walk-in closet	MONTHLY RENT: starting at \$1,350	ASSISTED LIVING AVAILABILITY: no
	AMENITIES: • Full kitchens in every apartment • Free WiFi • Flexible Optional Meals • Waist High Gardens • Full Activities Calendar • Weekly Excursions • Special Dietary Needs Met • Coffee Lounge • Housekeeping • Community Room • Activity Rooms • Resident Lounge • Beauty Salon • Transportation			
1125 McGee Ct NE, Keizer, OR 97303 • 503-390-7700 • www.EmeraldPointeKeizer.com				



 Willamette Lutheran Retirement Community	DIRECTIONS FROM KEIZER: Drive north on River Rd. Turn left on Wheatland Rd. Go 1.5 miles. On left side of road.	UNIT TYPES: • independent living includ. studio and 1-bedroom apartments, 2-bedroom cottages	MONTHLY RENT: starting at \$1,692	ASSISTED LIVING AVAILABILITY: yes
	AMENITIES: • Not-for-profit, Christian community serving all faiths • Pets allowed • No Extra Charge for a 2nd person • 24-hour nurse on staff for emergency response • 3-delicious homecooked meals daily • Van service for shopping & medical appts • Housekeeping • Great Social Activities • Church Services			
7693 Wheatland Rd N, Keizer, OR 97303 • 503-393-1491 • www.willamettelutheran.com • e-mail: kay@willamettelutheran.com				



 The Woods at Willowcreek	DIRECTIONS FROM KEIZER: I-5 South, exit left on Market St, continue past Lancaster Dr, right on Tierra St NE, left on Glencoe St NE	UNIT TYPES: • assisted living • memory care studio apartments	MONTHLY RENT: Cost Varies	MEMORY CARE AVAILABILITY: yes
	AMENITIES: • Staff on site 24/7 • Full time RN on site • Maintenance & Housekeeping • All utilities (except phone) includes basic cable • Transportation to appointments, shopping, events • Laundry & linen services • Salon on site • Daily activities • 3 meals per day plus snacks			
4398 Glencoe St NE, Salem, OR 97301 • 503-581-4239 • www.thespringsliving.com • e-mail: tperkins@thespringsliving.com				



 the Village at Keizer Ridge ASSISTED LIVING AND MEMORY CARE	DIRECTIONS FROM KEIZER: On River Road, one-half mile north of McNary Estates. Right on McGee Ct, take second driveway on left.	UNIT TYPES: • Assisted Living • Memory Care	MONTHLY RENT: starting at \$2,855	ASSISTED LIVING AVAILABILITY: Yes
	AMENITIES: • Individualized Care Plans • State-of-the-art theater • Raised garden beds • All day fresh gourmet dining • Life enriching, meaningful, stimulating activities • Resident created activity calendar • Courtyard walking path • More staff on hand 24/7 than other local facilities • Private & semi-private Memory Care apartments			
1165 McGee Court NE, Keizer, OR 97303 • 503-390-1300 • www.VillageAtKeizerRidge.com				



 Marian Estates	DIRECTIONS FROM KEIZER: Take I-5 South, Hwy 22 East, Exit 13, turn towards Sublimity, right (East) on Church Street.	UNIT TYPES: • Assisted Living • Independent Living • Memory Care • Skilled Rehabilitation & Nursing Care	MONTHLY RENT: Cost Varies	TYPE OF CARE: Full Continuum of Care
	AMENITIES: • 38-Acre Private, Family Owned Active Retirement Community • No Buy In • Apartments • Cottages • Café • Gift Shop • Beauty Shop • Pet Friendly • Duck Pond with Walking Areas			
390 SE Church Street, Sublimity, OR 97385 • 503-769-3499 • www.MarianEstates.com				

