

Polk County  
**Itemizer-Observer**

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Some buildings — even old ones — will stand during and after a 9.0 earthquake, while others will not. Itemizer-Observer staff

*Are Polk County governments ready for the 'big one'?*

By Jolene Guzman  
The Itemizer-Observer

*Editor's note: This is the second in a series of three stories exploring what would happen during and after the predicted 9.0 Cascadia subduction zone earthquake.*

POLK COUNTY — It was a coincidence that Falls City City Councilor Jenn Drill volunteered to lead the "simplification" process of the city's emergency operations plan during the council's goal setting session in March.

Her objective was to make it more user-friendly and tailored to Falls City's needs, instead of a mass of unnecessary detail kept in a hefty binder.

"Nobody wants to go through a thick notebook in the middle of a disaster," Drill said.

Little did she know that by

the time the committee had met twice, "Cascadia subduction zone earthquake" would become a fearsome phrase.

The possibility of such a disaster put the committee's work in focus.

Falls City, of all the cities in Polk County, needs extra organization and cooperation in what could be an extended period of isolation as assistance makes its way there.

Drill said the city, Falls City School District, area churches and business will compile resources — generators, fuel, water filtration equipment, food and supplies — and designate emergency operations centers.

Two command centers will be set up, one on the north side of the Little Luckiamute River and one on the south side, just in case the bridge

spanning the river collapses. All partners know that the city may be on its own for a longer time than others, meaning the town will have to be resourceful, Drill noted.

Falls City School District isn't much further behind in its own preparation, except for seismic upgrades to buildings, a common issue for schools and municipalities across the state.

Aging school buildings, city halls, and police and fire stations in Oregon could suffer significant damage — or collapse — in a major earthquake. In Dallas School District, all of its buildings, with the exception of one, are in the "high risk of collapse" category. Monmouth and Dallas city hall, both built in the 1920s or 1930s, are in need of upgrades.

Oregon's legislature allo-

cated \$330 million in its last session for seismic upgrades to public buildings, including \$175 million in grants going to schools this biennium.

The application period opens this fall and most local jurisdictions are looking into applying for grants.

In Falls City, in the meantime, the district has 55-gallon drum emergency kits at its schools with basic supplies.

"They are not going to save everything, but will meet some basic needs," Falls City Superintendent Jack Thompson said.

Thompson said, if the earthquake were to happen during the school day, students and staff are familiar with protocol as the district — and all others in the state — are required to do two drills each year.

See **QUAKE**, Page 9A

**IN YOUR TOWN**

**DALLAS NEWS**

The art of the spoken word — storytelling — will be the focus Dallas Public Library's "Storytelling Festival" Friday and Saturday.

The first-of-its-kind festival for the library will feature an evening performance for adults by Portland Story Theater, a troupe of professional storytellers. Saturday, a number of storytellers with tales suitable for all ages will perform at the library throughout the day.

Mark Greenhalgh-Johnson, the Dallas library manager, said events like this are growing in popularity, perhaps filling a void left by social media culture.

»Page 3A

**FALLS CITY NEWS**

Oregon's Infrastructure Finance Authority (IFA) has awarded the city of Falls City a \$20,000 grant to complete a new water master plan.

Falls City City Council will review the agency's award letter, sent on Aug. 28, at its meeting Thursday. The council will give final approval once the agency send the city its grant contract.

The project will cost \$80,000. Mayor Terry Ungricht said the city has budgeted \$60,000 of its own money for the plan, but will still look for other grants or other resources to help offset that cost.

»Page 5A

**INDEPENDENCE NEWS**

Central senior Kylie Nash isn't a fan of downtime. From volleyball in the fall to basketball in the winter and softball in the spring, Nash isn't one to enjoy idle time.

"I definitely couldn't see myself dropping a sport," Nash said. "I need to be in sports. It keeps me busy."

As she enters her final season with the Panthers, Nash is focused on enjoying the present.

"It's not much different," Nash said. "It's still varsity. It makes it fun and helps me lead even more because they see me in a leading role more so than in my younger years."

»Page 10A

**MONMOUTH NEWS**

Kim Seidel is thrilled to return to Monmouth to work as the principal at Monmouth Elementary School.

"I went to Western Oregon University," she said. "My husband and I met here. We both said if we ever have the opportunity to live back in Monmouth, we'd do that. We brought our three kids with us." Seidel had wanted to be a teacher since she was 7. Now 36, she spent 14 years in Tillamook at a fourth-, fifth-, and sixth-grade school. "I'm really excited to be in a school with younger grades," Seidel noted. "You really miss that."

»Page 14A

**POLK COUNTY NEWS**

The man Candy Fryrear loves, and has been married to for 46 years, is sitting right next to her, and yet he may as well be across the world.

"I'm an Alzheimer's widow," she says. Alzheimer's and other forms of dementia are diseases that attack the mind, robbing patients of their memories before moving on to kill the body. The first casualties are the people who love them.

Denny, 74, doesn't really remember Candy — sometimes he does, she says, "but a lot of times I think he just thinks I'm his mother," — but he smiles a lot.

»Page 6A

**Lending a helping hand**



Mikela Bruer helps Emie Olbregts with her locker during Dallas High School's first day of school on Tuesday. LUKAS EGGEN/Itemizer-Observer

<p><b>THE NEXT 7 DAYS PLANNING FOR YOUR WEEK</b></p>	<p><b>wed</b></p> <p>Hear from Commissioner Mike Ainsworth at the MI chamber luncheon today at the Indy civic center. <b>Noon. Free.</b></p> <p>Sunny Hi: 82 Lo: 51</p>	<p><b>thu</b></p> <p>Ladies Bible study begins at Evangelical Bible Church in Dallas today. Two times are available for women. <b>9:30 a.m., 7 p.m. \$22.50.</b></p> <p>Sunny Hi: 88 Lo: 54</p>	<p><b>fri</b></p> <p>Grab your garden gloves and head to the Gentle House at WOU for a garden work party followed by lunch. <b>9 a.m.-noon. Free.</b></p> <p>Sunny Hi: 94 Lo: 56</p>	<p><b>sat</b></p> <p>Apples and pears are in season, and what better place to pick some up than at Independence Riverview Market? <b>9 a.m.-2 p.m. Free.</b></p> <p>Sunny Hi: 90 Lo: 56</p>	<p><b>sun</b></p> <p>Buell Grange will host breakfast this morning at the grange, complete with eggs, sausage, and pancakes. <b>8-11 a.m. Free.</b></p> <p>Sunny Hi: 82 Lo: 53</p>	<p><b>mon</b></p> <p>Head down to Main Street Park in Monmouth to help tear down the stage now that the summer festivals are over. <b>5 p.m. Free.</b></p> <p>Sunny Hi: 82 Lo: 52</p>	<p><b>tue</b></p> <p>Explore the world of coin collecting with others who have collected for years at the Monmouth Senior Center. <b>7 p.m. Free.</b></p> <p>Sunny Hi: 75 Lo: 49</p>
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## NEWS IN BRIEF

### Oregon Heritage to offer grants

SALEM — The Oregon Heritage Commission will offer grants to qualified projects for conservation, development and interpretation of Oregon's cultural heritage. Awards typically range between \$5,000 and \$20,000. Projects can include anything related to Oregon heritage. Priority will be given to projects that preserve, develop or interpret threatened heritage resources or heritage resources of statewide significance. Grant applications are due Sept. 30. For more information: [www.oregonheritage.org](http://www.oregonheritage.org), or [Kuri.Gill@oregon.gov](mailto:Kuri.Gill@oregon.gov), or call 503-986-0685.

### Indy police to hold safety operation

INDEPENDENCE — The Independence Police Department will run a pedestrian safety enforcement operation on Monday from 8 a.m. to 1 p.m. The primary purpose of the operation, which is made possible through grants from Oregon Impact, is to raise pedestrian safety awareness. Posted warning signs will be set up in the areas that will be involved. Oregon law requires drivers to stop when a pedestrian is in a marked or unmarked crosswalk. For more information on traffic safety: [www.oregonimpact.org](http://www.oregonimpact.org).

### PSWD annual meeting Sept. 17

DALLAS — Polk Soil and Water Conservation District's annual meeting is Sept. 17 in Dallas. The meeting will recap the district's accomplishments for the previous year. Special guest Owen Wozniak, with the Trust for Public Land, will give a presentation on conservation easements. Those in attendance will have the chance to enter a raffle for a gift basket full of Polk County-area delicacies. The meeting will be from 6 to 9 p.m. at the Oregon Department of Forestry, Dallas Unit, 825 Oak Villa Road, Dallas. For more information: Tom Wilson, district clerk, at 503-623-9680, ext. 5. For more information: 503-831-3502.

### Young Eagles to offer free youth flights

SALEM — The Experimental Aircraft Association's Young Eagles will offer free flights for kids ages 8-17 on Saturday at McNary Field Airport in Salem. The EAA and the B-17 Alliance Group are hosting the Aluminum Overcast B-17G plane from Thursday through Monday. For more information: Dave Ullman, 541-754-3609.

# Arc of Polk County to host pizza party Friday

## Carnival geared for those with disabilities

By Emily Mentzer  
The Itemizer-Observer

DALLAS — Come one, come all to a Hawaiian-themed carnival at the Rotary Performing Arts Stage. Arc of Polk County is taking its fourth annual pizza party outdoors this year with fun for people of all ages.

The event is geared toward those with intellectual and developmental disabilities (IDD) of all ages, their families and caregivers, but that doesn't mean the community isn't welcome to come enjoy the fun and games on Friday.

"It's an inclusive event," said Kim Wallace, member of the Arc of Polk County board of directors.

The pizza party takes the place of the Arc's regular dance on Friday. The organization hosts a dance every second and fourth Friday of the month for IDD individuals, their families and caregivers.

Dances, and other Arc events, give families a chance to interact with their loved one in a different light rather than fighting over routines, Wallace said.



PHOTOS COURTESY OF KIM WALLACE/for the Itemizer-Observer  
**Arc of Polk County will put on a Hawaiian-themed carnival on Friday at the Rotary Performing Arts Stage.**

"I have a story about a family coming for the first time, seeing their son dancing on the dance floor just completely happy and independent," she said. "They were in tears because they had never seen that side of him. We encourage the families to come and get involved and see their loved ones in a different capacity."

This is the first year the pizza party has had a theme, Wallace said.

The Arc's board has an advisory board made up of IDD individuals, she said.

"They advise the Arc of Polk County on what their dreams are for community events, what's important to them," Wallace said. "The advisors themselves wanted to do a Hawaiian themed event this year."

With a carnival, of course. That means face painting, golf and other yard games — including disc golf — complete with a dunk tank.

"We're still looking for people to get in the dunk tank," Wallace said.

Hawaiian dancers, 'Ne-sian Kalapu, a group of young men from Western Oregon University, will take the stage during the event to bring the spirit of the Islands to the event.

Dallas police and fire, as well as representatives from Polk County Fire No. 1 will be there as well.

"Our goal was to have emergency responders present to help (IDD) individuals become a little more comfortable around those people," Wallace said. "Often-times when they see (emergency personnel), it's an uncomfortable event for them. There's been a medical emergency; there's been an event with police, so they're frightened or they're nervous. We're hoping to bring some exposure so they can be less intimidated or (less) uncomfortable in that situation."

Free pizza from Papa Murphy's, drinks from Dutch Bros., and popcorn from Les Schwab will be available to all IDD individuals, their families and caregivers, Wallace said.



The carnival is geared toward those with intellectual and developmental disabilities.

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**Friday, Saturday & Sunday September 11 - 13**

NO ESCAPE (Digital) (R)	(12:00 2:20 4:45)	7:15 9:30
THE VISIT (Digital) (PG-13)	(12:20 2:40 5:00)	7:20 9:30
A WALK IN THE WOODS (R)	(12:00 2:25 4:55)	7:20 9:50
TRANSPORTER REUELED (Digital) (PG-13)	(12:30 2:45 5:05)	7:25 9:40
MISSION IMPOSSIBLE: ROGUE NATION (Digital) (PG-13)	(1:20 4:10)	7:00 9:50
STRAIGHT OUTTA COMPTON (Digital) (R)	(12:25 3:35)	6:45 9:45
RICKI AND THE FLASH (PG-13)	(12:05 5:10)	7:30 9:40
ANT MAN (Digital 2D) (PG-13)	(2:35)	7:30
INSIDE OUT (Digital 2D) (PG)	(12:00 2:20 4:45)	7:05 9:40
MAN FROM UNCLE (Digital) (PG-13)	(2:20 4:45)	7:05 9:40

\*Not showing Sunday, Sept. 13

**Monday - Wednesday September 14 - 16**

NO ESCAPE (Digital) (R)	(2:20 4:45)	7:15
THE VISIT (Digital) (PG-13)	(2:40 5:00)	7:20
A WALK IN THE WOODS (R)	(2:25 4:55)	7:20
TRANSPORTER REUELED (Digital) (PG-13)	(2:45 5:05)	7:25
MISSION IMPOSSIBLE: ROGUE NATION (Digital) (PG-13)	(1:20 4:10)	7:00
STRAIGHT OUTTA COMPTON (Digital) (R)	(12:25 3:35)	6:45
RICKI AND THE FLASH (PG-13)	(12:05 5:10)	7:30
ANT MAN (Digital 2D) (PG-13)	(2:35)	7:30
INSIDE OUT (Digital 2D) (PG)	(2:20 4:45)	7:05
MAN FROM UNCLE (Digital) (PG-13)	(2:20 4:45)	7:05

**Thursday September 17**

NO ESCAPE (Digital) (R)	(2:20 4:45)	7:15
THE VISIT (Digital) (PG-13)	(2:40 5:00)	7:20
A WALK IN THE WOODS (R)	(2:25 4:55)	7:20
TRANSPORTER REUELED (Digital) (PG-13)	(2:45 5:05)	7:25
MISSION IMPOSSIBLE: ROGUE NATION (Digital) (PG-13)	(1:20 4:10)	7:00
STRAIGHT OUTTA COMPTON (Digital) (R)	(12:25 3:35)	6:45
MAZE RUNNER - DOUBLE FEATURE (Digital) (PG-13)	(5:30)	8:00
ANT MAN (Digital 2D) (PG-13)	(2:35)	7:30
INSIDE OUT (Digital 2D) (PG)	(2:20 4:45)	7:05
MAN FROM UNCLE (Digital) (PG-13)	(2:20 4:45)	7:05

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**DEADLINES**

**NEWS DEADLINES**  
For inclusion in the Wednesday edition of the *Itemizer-Observer*:  
**Social news** (weddings, engagements, anniversaries, births, milestones) — 5 p.m. on Thursday.  
**Community events** — Noon on Friday for both the Community Notebook and Community Calendar.  
**Letters to the editor** — 10 a.m. on Monday.  
**Obituaries** — 4 p.m. on Monday.

**ADVERTISING DEADLINES**  
**Retail display ads** — 3 p.m. Friday.  
**Classified display ads** — 11 a.m. on Monday.  
**Classified line ads** — Noon on Monday. Classified ads are updated daily on [www.polkio.com](http://www.polkio.com).  
**Public notices** — Noon on Friday.

**CORRECTIONS**

In the story, "Apples for All," on Page 7A of the Sept. 2 edition of the *Itemizer-Observer*, Riverwood Orchard is incorrectly stated as being located in the Cascade foothills. The orchard is located in the Coastal Range.

In the story "Man arrested for hitting child" on page 2A of the Sept. 2 edition of the *Itemizer-Observer*, the suspect's first name Delson didn't appear in the story. The I-O regrets the errors.

The *Polk County Itemizer-Observer* is committed to publishing accurate reports. To send corrections or clarifications, call the newsroom at 503-623-2373 or email [nadams@polkio.com](mailto:nadams@polkio.com).

**WEBSITE**

The *Polk County Itemizer-Observer* website, [www.polkio.com](http://www.polkio.com), is updated each week by Wednesday afternoon. The *Itemizer-Observer* is also on Facebook and Twitter. Watch for breaking news, links to stories, sports scores updates and more.

**WEATHER**

RECORDED	HIGH	LOW	RAIN
Sept. 1	75	59	0
Sept. 2	70	56	T
Sept. 3	69	50	T
Sept. 4	68	47	T
Sept. 5	73	47	0
Sept. 6	73	47	T
Sept. 7	77	54	0

Rain through Sept. 7 — 15.99 in.  
Rainfall during July — Trace in.

**GRAND OPENING!**

**TUESDAY, SEPTEMBER 22<sup>ND</sup>**  
EVENT STARTS AT 3:00 PM  
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**DALLAS PUBLIC LIBRARY**  
**SATURDAY, SEPT. 12th**  
**EVENT SCHEDULE**

- 11:00 **Children's Stories** with Gloria Stanley
- 11:30 **Children's Stories** with Marian Scadden
- 12:30 **Children's Stories** with Brad Clark
- \*2:00 **African American & Personal Tales** with Chetter Galloway
- \*3:30 **Nez Perce Coyote Stories** with Curtis Yehner
- \*4:45 **Pioneer Stories from Journals** with Lorraine Ward

\*All Ages



COURTESY OF PORTLAND STORY THEATER/for the Itemizer-Observer  
The Portland Story Theater will perform "Founders, Friends & Faves" on Friday evening.

# The art of storytelling

## Portland troupe to perform at Dallas library

By **Jolene Guzman**  
The Itemizer-Observer

DALLAS — The art of the spoken word — storytelling — will be the focus of Dallas Public Library's "Storytelling Festival" Friday and Saturday.

The first-of-its-kind festival for the library will feature an evening performance for adults by Portland Story Theater, a troupe of professional storytellers. Saturday, a number of storytellers with tales suitable for all ages will perform at the library throughout the day.

Mark Greenhalgh-Johnson, Dallas library manager, said events like this are growing in popularity, perhaps filling a void left by social media culture.

"The 140-character tweet has become the way we communicate," he said. "It's (storytelling) become something people are longing for. People may not have (enough material for) a

### Storytelling festival schedule

- FRIDAY**  
• 7 p.m. — Portland Story Theater, "Founders, Friends & Faves." Dallas Civic Center, 945 SE Jefferson St., Dallas.
- SATURDAY**  
All events are at the Dallas Public Library, 950 Main St., Dallas.  
• 11 a.m. — children's stories by Gloria Stanley.  
• 11:30 a.m. — children's stories by Marian Scadden.  
• 12:30 p.m. — children's stories by Brad Clark.  
• 2 p.m. — stories for a general audience by Chetter Galloway, presenting "Testifying & Talking that Talk."  
• 3:30 p.m. — Native American stories with a focus on Nez Perce and coyote stories, Curt Yehmert.  
• 4:45 p.m. — stories from journals of early pioneers by "The Storylady," Lorraine Ward.  
**Of note:** All events are free.  
**For more information:** 503-623-2633.

book, but they do have a story."

Learning how to tell those stories in a way that connects to an audience is an art form that Portland Story Theater has perfected. Having performed most of its shows in a 300-seat theater in Northeast Portland, the group has begun to take its stories on the road. Dallas is one of a handful of stops on

its calendar. Its performance is at 7 p.m. Friday in the Dallas Civic Center, 945 SE Jefferson St.

"They are really wanting to get the word out about storytelling," Greenhalgh-Johnson said.

Friday night's show will be "Founders, Friends, & Faves," a collection of stories including those of the theater's founders, friends of

the group, and few all-time favorites.

Greenhalgh-Johnson said bringing in performers whose shows are geared toward those 18 and older is a first for the library, as is hosting a group from Portland. He said he would like to see an enthusiastic crowd, no matter the size.

"We are hoping it's something we can continue," he said. "We really want to be something the community wants."

Saturday, events will shift to the library and include a number of storytellers, some familiar to those who participate in summer reading activities, such as Brad Clark and Chetter Galloway.

Greenhalgh-Johnson said libraries should embrace the revival of traditional storytelling, and this festival does just that.

"Libraries, we are all about stories," he said. "And some written stories started out as oral stories."

## Sheriff's office deals with accidents involving youth

**Itemizer-Observer staff report**  
POLK COUNTY — Polk County Sheriff's Office handled two accidents over the last few days that sent two youths to the hospital with serious injuries.

The first happened on Thursday at about 6 p.m. when a 15-year-old boy crashed in the 1500 block of Pioneer Road in Dallas while riding his skateboard down a hill. The boy was not wearing a helmet and was transported to Oregon Health & Science University with a serious head injury.

The second happened Sunday at about 11 a.m. when Jonathan Valentine was coming home from his night shift at the Oregon State Fair.

He was heading west on Bethel Road when he dozed off at the wheel just as he was entering a corner, Polk Sgt. Tyrone Jenkins said.

Valentine woke up and jerked his wheel to the left, which shot him across into the other lane, where he struck an oncoming east-bound vehicle. The east-bound vehicle was operated

by a father who had his two children in the vehicle with him.

Both children, aged 15 months and 3 years, were properly secured by child safety seats. Everyone was transported to Salem Hospital.

The 3-year-old child was ultimately transported by air ambulance to Legacy Emanuel Medical Center in Portland with possible internal injuries.

The names and ages of all those involved were not immediately available.



Wooldridge Leon Wells Kengle Hermens

## Corrections posts 'most wanted'

POLK COUNTY — Polk County Community Corrections lists these individuals as "most wanted" for September.

Citizens with information on the whereabouts of any of these individuals should call Community Corrections at 503-623-5226.

• **Michelle Renee Wooldridge**, born April 1, 1984, 5-0, 140 pounds, blond hair, blue eyes. Charges: delivery of

methamphetamine, unlawful use of a vehicle, failure to appear and unlawful possession of methamphetamine.

• **Guillermo Raya Leon**, born May 29, 1995, 5-08, 170 pounds, black hair, brown eyes. Charges: possession of methamphetamine.

• **Dylan Mark Wells**, born April 14, 1993, 5-11, 180 pounds, brown hair, brown eyes. Charges: using a child

to display sexually explicit conduct, second-degree theft.

• **Ashley Lynn Kengle**, born July 3, 1989, 5-04, 139 pounds, brown hair, blue eyes. Charges: possession of methamphetamine, possession of heroin.

• **Michael Albert Hermens**, born April 25, 1974, 5-8, 220 pounds, brown hair, brown eyes. Charges: first-degree theft, second-degree burglary.

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**EDITORIALS**

**Schools, cities:  
time to prepare**

As we continue our coverage of the pending 9.0 Cascadia zone earthquake, we asked the cities and school districts, "How ready are we?"

What we got in reply was a mixed bag, but mostly one of building collapse or short-staffed crews not having time to get ready.

We understand that some of our beautiful, old buildings in Polk County will collapse — including people's homes.

We applaud Falls City for its efforts to take its emergency plan and tailor it to its community. It is a grassroots effort to connect the city government with the school district, churches and businesses.

Everyone will have a part to play in any natural disaster, especially one of the epic proportions predicted with a 9.0 earthquake off the Oregon coast.

We will sleep better at night knowing the Polk County Sheriff's Office has already taken steps to ensure deputies and their families will have enough food for the first three days. Hopefully, that will translate to them being able to help the community in that time of need — if the roads are clear and safe for passage.

But, during our interviews, we found that too many organizations aren't as prepared as they should be. While all have mandatory emergency protocol — whatever that means — many haven't made the effort any major disaster — floods, big snow storms, or wild fire — will require.

The thing about natural disasters and emergencies is that you don't see them coming. The Cascadia zone earthquake will be an amazing, terrifying event. It will be a once-in-a-lifetime sort of experience, and being prepared is key.

There is no excuse for a governmental organization to lack a practical, understandable, concise plan for such an emergency. The warnings have been issued; let's look at the safety of the people in our care, whether it be city, schools or on the county level.

Our county is blessed with a well-led, well-organized County Emergency Management Team, as well as many others who are knowledgeable about preparedness. It is time to stop putting off making a plan because of a lack of manpower, and time to start finding volunteers to band together for the safety of students and citizens. It is past time to take the necessary steps to get grants to make seismic upgrades to old public buildings. Let's band together to get ready for whatever lays ahead.

**PUBLIC AGENDA**

Public Agenda is a listing of upcoming meetings for governmental and nongovernmental agencies in Polk County. To submit a meeting, send it at least two weeks before the actual meeting date to the *Itemizer-Observer* via fax (503-623-2395) or email (ionews@polkio.com).

**WEDNESDAY, SEPT. 9**

• **Polk Soil and Water Conservation District** — 6 p.m., USDA Service Center: 580 Main Street, Suite A, Dallas. 503-623-9680, ext. 5.

• **Monmouth Library Advisory Board** — 7 a.m., Monmouth Public Library meeting room, 168 S. Ecols St., Monmouth. 503-838-0722.

• **Polk County Board of Commissioners** — 9 a.m., Polk County Courthouse, 850 Main St., Dallas. 503-623-8173.

• **Monmouth Park and Recreation Board** — 7 p.m., Volunteer Hall, 144 S. Warren St., Monmouth. 503-838-0722.

**THURSDAY, SEPT. 10**

• **Polk County Fire District No. 1 Board** — 6 p.m., Central Station 90, 1800 Monmouth St., Independence. 503-838-1510.

• **Luckiamute Watershed Council** — 7 p.m., Volunteer Hall, 144 S. Warren St., Monmouth. 503-837-0237.

• **Falls City City Council** — 7:30 p.m., Falls City Community Center, 320 N. Main St., Falls City. 503-787-3631.

**MONDAY, SEPT. 14**

• **Central School District Board of Directors** — 6:30 p.m., Henry Hill Education Support Center, 750 S. Fifth St., Independence. 503-838-0030.

• **Dallas School District Board of Directors** — 6:30 p.m., DSD office, 111 SW Ash St., Dallas. 503-623-5594.

**TUESDAY, SEPT. 15**

• **Polk County Board of Commissioners** — 9 a.m., Polk County Courthouse, 850 Main St., Dallas. 503-623-8173.

• **Independence Historic Preservation Commission** — 4 p.m., Independence Civic Center, 555 S. Main St., Independence. 503-838-1212.

• **Monmouth City Council** — 7 p.m., Volunteer Hall, 144 S. Warren St., Monmouth. 503-838-0722.



**LETTERS TO THE EDITOR**

**Back-to-school event a success**

The Dallas Family Night Out committee would like to thank the community of Dallas for such a great event this year.

This was our fourth annual event, which is focused on helping families prepare for back to school.

Families can attend the event free of charge and enjoy games at more than 30 local resource provider tables, live entertainment, free food, a large clothing giveaway, immunizations, backpacks with school sup-

plies and haircuts.

This year we added dental education with the help of Kaiser Permanente, Capitol Dental, and the Confederated Tribes of the Siletz Indians.

We received a grant from the tribe that helped feed the 1,888 people that came through the event.

It takes many hours, tons of volunteers, and community involvement to make this event happen — there are too many to list but we appreciate each and every one of you.

The committee would like to give a special thanks

to James2 Community Kitchen for their willingness to help even though they had just lost their main cook and leader, Wayne Kester.

Wayne was missed at this event but not forgotten.

I just want to say a special thank you to El Pique, Dallas Community Foundation, Walmart and many other local businesses for their support to help make this event successful.

Our committee looks forward to seeing you all again next year.

Sheri Beehner  
Dallas

**GUEST COLUMN**

**Great school year begins**

Welcome to the 2015-16 school year!

This is one of my favorite times of year, as staff returns and excitedly prepare for the influx of students.

Our buildings look amazing, the enthusiasm level is high, and we are ready for our students!



Let's kick off the year with celebrations in staffing, bond work, and our district goals.

First, we are welcoming 50 new staff members, 21 of whom are teachers.

Every staff member we add means more support for our students.

Please check out the summer bond work at Oakdale

Heights Elementary, Whitworth Elementary, and Morrison, where new roofs have been completed.

Thank you for passing the bond measure.

It is the support of our strong community that allows us the privilege of taking care of our kids.

As we think about the focus for the coming year, our board has set the following five important goals:

• All students will obtain a high school diploma that is appropriate and meaningful as we align to The Promise of Oregon.

• Update the long-range facilities plan with future recommendations that include developing standards for facilities inclusive of future schools by June 2016.

• Continue to improve communication efforts with students and families and

with the community.

• Continue to promote transparency with greater involvement of the budget review committee, district staff, and others in the allocation of resources to meet the mission of the district.

• Continue to focus on creating safe learning environments.

We will be reporting our progress on each of the goals throughout the school year.

As always, our focus is on the critical question, "Is it best for kids?"

I am thankful for our community of supportive and dedicated patrons, parents, and staff, and I look forward to working with you on behalf of our kids.

It is going to be a great year!

Michelle Johnstone, Ed.D.  
Superintendent  
Dallas School District No. 2

**WANT TO WRITE A LETTER?**

Letters to the editor are limited to 300 words. Longer letters will be edited.

Election-related letters of all types are limited to 100 words. Writers are limited to one election-related letter per election season. Election letters from writers outside of Polk County are not accepted.

Each writer is restricted to one letter per 30-day period.

Letters that are libelous, obscene or in bad taste will not be printed. Attacks by name on businesses or individuals will not be printed.

Letters to the editor that are obvious promotions for a business, products or services will not be printed.

The *Itemizer-Observer* does not guarantee the accuracy of facts presented by letter writers; dissenters are welcome to respond. Letter writers who disagree with other published letter writers should maintain a civil discourse and address the subject, not the author.

Letters, like all editorial material submitted to the newspaper, are edited for length, grammar and content.

Letters must include the author's name, address and telephone number. This includes letters submitted via the *I-O's* website. Names and cities of residence are published; street addresses and telephone numbers are used for verification purposes only.

Letters must be submitted from individuals, not organizations, and must be original submissions to the *I-O*, not copies of letters sent to other media.

Letters of thanks to businesses, individuals and organizations are limited to 10 names. The deadline for letters to the editor is 10 a.m. Monday. Letters submitted may not be retractable after this deadline.

Reach us at:  
Mail: Editor, *Polk County Itemizer-Observer*, P.O. Box 108, Dallas, OR 97338.  
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Email: ionews@polkio.com.  
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555 S. Main St.  
Independence, OR 97351  
503-838-1212  
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Polk County  
**Itemizer-Observer**

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**HOW TO REACH US**

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# Falls City receives water master plan grant



**By Jolene Guzman**  
The Itemizer-Observer

FALLS CITY — Oregon's Infrastructure Finance Authority (IFA) has awarded the city of Falls City a \$20,000 grant to complete a new water master plan. Falls City City Council will review the agency's award

letter, sent on Aug. 28, at its meeting Thursday. The council will give final approval once the agency sends the city its grant contract.

The project will cost \$80,000.

Mayor Terry Ungricht said the city has budgeted \$60,000 of its own money for

the plan, but will still look for other grants or resources to help offset that cost.

He said the city needed the IFA grant before it could issue a "request for proposals" (RFP) from engineering firms to complete the required work on the plan.

"We are working on the RFP now and will submit

(it) when it is done," Ungricht said.

The RFP could be before the council for approval as soon as the council's meeting in October.

According to IFAs award letter, part of the final grant contract would include: preparing an Oregon Health Authority Drinking Water

Program-approved water master plan; creating a water management and conservation plan meeting Oregon Water Resources Department requirements; and preparing a water rate study.

The council meets Thursday at 7 p.m. at the Falls City Community Center, 320 N. Main St., Falls City.

## HEALTH DIRECTORY

### AUDIOLOGY

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• **THORNTON CHIROPRACTIC** - Drs. Sharon and Marty Thornton - Palmer Graduates - We care, God cures. 1650 Monmouth St., Independence, OR 97351 • 503-838-3346. Office hours: Mon-Fri 8-noon & 2-6 pm. Thurs 2-6pm. Proudly serving Polk County for over 17 years. Offering Thompson Drop and other hands-on techniques, as well as Advanced Activator Methods and Functional Neurology. We provide gentle and effective full-spine and extremity adjusting for all ages in a loving and caring environment. We are accepting new patients for Family Wellness Care, Medicare, Auto or personal injury & Workers Comp. Licensed Massage Therapy available on site.

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• **CROSS AND CROWN COUNSELING** - KATE KOENS, NCCA Licensed Clinical Christian Counselor and Certified Temperament Therapist is accepting new clients at her Dallas and Falls City offices. She works with individuals in a safe environment to help individuals find healing and fulfillment by teaching good communication skills, appreciation for self and others, appropriate responses to individual and family needs, how to build relationships of trust, appropriate crisis responses, and how to obtain overall family wellness emotionally, mentally and spiritually. Some specific areas of counsel offered are marriage and family, adolescent issues, depression, past and present trauma, grief, identity crisis, divorce, childhood losses, and feelings of hopelessness. Our goal is to help individuals realize their full potential and to live decisively with truth, relevance, perspective and purpose. For more information or to schedule an appointment please call 503-917-1625 or visit our website: [www.crossand-crowncounseling.com](http://www.crossand-crowncounseling.com)

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• **WEST VALLEY SURGICAL SPECIALTY CLINIC** surgeon, **Dr. Alison Smith**, provides general surgery services for a wide range of needs including breast cancer, gallbladder, biopsies, abdominal surgery, hernia repair, appendectomy, as well as colonoscopy. General surgery appointments are scheduled at the clinic on Mondays and Thursdays. Dr. Smith does her surgeries at West Valley Hospital's spacious, state-of-the-art new surgical suite. West Valley Surgical Specialty Clinic is located at 591 SE Clay St., Dallas. Call 503-831-0784 or fax 503-623-2612. Visit [salemhealth.org/specialty](http://salemhealth.org/specialty).

### GYNECOLOGY SERVICES

Gynecological care is available in Dallas at the West Valley Surgical Specialty Clinic. **Gynecologist Keita Sakon, MD**, specializes in gynecology exams and procedures, including hysteroscopy and laparoscopy, as well as family planning, abnormal Pap evaluation, treatment of pelvic pain, symptom control for menopause and abnormal periods. Dr. Sakon works in Dallas on Friday afternoons from 12:30 to 4:30 p.m. seeing patients at the clinic and performing gynecological procedures in the West Valley Hospital surgical suites. New patients are welcome! West Valley Surgical Specialty Clinic is located at 591 SE Clay St., Dallas. Call 503-831-0784 for an appointment. Visit [westvalleyhospital.org/specialtyclinic](http://westvalleyhospital.org/specialtyclinic).

### HEARING HEALTH

• **JOYFUL SOUND HEARING SERVICES, INC.** Mark Sturtevant, 312 Main Street, Dallas OR, 503-623-0290. Providing Polk County with hearing solutions for 30 years. Services include: Hearing evaluations, Diagnosing hearing loss; Impedance; Fitting all types of hearing devices, Servicing all makes and models of hearing aids; Ear inspections; Wax removal; Hearing protection. Hours: Monday - Thursday 9-4pm. (Fridays by appointment only)

### HEART SERVICES

• **WEST VALLEY HOSPITAL** provides heart diagnostic services including electrocardiograms (EKG), pulmonary function tests, cardiac stress tests and echocardiograms with a physician referral. Cardiologists **Dr. Raghunath Kamineni, Dr. William Stiles and Dr. Kevin Thompson** see patients for office visits at West Valley Hospital at 525 SE Washington St., Dallas. For more heart health information, call 503-623-7304.

### IMAGING SERVICES

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### LABORATORY SERVICES

• **WEST VALLEY HOSPITAL** provides lab services at two convenient locations in Dallas and Monmouth. Both labs are fully accredited, providing collections and testing with healthcare provider referral. Employment and self-referral drug testing is offered. The West Valley Hospital lab in Dallas is open 24 hours, seven days a week, at 525 SE Washington St., 503-623-7303. The Monmouth lab is located in the Monmouth Medical Center, 512 Main St., Suite 300, 503-838-1388. It is open Monday-Friday, 8:30 a.m.-4:30 p.m., closed between noon and 1 p.m. Appointments are not required.

### MASSAGE

• **OUT OF GRAVITY MASSAGE** - Julianne Klingberg DeForest, LMT - 503.510.2256 - NOW IN INDEPENDENCE Enter Stressed, Leave Blessed - Out of Gravity Massage offers massage sessions to suit a variety of needs and health concerns. Intuitive and holistic bodywork are blended with extensive and varied education, creating a caring and knowledgeable environment of healing. Also, with a prescription and a claim number, up to a year's therapeutic massage sessions will help in your rehabilitation from a motor vehicle accident. Relaxation, well care, geriatric and pediatric massage is available, as well as motor vehicle accident rehabilitation. Infant massage instructional sessions available. Call today for an appointment. 503-510-2256 OR # 7627/ National #295187-00

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### ORTHOPEDIC SERVICES

• **DR. STEVE YAO** specializes in sports medicine and knee-replacement procedures. Dr. Yao sees patients at the Hope Orthopedics of Oregon satellite office in Dallas, and schedules surgeries nearby at West Valley Hospital in the new state-of-the-art surgery suites. West Valley Hospital is located at 525 SE Washington St., Dallas, 503-623-8301. Visit [www.salemhealth.org/wvh](http://www.salemhealth.org/wvh).

### PHYSICAL THERAPY/ REHABILITATION SERVICES

• **WEST VALLEY HOSPITAL** provides a wide range of rehabilitation services in Dallas, offering physical therapy, occupational therapy, speech therapy and aquatic therapy (at Dallas Aquatic Center). Let us help you get moving again! We are conveniently located at 525 SE Washington St., Dallas, 503-623-7305.

• **MONMOUTH MEDICAL CENTER** serves Monmouth and Independence locally with a wide range of rehabilitation services including physical therapy, occupational therapy, speech therapy and aquatic therapy (at Dallas Aquatic Center). Let us help you get moving again! We are conveniently located at 512 Main St., Monmouth, 503-838-1388. Se habla español.

• **PINNACLE PHYSICAL THERAPY** is an orthopedic physical therapy facility committed to getting great results for each patient. We focus on advanced spine care, women's health issues, sport rehab, vehicle accidents, and work injuries. We offer highly specialized care including manual therapy, aquatic therapy, specific deep tissue mobilization techniques, Postural Restoration Institute (PRI) techniques and therapeutic exercise. We have a warm, caring and friendly staff and accept most private health insurance, auto insurance, and workers' compensation insurance. We offer both male and female physical therapists. Often no physician referral is needed to start care. Call us today and ask how to get therapy for your condition or talk to your physician to see if physical therapy is right for you. **Call us: 503-623-2433. We are conveniently located at 210 W. Ellendale Avenue Dallas, Oregon 97338; (next to Taco Bell) Check us out on the web: [www.pinnacle-physicaltherapy.com](http://www.pinnacle-physicaltherapy.com)**

### PODIATRY SERVICES

• **WEST VALLEY SURGICAL SPECIALTY CLINIC** podiatrists **Dr. Ruben Pollak** and **Dr. Scott Berg** see patients at West Valley Surgical Specialty Clinic and provide procedures and surgeries for feet, ankle, bunions and plantar fasciitis at nearby West Valley Hospital's state-of-the-art surgery suites. Request one of these podiatrists and get your surgical care done locally. Dr. Berg sees patients at West Valley Surgical Specialty Clinic on Wednesdays, 8 a.m.-noon. Dr. Pollak sees patients on Wednesdays, 12:30 p.m. - 4:30 p.m. West Valley Surgical Specialty Clinic is located at 591 SE Clay St., Dallas. Visit [salemhealth.org/specialty](http://salemhealth.org/specialty).

### PRIMARY CARE PHYSICIANS

• **DR. CHARLES ESSEX**, family medicine, is accepting new patients at Monmouth Medical Center, located at 512 Main St., Suite 300, Monmouth, 503-838-1182. With a proactive healthcare approach, Dr. Essex provides care for the entire family and will work with you to build a healthy lifestyle with annual exams, immunizations, lifestyle counseling, sports physicals, skin care, cancer screenings and more. New patients are welcome.

• **DR. JOHN HADLEY**, family medicine, is accepting new patients at the West Valley Physicians & Surgeons Clinic at 555 SE Washington St., Dallas, 503-623-7301. With a proactive healthcare approach, Dr. Hadley provides offers family medicine for your entire family from newborns to adults with annual exams, immunizations, lifestyle counseling, sports physicals, skin care, cancer screenings and more. New patients are welcome.

### UROLOGY SERVICES

• **WEST VALLEY SURGICAL SPECIALTY CLINIC** Dr. Jaffer Bashey, board certified urologist with Willamette Urology, sees patients on Tuesdays, providing complete diagnosis and treatment of urological disorders and diseases for adults and children. Dr. Bashey does outpatient surgeries at West Valley Hospital, including cystoscopy, minor bladder and prostate surgery, bladder and kidney stones, circumcision, vasectomy and other procedures. Physician referral may be required. Visit [salemhealth.org/specialty](http://salemhealth.org/specialty).

*Call the Itemizer-Observer at 503-623-2373 for more information or to have your business listed in this directory.*



EMILY MENTZER/Itemizer-Observer  
Candy and Denny Fryrear spend the days together at Dallas Retirement Village, but soon Denny will be able to move back home with Candy. Denny suffers from Alzheimer's and the effects of a stroke, so cannot walk or speak much.

# A love lost, but never forgotten

*Alzheimer's, dementia steal patients' memories, leaving holes in lives of those who love them*

By Emily Mentzer  
The Itemizer-Observer

POLK COUNTY — The man Candy Fryrear loves, and has been married to for 46 years, is sitting right next to her, and yet he may as well be across the world.

"I'm an Alzheimer's widow," she says.

Alzheimer's and other forms of dementia are diseases that attack the mind, robbing patients of their memories before moving on to kill the body. The first casualties are the people who love them.

Denny, 74, doesn't really remember Candy — sometimes he does, she says, "but a lot of times I think he just thinks I'm his mother," — but he smiles a lot. Though a stroke took his ability to walk or talk much, his sense of humor still shines through. He pretends to be taking a nap when the reporter takes her camera out.

Candy tries to wake him and coax him into opening his eyes, and when he does, it seems like he is pleased that he's just pulled a little joke.

Denny was diagnosed with Alzheimer's disease about six years ago. With dementia and Alzheimer's, it doesn't happen all at once, but gradually.

"You can tell him the same thing two and three times a day; he couldn't remember where things were," Candy said. "He was very forgetful and changing habits."

As Denny lived with Alzheimer's — he was still active in the American Legion Post 20, volunteering with senior disabled services and at the school as the famous "Ketchup Man" — he didn't fight about things like giving up the car keys. He knew it wasn't safe anymore, Candy explained.

Denny's Alzheimer's was not "full blown," Candy said, "and then he had that stroke, and that's what took him away from me."

It happened overnight. The Alzheimer's and stroke combined means Denny, a retired Marine lieutenant colonel, will never walk again, Candy said.

Denny was an active, go-getter, Candy said. He was active with the Salem sky diving club, a scuba diver, avid bicyclist and runner.

"It's so hard to see him in a wheelchair," she said. "I just want to say, 'you look fine, let's go for a walk.' He looks just like he used to look. And he's got the biggest, most gorgeous blue eyes when he opens them."

He has been a resident at Dallas Retirement Village for a year and a half, but will be moving to their new home, modified to accommodate his wheelchair.

Candy sits with him every day.

"I feed him his lunch and dinner, and then I come home around 5:30," she said. "I want people to take care of him (for me), but am afraid they won't take care of him like I will. I just want to

be there."

There is no cure for Alzheimer's or other forms of dementia, but companies are working to find one — and ways to slow down the effects of the degenerative disease.

But work is slow, said Dave Christian, member of the American Legion, because it is difficult to test drug treatments for dementia.

"Their hands are tied because it's so hard to do any animal research, because you're testing memory," Christian said. "You can't communicate with animals."

He is Denny's friend, and took up the torch to fight Alzheimer's by joining the Walk 4 Alzheimer's, a 3-kilometer and 5-kilometer run/walk to raise awareness and money for a cure. When Denny was diagnosed, Christian began researching the disease in earnest, but it wasn't his first encounter with the ailment.

"I remember when my mother had it," he said. "I was in my late 20s when she was diagnosed with it. We had a little family get-together and her brother came up."

Christian recalled that it had been about a year and a half since his mother and uncle had seen each other.

"He gave her a big hug, and she turned to her husband and says, 'who's that man?'" Christian said. His uncle just broke down and cried.

Years later, Christian said his mom forgot her own

## Is it dementia?

There is a difference between forgetfulness and dementia. Here are some signs to look for from the Alzheimer's Association's website, alz.org:

- Memory loss that disrupts daily life, especially forgetting recently learned information. Typical age-related change may be sometimes forgetting names or appointments, but remembering later.
- Difficulty completing familiar tasks at home, work or leisure, such as driving to a familiar location or remembering the rules of a favorite game. Typical age-related change may be occasionally needed help to use the settings on a microwave or to record a favorite TV show.
- Decreased or poor judgement, like paying less attention to grooming or keeping themselves clean. Typical age-related change may be making a bad decision once in a while.
- Changes in mood and personality, including being confused, suspicious, depressed, fearful or anxious. Typical age-related changes may be developing specific ways of doing things and becoming irritable when a routine is disrupted.

husband of 50 years.

"The nurse was there and my dad just left," he said. "The nurse says, 'do you know who that man is?' She replied, 'That's the nice man that brings me things.' She could still talk at that point, but the memory was gone."

Finding a care facility equipped to handle dementia patients is not easy, as Betty Plude can attest to.

She looked at four different places before deciding to move her husband of 39 years into Jefferson Lodge in Dallas.

Part of the difficulty is the waiting lists.

"It's a pretty high priority," said JoAnn Lowe, admissions coordinator for Dallas Retirement Village. "A lot of times people wait too long and then they're in a pickle."

Different stages of dementia require different lev-

els of care, Lowe said. At DRV, two separate wings house patients who are in early stages of the disease, and those who need 24-hour nursing care.

"Once you've been diagnosed, (housing options) are definitely something you want to research," Lowe said. "If you're thinking that you're within a year of needing a facility, it's best to get put on a wait list."

If your name comes up and you're not ready, you can pass on it and stay on the wait list, Lowe said.

But it is important to take those steps, she said.

"You want to be prepared, because once somebody gets fairly advanced, or starts having medical problems on top of Alzheimer's, people get burned out," Lowe said.

Betty just made that diffi-

cult decision last week to put her husband, Emile, in a facility. She has been living with his dementia for seven years, and it has gotten progressively worse.

"He can walk around and talk," she said. "He can't remember five minutes ago, but he can talk all about when he was a kid."

At first, Betty didn't really notice when her husband began showing signs of dementia.

"My neighbor said, 'haven't you noticed the difference in Emile?'" Betty recalled. "When you're with someone every day, you don't notice."

Emile started having delusions — streets in town that didn't exist, people stealing gas from his truck — and then a memory test given at the Monmouth Senior Center motivated her to take him to the doctor for a follow-up.

"At my doctor, they had to dig to find their little memory test to give him. I would've flunked it," Betty said.

The test asked Emile to do things like count backward by sevens from 100, Betty recalled, or spell a word backward.

"When they were done, I said are you crazy? Ask him what his address is. Ask him what his phone number is. He doesn't know any of those things."

Emile still remembers his wife, but doesn't remember anyone else. His sociable personality can fool people into thinking he does, but he doesn't, Betty said.

The hardest part of living with dementia is the anger, she said.

"Not his anger, he didn't get angry, he'd forget in five minutes," Betty explained. "It was my anger. When I die, I'm going to ask God, what is this dementia thing about, why did you do that?"

One of the things that helped get her through was joining a support group.

It was a difficult choice to place Emile in a care facility. Betty remembered sleeping with him the night before she took him in.

"It was dark and I thought, this is the last night I will ever be sleeping with this husband of mine," Betty said.

As Betty was finishing up making the bed, she heard Emile down the hall asking for her. To avoid more drama to an already hard situation, she hid.

"That broke my heart," Betty said. "But, on getting home, I told the dog, when I looked over and he was not there, 'It's just you and me, Ricky.' I just felt empty."

Monmouth-Independence Chamber of Commerce Presents:

## Hoppin' BINGO

September 19, 2015  
1PM - 4PM

Independence Hop & Heritage Festival  
Riverview Park

Open Sessions: \$1 per bingo card,  
\$10 for 12 cards

Family Fun with Great Prizes!  
Go to [micc-or.org](http://micc-or.org) for more info.





## COMMUNITY CALENDAR

Community Calendar is a listing of upcoming events taking place in Polk County that are open to the public. To submit an event for calendar consideration, please send it at least two weeks before the actual event date to the Itemizer-Observer via fax (503-623-2395) or email (toneus@polkio.com).

### WEDNESDAY, SEPT. 9

- **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.
- **Polk County Republican Women** — 11:30 a.m., Oak Knoll Golf Course, 6335 Highway 22, Independence. No-host lunch available; everyone welcome. 503-623-5759.
- **Monmouth-Independence Chamber of Commerce Lunch Forum** — Noon, Independence Event Center, 555 S. Main St., Independence. Polk County Commissioner Mike Ainsworth will present update. Lunch by Three Legged Dog, \$15. 503-838-4268.
- **Free Blood Pressure Check Clinic** — 2 to 3 p.m., West Valley Hospital (surgery admitting area), 525 SE Washington St., Dallas. 503-623-7323.
- **Monmouth Senior Center Music Jam** — 6:30 p.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. Open to the public; musicians of all types welcome. 503-838-5678.
- **Dallas American Legion Post No. 20** — 7 p.m., Academy Building, Room 108, 182 SW Academy St., Dallas. 503-831-3971.
- **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.
- **American Red Cross Blood Drive** — 10 a.m. to 3 p.m., Partnerships in Community Living Inc., 480 Main St., Monmouth. Redcrossblood.org.

### THURSDAY, SEPT. 10

- **James2 Community Kitchen Meal** — 4:30 to 6 p.m., Dallas United Methodist Church, 565 SE LaCreole Drive, Dallas. Free; everyone welcome. 503-623-8429.
- **Monmouth-Independence Rotary Club** — Noon, First Baptist Church, 1505 Monmouth St., Independence. Visiting Rotarians, guests and prospective Rotarians are welcome to these luncheon meetings. Free. 503-838-4884.
- **Polk County Bounty Market** — 10 a.m. to 3 p.m., Academy Building lawn, on the corner of Main and Academy streets, Dallas. 503-623-2564.
- **Dementia Support Group** — 9:30 a.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. A group for people coping with a loved one with Alzheimer's or dementia. 503-838-5678.
- **Young Professionals Networking** — 5:30 to 7 p.m., Tigor Title, 289 E. Ellendale Ave., Suite 504, Dallas. After-hours social event for Polk County young professionals, aged 21-45. 503-623-2564.

### FRIDAY, SEPT. 11

- **Altered Attitudes Alcoholics Anonymous** — Noon, Dallas United Methodist Church, 565 SE LaCreole Drive, Dallas. 503-399-0599.
- **Guthrie Park Acoustic Music Jam Session** — 7 to 10 p.m., Guthrie Park Community Center, 4320 Kings Valley Highway, Dallas. Free (donations accepted). 503-623-0809.
- **Arc of Polk County Hawaiian-themed pizza party** — 5:30 to 8:30 p.m., Rotary Performing Arts Stage, at the Academy Building lawn, corner of Main and Academy streets, Dallas. For adults with intellectual and developmental disabilities, their staff and families. Admission: \$3 (staffers and providers admitted free). Snacks available for purchase. 503-949-5552.

### SATURDAY, SEPT. 12

- **The Original Independence Farmers Market** — 9 a.m. to 2 p.m., Umpqua Bank parking lot, 302 S. Main St., Independence. 503-881-9950
- **Independence Riverview Market** — 9 a.m. to 2 p.m., Riverview Park and Amphitheater, 50 C St., Independence. 503-910-8193.
- **Guthrie Park Country Dance** — 7 to 10 p.m., Guthrie Park Community Center, 4320 Kings Valley Highway, Dallas. Admission: \$5 per person; \$15 immediate family rate; children 12 and younger free. 503-623-0809.

### SUNDAY, SEPT. 13

- **Buell Grange Breakfast** — 8 to 11 a.m., Buell Grange Hall, 5970 Mill Creek Road, just off Highway 22 northwest of Dallas. \$6. 503-623-8462 or 503-843-4703.

### MONDAY, SEPT. 14

- **Central Lions Club** — Noon, Independence Elks Lodge 1950 Dining Room, 289 S. Main St., Independence. 503-606-2150.
- **Willamette Valley New Horizons Orchestra** — 6:30 to 8:30 p.m., Central High School music room, 1530 Monmouth St., Independence. Local orchestra for beginning through intermediate musicians. Meets every Monday. Players of all levels welcome. \$25 monthly fee to cover expenses. 503-838-4884.
- **American Red Cross Blood Drive** — Noon to 5 p.m., Independence First Baptist Church, 1505 Monmouth St., Independence. Redcrossblood.org.

### TUESDAY, SEPT. 15

- **James2 Community Kitchen Meal** — 4:30 to 6 p.m., St. Philip Catholic Church, 825 SW Mill St., Dallas. Free; everyone welcome. 503-623-8429.
- **Dallas Wingdingers RC Flying Club** — 7 p.m., Whitworth Elementary School library, 1151 SE Miller Ave., Dallas. 503-623-7288.
- **Polk County Coin Club** — 7 p.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. 503-362-9123.
- **Family Building Blocks Dallas play group** — 10 a.m., Academy Building, 182 SW Academy St., Dallas. Suite 216. Play group for children and families. Activities and snacks provided. Free. RSVP, 503-877-8473.

### WEDNESDAY, SEPT. 16

- **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.
- **Day-2-Day Diabetes Support Group** — 3 to 4 p.m., West Valley Hospital (main conference room inside main entrance), 525 SE Washington St., Dallas. 503-623-7323.
- **Bingo at the Farm** — 6:30 p.m., Rogue Farms Hopyard, 3590 Wigrich Road, Independence. All ages welcome. Free; food and beverages available for purchase. 503-838-9813.
- **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.

# COMMUNITY NOTEBOOK

## Valley Life Center to host simulcast

Valley Life Center, at 1795 SE Miller Ave. in Dallas, will host a Living Proof live simulcast on Saturday. Doors open at 8:30 a.m. with the simulcast running from 9:30 a.m. to 4 p.m. Tickets are \$10 each. Space is limited. For more information: 503-623-4116; online at [www.valleylifecenter.com](http://www.valleylifecenter.com).

## Pull together to battle weeds

Join Luckiamute Watershed Council on Saturday for the statewide effort, "Let's Pull Together," an invasive plant eradication event. Bring friends, family or a group to reduce the impacts of invasive plants. Members of the Luckiamute Watershed Council will be at Bezell Memorial County Forest in Philomath from 9 a.m. to noon. For more information: [www.luckiamutelwc.org](http://www.luckiamutelwc.org).

## NDA workshop at Monmouth Center

The Monmouth Senior Center will host a new program through the National Diabetes Association. Class will be every Thursday at 4 p.m. The class fee is \$20 for 16 weeks. It is for those who have been told by a physician that they are pre-diabetic. Participants will learn how diabetes can be prevented through weight loss, nutrition and physical activity. Preregistration is requested. For more information: 503-838-5678.

## Ladies Bible study begins Thursday

An inductive study of the books of Ezekiel and Zachariah for ladies will begin on Thursday at the Evangelical Bible Church, 1175 SE Howe St., Dallas. Two sessions are available each Thursday, one at 9:30 a.m. and one at 7 p.m. Cost of the textbook is \$22.50. For more information: Rosalee Stent, 503-623-5782.

## Oberst guest at monthly potluck

Monmouth Mayor John Oberst will talk about what is ahead for the city of Monmouth and answer questions at the Monmouth Senior Center's monthly potluck at noon on Friday. Bring a salad or dessert to share, a friend and table service. Lasagna will be provided.

## RSVP for lunch, adventure movie

Meals at the Monmouth Senior Center are served Tuesdays and Thursdays at 11:30 a.m. On Sept. 17, a movie will be shown during lunch. The movie will be by John Ford's, "When Willie Comes Marching Home," and will begin at 11:15 a.m. The high-flying adventure is based on the memoirs of war hero Sy Gomburg. RSVP by 8 a.m. on Tuesday by calling Nancy at 503-838-2084.

## Fill the Boot



EMILY MENTZER/Itemizer-Observer

**Polk County Fire District No. 1 Capt. Mike Kissell accepts a donation for the Muscular Dystrophy Association during Friday's Fill the Boot campaign. Firefighters raised \$8,000 for MDA on Friday, taking advantage of the traffic to the Beaver's home game.**

## Guthrie Park will host country dance

Guthrie Park Community Center will host the 2nd Saturday Old Time Square Dance from 7 to 10 p.m. Cost is \$5 per person. Children 12 and younger are free. A family rate of \$15 for families of four or more is available. No dancing experience is necessary. All dances will be taught, including oldtime squares, big circles, long way sets and waltzes featuring live music from Cash & Company.

The Guthrie Park Community Center is located at 4320 Kings Valley Highway. For more information: Sally, 503-623-0809; email [guthriepark@gmail.com](mailto:guthriepark@gmail.com).

## Friday is Gentle House Work Day

The Gentle House, located at Western Oregon University, will host a community work day Friday from 9 a.m. to noon. Lunch will be provided. Come prepared to work in the gardens. No tools or work experience is necessary. For more information: [www.wou.edu/gentlehouse/friends](http://www.wou.edu/gentlehouse/friends).

## Dallas Caterpillar employee potluck

All former Caterpillar Dallas Plant employees and spouses are invited to attend a potluck picnic Saturday at Dallas City Park's Seibert-Fredrickson Memorial Shelter.

The picnic begins at noon with the potluck ready at 1 p.m. Bring food to share, your own beverage, table service and folding or lawn chairs. Coffee will be provided. For more information: Jerry Bennett, 503-623-2946.

## Handcrafted books at ACAC art class

Ash Creek Arts Center will host Second Saturday Fam-

ly Art Class from 2 to 4 p.m. on Saturday at its building, 311 S. Monmouth St., Independence.

The class will teach children and their families how to make handcrafted books and journals.

Children should be old enough to manage scissors, glue, tape and other art supplies. All family art classes are free. Registration is not required.

## National Service Day project postponed

The National Service Day project on Hoffman Road, scheduled for Saturday, has been postponed until April of 2016. A number of xeriscape plants needed for the project are not available until the spring.

The project is now planned for April 23, 2016. Members of the Monmouth Word Church of Jesus Christ of Latter Day Saints will work on a National Service Day project on Saturday, spreading bark in various locations, including Gentle Woods Park, city hall, senior center and Monmouth Dog Park. The project will begin at 9 a.m. For more information: Mark Fancey, 503-751-0147.

## Have breakfast at Buell Grange

Buell Grange will host its monthly breakfast from 8 to 11 a.m. on Sunday at the grange, 5970 Mill Creek Road, Sheridan.

Breakfast includes pancakes, sausage and eggs; hash browns, sausage and eggs; or French toast and sausage — your choice for \$6. Juice and coffee or tea are included. For more information: 503-623-8462 or 503-843-4703.

## Volunteers needed for stage tear-down

The summer Music in the Park series is over for 2015,

and that means it's time to take down the stage.

Volunteers are needed to help at 5 p.m. on Monday at Main Street Park in Monmouth.

The work is expected to take about an hour and a half. Food will be available afterward at MaMere's Bed and Breakfast.

For more information: Mark Fancey, 503-751-0147.

## Learn about cookies at Step 4-H class

The Polk County Extension Service will host a Step up to 4-H class three-part series all about cookie making.

The class runs for three weeks starting Thursday from 6 to 8 p.m. at the extension office, 289 E. Ellendale Ave., Suite 301, Dallas.

The class will cover drop, roll and bar cookies. Youths in grades four through 12 are welcome, whether or not they are members of 4-H.

Cost is \$2 for 4-H members, \$3 for nonmembers. For more information: 503-623-8395.

## Festival benefits local non-profits

St. Thomas Jazz Festival will be on Sunday, 1 to 5 p.m. at Kathken Vineyards in Salem. Musical performances will include The Grand Jazz and Swing Band and Rebecca Hardiman and Friends.

The event benefits Polk County non-profits including Sable House, Salem Free Medical Clinic and Polk CASA. The afternoon jazz festival offerings include food, wine, silent auction, 50/50 raffle and a bake sale. The family friendly event allows attendees to bring chairs and blankets. No dogs or outside food and drinks are allowed. Tickets are \$10 in advance and \$15 at the gate. Kathken Vineyards is located at 5739 Orchard Heights Rd NW. For ticket information email: [stthomasdallas@gmail.com](mailto:stthomasdallas@gmail.com) or 503-623-8522.

# LIBRARY CALENDAR

### DALLAS 950 Main St. 503-623-2633

[www.ci.dallas.or.us/library](http://www.ci.dallas.or.us/library)

- Thursday, Sept. 10, 11:15 a.m. — Story time.
- Thursday, Sept. 10, 4 p.m. — Read with the dog, Bella.
- Friday, Sept. 11, 7 p.m. — Portland Story Theater, "Founders, Friends & Faves"; Dallas Civic Center, 945 SE Jefferson St.
- Saturday, Sept. 12, 11 a.m. to 5:30 p.m. — Dallas Storyteller Festival.
- Tuesday, Sept. 15, 11:15 a.m. — Story time.
- Tuesday, Sept. 15, 3:30 a.m. — Story time.
- Wednesday, Sept. 16, 3:45 p.m. — Teen Advisory Board meeting.

### WEDNESDAY, SEPT. 16, 4:45 p.m. — Teen Book Club discussion, "Full Ride" by Margaret Peterson Haddix.

### INDEPENDENCE

175 Monmouth St. • 503-838-1811

[www.ci.independence.or.us/library](http://www.ci.independence.or.us/library)

- Wednesday, Sept. 9, 10:30 a.m. — Family story time.
- Wednesday, Sept. 9, 5:30 p.m. — Cuentos in Español.
- Thursday, Sept. 10, 4:30 p.m. — Chess Club.
- Tuesday, Sept. 15, 4 p.m. — Fall Fun Club, scarecrow workshop.
- Wednesday, Sept. 16, 10:30 a.m. — Family story time.
- Wednesday, Sept. 16, 5:30 p.m. — Cuentos in Español.

### MONMOUTH 168 S. Ecols St. 503-751-0182

[www.ci.monmouth.or.us/library](http://www.ci.monmouth.or.us/library)

- Thursday, Sept. 10, 10:15 a.m. — Preschool storytime (2.5 to 5 years).
- Friday, Sept. 11, 10 a.m. — Little builders (babies-preschool)
- Tuesday, Sept. 15, 10:15 a.m. — Tales for tots (story time for babies and toddlers).

### WAGNER COMMUNITY LIBRARY 111 N. Main St., Falls City 503-787-3521, ext. 319

[www.facebook.com/WagnerCommunityLibrary/timeline](http://www.facebook.com/WagnerCommunityLibrary/timeline)  
• See the library's Facebook page for upcoming events.

# Spiff up lawns after a tough summer

Lawns languish in the heat of summer unless showered with the water they require to thrive. But not to worry, the grass isn't dead.

Come fall when the rains start again, grass greens up quickly, said Alec Kowalewski, turf specialist for Oregon State University's Extension Service.

While letting your lawn go dormant in summer isn't a bad thing — especially with concern about water shortages — lack of irrigation does allow pesky weeds to gain a foothold, he said. And regular wear and tear can cause compaction within a lawn, which leads to brown or bare spots.

Now is a good time to whip your lawn back into shape, but starting over usually isn't necessary.

"You should always try renovation before putting in a new lawn because it's difficult to get a stand of grass established," Kowalewski said. "So if you have something to begin with, go with renovating."

What you have to begin with can vary from addressing a few brown spots to a desert of weeds to hardpan soil. Assess your lawn's level of neediness and then proceed with a regular renovation or a no-holds-barred one. Most often, a regular tune up is all that's needed.

Once you've got your lawn established, follow Kowalewski's three steps to a healthy lawn that will out-compete those pesky weeds: water, fertilize and mow properly.

Watering is a matter of 1 inch a week, but don't do it all at once.

"If you look at the roots, the majority are in the top 1 inch of the soil," he said. "The deeper you go the fewer roots there are so watering more than a quarter



**KYM POKORNY**  
Your Garden

inch at a time is a waste. So irrigate more frequently with less amounts when it's not raining."

Fertilize four times a year. An easy way to remember is to apply on Memorial Day, Fourth of July, Labor Day and Thanksgiving.

When it comes to mowing, never remove more than one-third of the grass at one time. That means if the lawn is 3 inches long, cut only 1 inch. Cutting more than one-third weakens the lawn, leaving it vulnerable to weeds and diseases. For most grasses, 2 inches is about top range of what a homeowner will tolerate, but higher is even better.

"Increase the height of the grass as tall as you can stand it and mow once a week," he said. "If you mow it to an inch, it's horrible to the health of the plant because you're decreasing rooting depth and stress tolerance. And you'll have to water more often."

Mow once a week in spring and fall, less often during summer and winter months. Instead of bagging up clippings, consider leaving them where they fall. They break down quickly and resupply much-needed nitrogen. The more often you mow, the easier this is to do. Don't, however, leave clumps of clippings sitting on the lawn.

For more information, watch Kowalewski's video Integrated Pest Management for Turfgrass at <http://horticulture.oregonstate.edu/group/beaverturf>. Or check out the following



PHOTO FROM FLICKR, BY HEIPEI/Itemizer-Observer

**Now is a good time to whip your lawn back into shape, but starting over usually isn't necessary.**

publications: Practical Lawn Establishment and Renovation, Practical Lawn Care for Western Oregon, Retail Lawn Seed Mixtures for Western Oregon and Western Washington and Fertilizing Lawns.

### Steps for Renovating Lawn

For regular renovation:

- Do a pH test. Either take a sample with help from Extension's Guide to Collecting Soil Samples for Farms and Gardens and send it to a soil lab, or buy a test kit at the nursery. Lawns grow well in a pH of 6 to 6.5.
- Remove weeds by hand or with a broad spectrum herbicide.
- Aerate lawn with a machine available at rental shops. Pay particular attention to bare spots or compacted areas. Rake off plugs of soil removed by aerator.
- If the pH is on the low side (below 6.0), add lime. It's common in western Oregon for lawns to need lime every two to three years.
- Fertilize with a product that has plenty of nitrogen, low or no phosphorus and a medium level of potassium. Check the fertilizer label and

choose something with a high first number (N), low second number (P) and medium third number (K) such as 20-2-6. You'll get best results using a rotary spreader.

• Overseed at the recommended rate, going a little thicker on really bare spots. Use a drop seeder for even distribution.

• Water daily unless it rains.

For major renovation, do the above steps and also do the following:

- Mow lawn as short as possible before getting started.
- Before aerating, dethatch the lawn with a dethatching machine or power rake, which you can rent. The idea is to expose as much soil as possible. Run the machine across the lawn twice, in opposite directions. Remove loosened thatch before changing direction.
- After seeding, mulch with a thin layer of sawdust, bark dust or compost. A quarter inch is enough; don't overdo it or seed will have a tough time germinating. To make the job easier, rent a wire drum roller.

## BIRTHS

### Ross

Isla Kalena Ross was born to Brian and Malia Ross, of Monmouth, at 7:53 a.m. on Aug. 18 at Salem Hospital Family Birth Center.

She weighed 10 pounds, 5 ounces, and was 20.5 inches long.

Isla joins Kailani, 3.

Grandparents are Carole Mills, of Los Alamitos, Calif.; Kathy Mills, of Long Beach, Calif.; and Mike and Karen Ross, of Monmouth.

Great-grandparents are K. and Carol Baker, of Ankeny, Iowa; Walter and Jean Brubaker, of Brookings; Walter and Poppy Seastrom, of South Pasadena, Calif.; Wally and MaryLynn Ross, of Camdenton, Missouri.

### Arciniega

Elias Christian Arciniega was born to Ricardo and Anita Arciniega, of Independence, at 6:04 a.m. on Aug. 24 at Salem Hospital Family Birth Center.

He weighed 7 pounds, 9 ounces, and was 20 inches long.

Elias is the couple's first child.

Grandparent is Donald Berry, of Cascade Locks.

### Kirk

Emma Louise Kirk was born to Sean Kirk and Erin Villwock, of Independence, at 9:33 a.m. on Aug. 29 at Salem Hospital Family Birth Center.

She weighed 7 pounds and was 20.5 inches long.

Emma is the couple's first child.

Grandparents are Janice Villwock, of Independence; Roger Villwock, of Monmouth; Tom and Donna Kirk, of Monmouth; and Laura Grey, of Monmouth.

Great-grandparents are Lloyd Wright, of Rickreall; and Mabel Hansson, of Peoria, Ariz.

**WAGON WHEEL DOLLER'S**  
13th Annual **Fall Doll Show & Sale**  
**Sat Sept 19th** Pre-Sale \$6 9am - 10am  
**10am - 4pm** Admission: Adults \$4  
Kids 10 yrs & under Free

**Polk County Fairgrounds**  
520 Pacific Hwy W, Rickreall  
Dolls, Bears, Books, Toys, Miniatures  
& Related Items, Doll Stringing

No Appraisals

Sales Table Reservation \$32 per table

Hwy 22  
Rickreall Salem  
Polk Co Fairgrounds

RV Space Available

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## MI TOWN

After a summer of sunshine, vacations and good times, school began yesterday for all of MI Town's younger residents. Our streets are filled with students walking to school or on corners waiting for the big, yellow school buses, as a brand new school year begins.

No matter how long it's been since we were in school, we look at those buses with a little bit of nostalgia in our hearts. I can remember riding the school bus for many years, and it was fun to see friends and neighbors every morning as we drove down rural roads and highways.

Some things never change as the years go by and, sadly, bullying is one of



**PATTY TAYLOR DUTCHER**  
Columnist

them. I can remember being bullied almost on a weekly basis by a mean girl and it was an awful experience. Back then it was apparently seen as a rite of passage and kids just had to deal with it. It's good that teachers and other school staff members and parents can now work together to help prevent bullying, but social media sure has made it easier for bullies to reach a wider audience. The best thing people can do is to teach their children to not use words or gestures that

hurt others — and to become aware of bad behavior before it escalates into something worse.

I've always thought of September as a time of new beginnings — even though our weather continues to be moderate, there is a definite change of seasons going on. The skies are darker by a few minutes every morning and our long, relaxing summer evenings won't return for several months, so it's time to think of projects to look forward to starting — or completing — and prepare for the season yet to come.

The gardens are still providing us with lots of fresh fruit and vegetables. Krist Obrist and her hard-working staff at the Monmouth Pub-

lic Library started a new program this spring — a seed lending library — where we could check out packets of various vegetable and flower seeds to plant at home. We enjoyed fresh peas in the early summer and are putting many containers of green beans in the freezer to enjoy this winter when vegetables fresh from the garden will just be a memory. It looks to be a bountiful year for grapes and the tomatoes just keep on giving us their all.

One sure sign that Miss Autumn is on her way to MI Town is the announcement of the Soup and Pie Sale at Monmouth Senior Center. The date is set for Oct. 15 from 11 a.m. to 1 p.m. More details to come in a future column.

## PEDEE NEWS

As I write this I'm still on a two-week road trip with American Agri-Women, a national organization of farm women. I'm on the western states leg of AAW's "Drive Across America" with AAW president Sue McCrum, of Maine, celebrating our 40th year. We've been on some amazing ag tours, including an onion processing plant, cotton farm, date



**ARLENE KOVASH**  
Columnist

palm farm, and a luffa farm.

Things I bet you didn't know about some crops:

luffa sponges are grown on a vine much like a zucchini and are machine washable; if you cry while peeling onions you'll be resistant after twenty minutes and have no more trouble; hydroponic tomato plants grow 30 feet tall and use one-sixth the water of growing in soil; and avocados grow on the tree for two years before being picked. In

2014, there were more bees around than there have been in years and the technology agriculture is now using saves huge amounts of water and energy.

We also visited Carlsbad Caverns in New Mexico, which are huge and fantastic — a prehistoric underground wonderland. Put this national park on your bucket list!

**Sudoku**  
Difficulty: ★★★★★

Row →

Three-by-three square →

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

**How to do Sudoku**  
Fill in the grid so the numbers 1 through 9 appear just once in every column, row, and three-by-three square. See example above.

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# OBITUARIES

## Joseph Montive Moreland

May 4, 1937 – Sept. 1, 2015  
Joseph Montive Moreland, 78, died Sept. 1 in Dallas.

Joe was an adventurous man with a wide variety of careers throughout his life.

He worked in the paint shop at Fischer Body in Flint, Mich., and also worked in the cotton fields of Southern California.

He moved to Montana after getting into the dairy business and met his wife, Shirley Yerian. They were married on Nov. 11, 1966.

Joe completed his working career in the saw mill industry, where he worked for more than 24 years.

After retiring, Joe enjoyed working his team of draft horses on his small farm in Florence, Mont.

He harvested all of the hay with his team of horses.

When he wasn't playing with his team of drafts, he enjoyed spending time with his son traveling cross-country in Rick's semi-truck.

After his wife retired, they moved to Oregon to be closer to their son. Joe and Shirley enjoyed traveling with their RV and spending time at the coast.

Survivors include his wife, Shirley Moreland, of Independence; son, Rick Moreland, of Dallas; brother, Leonard Moreland, of Oldtown, Idaho; two step-granddaughters; one step-great-granddaughter; and extended family.

Dallas Mortuary Tribute Center handled arrangements.

To send an online tribute: [www.dallastribute.com](http://www.dallastribute.com).



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## Alfred G. Smith

July 29, 1936 – Aug. 31, 2015  
Alfred G. Smith, 79, of Dallas, died Aug. 31 in Salem following his battle against bone cancer.

He was born in Lewistown, Mont., to Harold and Elise Smith.

Al served in the National Guard in high school and graduated from Warrenton High School in 1955.

In January 1956, he signed up with the Navy and served through December 1959. He served aboard the USS Charles H. Roan DD-853.

His years with the Navy as a sonar man were quite an adventure. Traveling the Atlantic and Pacific oceans, he visited many foreign countries he might not have seen otherwise.

While home on leave in 1959, he met his future wife, Nita. Another adventure began as he became a journeyman and later a log scaler with the Columbia River Log Scaling and Grading Bureaus. He worked there until his retirement. Al had also worked for Boise Cascade at Valsetz and Willamina.

Al enjoyed hunting, fishing, and clam digging, which he did commercially while in high school to earn money. He loved all his family and liked gathering for large family events. He was a reader of any subject, which he retained and could tell you many things about history when asked.

Survivors include his wife, Juanita (Nita); children, Denise Beach (Mike), of Homer, Alaska, Rocky Smith, of Salem, and Bobbie Jo Benefiel (Fred), of Banks; sisters, Fern Gurwell, of Arizona, and Vera Wireman, of Nevada; brother, Joe Smith,



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of Clatskanie; three grandchildren; and nine great-grandchildren.

At his request, there will be no service. His ashes will be taken to sea by his family at a later date.

Farnstrom Mortuary in Independence handled arrangements. To send an online tribute: [www.FarnstromMortuary.com](http://www.FarnstromMortuary.com).

## Judy Soto

Sept. 5, 1961 – Sept. 2, 2015  
Judy Soto, 53, of Dallas, died Sept. 2 in Salem, following a courageous fight against cancer.

She was born in Los Angeles to Frank and Celia Ruiz Soto.

Judy had worked as a guard for the Hualapai Federal Correction Facility in Kingman, Ariz. She was a member of the Catholic Church.

Judy was ill and had been traveling to see many of her family before she became gravely ill here in Oregon.

Survivors include her mother, Celia Chavarin; brother, Joe (Gloria) Soto; son, Robert (Courtney) Lujan; three grandchildren; and extended family.

She was preceded in death by the father she knew, Manuel Chavarin, and a niece, Tiffany Soto.

Her service will be held in Kingman.

Dallas Mortuary Tribute Center handled arrangements.

To send an online tribute: [www.dallastribute.com](http://www.dallastribute.com).

## Mark Powers

Sept. 8, 1952 – Aug. 30, 2015  
Mark Powers, 62, of Dallas, died Aug. 30 while camping in the Sweet Home/Foster area.

He was born to Howard and Melba Powers in Buena Vista, where he also grew up.

Mark went into the Army in 1972 during the Vietnam War, and was deployed to Germany as a military policeman. He returned home in 1974 and served in the reserves until 1978.

Mark then found a career in the automotive business

when he went to work at Davison Auto Parts in Monmouth. He retired as an electrician from Morton in Salem.

In 1974, he met the love of his life, Kathy Powers. They were married on Dec. 18, 1976, and made their home in Dallas in 1991. They had two sons, Travis Powers (Traci) and Brad Powers (Charlene); daughter, Tamara Olson (Travis); and seven grandchildren.

Marks hobbies and passions in life were his cars, fishing, family camping trips and his love for Christ.

Memorial service is Friday at 6 p.m. at Dallas Alliance Church, 775 E. Ellendale Ave., in Dallas.

Dallas Mortuary Tribute Center handled arrangements.

To send an online tribute: [www.dallastribute.com](http://www.dallastribute.com).

## Eileen Holmes

Dec. 17, 1927 – July 29, 2015  
Memorial service for Eileen Holmes is Friday at 4 p.m. at Guardian Angel Homes, 23102 E. Mission, Liberty Lake, Wash. Pastor David Pederson from Trinity Lutheran Church in Dallas will officiate.

Contributions are suggested to the American Cancer Society at [www.runforhana.com](http://www.runforhana.com) or St. Jude Children's Hospital.

To send an online tribute: [www.hennesseyfuneralhomes.com](http://www.hennesseyfuneralhomes.com).

## Obituary Information

Obituary information must be submitted by 4 p.m. on the Monday before publication to be included in the newspaper.

Information can be brought or mailed to the *Itemizer-Observer*, 147 SE Court St., Dallas, OR 97338, or e-mailed to [nadams@polkio.com](mailto:nadams@polkio.com).

For more information: Nancy Adams, 503-623-2373.

# Quake: Buildings need upgrades

**Continued from 1A**

He said while the schools will account for children as long as needed, the objective would be to reunite children with their families as soon as possible.

### Life safety

The same could be said of all school districts, especially given that the age of buildings and lack of funding for upgrades would make them impractical as shelter sites. That may still be the case if retrofitting were completed.

By 2032, all schools in the state are required to be seismically upgraded to "life safety" standard, pending available funding, said Kevin Montague, Dallas School District's facilities manager.

"Life safety condition is typically viewed meaning the building most likely would be condemned and rebuilt after the event, simply designed to not collapse until people are able to evacuate," he said.

Dallas has some work to do to get to that point. A state-required Oregon Department of Geology and Mineral Industries assessment of Dallas schools found all but one, Oakdale Heights Elementary School, were at a high risk of collapse. Oakdale was given a moderate risk classification.

A few projects have been done, including removal of unreinforced masonry at Whitworth, Dallas High School, Morrison and Lyle and upgrades at the football stadium.

Montague said schools have first aid kits in every classroom, but are limited on the amount of food available and other supplies.

Central School District is in a similar situation, focusing on getting students safely out of buildings rather than sheltering them.

To that end, a facilities assessment was conducted in 2007, after which the building needing the most improvement, Independence Elementary School, was remodeled. Since then, Central High School has also completed a significant upgrade.

"It is our intent to ensure the safety of our students until we can reunite them with their parents, whether that is inside a building or outside of it," said Superintendent Buzz Brazeau.

Central Business Manager Cec Koontz added the district would like to create a districtwide plan to better account for emergency supply stocks and equipment, but doesn't have the staff to complete the task now.

In Perrydale, the elementary and high school buildings are in need of upgrades, said Superintendent Eric Milburn. The middle school building and new gym, the most recent addition to campus, should perform well.

He said, depending on whether the school kitchen is usable, the school has several days of food on hand if needed and partial emergency kits on the campus.

"We have protocol for disaster, any circumstance that may arise," he said.

### Location, location

Dallas, from a geological standpoint, may be counting its blessings, according to local officials. For the most part, the city doesn't sit atop soil prone to liquefaction, nor does it have any active landslides that could cause secondary disasters in the event of an earthquake.

Its primary emergency operations center — city

hall — may not fare so well, though. Built in 1936, the old brick building could use some work, said Public Work Director Fred Braun. Thankfully, the Dallas Fire Station should be in good shape, having been through a recent retrofit. It could serve as a secondary location if all else fails.

Between city hall and the fire station, first responders will have a home base to work from, but the question is, how many will be able to come to work?

"We never know for sure what we are going to get in a situation like that," said Dallas Police Chief Tom Simpson. "We're fairly fortunate that most of our folks live in the community and are close. With any situation like that, we would staff all we can and prioritize with what we have to work with."

City Manager Ron Foggin said the city hasn't yet, but may provide emergency kits to city employees in an effort to make sure they can respond.

### Planning for preparedness

Polk County Sheriff's Office has already done something similar, assigning enough Meals Ready-to-Eat (MREs) to feed employees and their families for three days.

"We figure if they have a little bit of food to make sure they've got a few days that maybe they will come to work feeling a little bit better that their family's got some food," said Polk County Emergency Manager Dean Bender.

The county has spent about \$3 million — mostly in grants — to upgrade its communication system in hopes it won't fail in a major emergency.

"If you look at any disaster that happens, one thing that always fails is communications," Bender said. "I knew our system was old and outdated, so we redid our whole system."

That includes installing two backup power sources at the county's main tower and a seismic retrofit at a secondary location.

Planning is a big part of Bender's job, and Polk County has a number of plans in place for mitigating or responding to emergencies.

Polk is part of several agreements to offer and receive assistance from other counties, as well as part of a plan to organize local service organizations in the event of an emergency.

### Community cooperation

One such organization will be the Polk County Community Emergency Response Team. Both Monmouth and Independence plan to use CERT members, police reserves and volunteers as a backup to police and Polk County Fire District No. 1 response.

"In reality, we know that every officer or employee may not have the ability to respond based on their personal situation at home, or how badly travel routes to and from the city are damaged," said Monmouth Police Chief Darrell Tallan.

Monmouth Police's new station is designated as the city's EOC, since city hall, built around 1929, wouldn't survive Cascadia without significant damage.

In contrast, the police station remodel included seismic upgrades to ensure it would be a viable location for emergency operations.

Next door in Independence, the EOC will be the city hall and police station on South Main Street. Its backup is Monmouth police department and vice versa, said Independence Police Chief Bob Mason.

"My hope, with this model, is that we would still be able to respond to priority calls for service and maintain a preventative presence until things return to normal operations," Mason said.

Up next on Sept. 23: *Tips for preparing your home and family for a disaster.*

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### Sudoku solution

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

## SCHEDULE

**THURSDAY, SEPT. 10**  
**Boys Soccer:** Roosevelt at Central, 4 p.m. Redmond at Dallas, 4 p.m.

**Girls Soccer:** Dallas at McNary, 3:30 p.m. Central at Madison, 7 p.m. Western Oregon at Colorado Christian, 10:30 a.m.

**Volleyball:** Central at Dallas, 6 p.m. Jewell at Falls City, 5:30 p.m. Lowell at Perrydale, 5:30 p.m. Adelphi at Western Oregon, noon.

**FRIDAY, SEPT. 11**  
**Cross-country:** Western Oregon at Ash Creek Invitational (Ash Creek Preserve), 5 p.m.

**Football:** Mountain View at Central, 7 p.m. Ashland at Dallas, 7 p.m. Crow at Perrydale, 7 p.m.

**Volleyball:** Lowell at Perrydale, 3 p.m. Crow at Perrydale, 5:45 p.m. California State, Chico at Western Oregon, 2:30 p.m. University of Wisconsin, Parkside at Western Oregon, 7:30 p.m.

**SATURDAY, SEPT. 12**  
**Boys Soccer:** Parkrose at Dallas, noon.

**Cross-country:** Central at Ash Creek Cross-country Festival, TBA. Dallas at Ulti-mook Race Cross-country Invitational, 8:15 a.m.

**Football:** Falls City at Powers, 6 p.m. Simon Fraser at Western Oregon, 1 p.m.

**Volleyball:** Notre Dame De Namur at Western Oregon, 7:30 p.m.

**MONDAY, SEPT. 14**  
**Girls Soccer:** Evergreen State College at Western Oregon, 3 p.m.

**TUESDAY, SEPT. 15**  
**Boys Soccer:** Dallas at McNary, 6:30 p.m.

**Girls Soccer:** Dallas at Wilsonville, 7 p.m. McNary at Central, 6 p.m.

**Volleyball:** Crescent Valley at Central, 6 p.m. South Albany at Dallas, 6 p.m. Falls City at Perrydale, 5:30 p.m.

Schedules Subject to Change

## QUICK HITS

### PHS athletic auction tickets available

**PERRYDALE** — Tickets are available for the Perrydale Athletic Booster dinner auction.

The annual fundraiser will take place Oct. 3 at the Willow Events Center, located at 12455 Meyers Road in Dallas.

Doors open at 4:30 p.m. for cocktails and a silent auction. Dinner begins at 6 p.m. with a live auction to follow.

Tickets cost \$20 each and are available at the school office or at the Perrydale volleyball and football games on Friday and on Sept. 25.

Item donations are still being accepted. Banner sponsorships are also available. Money raised through the auction will go toward new uniforms and equipment for middle school and high school sports.

For more information: Anna Scharf, 503-435-7743.

## STAT SHEET

**3** The number of catches Western Oregon senior Andy Avgi had in his football debut against Humboldt State on Saturday. Avgi had one touchdown.

## PREP VOLLEYBALL

# Nash looks to set up Panthers for success

By Lukas Eggen  
 The Itemizer-Observer

**INDEPENDENCE** — Central senior Kylie Nash isn't a fan of downtime.

From volleyball in the winter and softball in the spring, Nash isn't one to enjoy idle time.

"I definitely couldn't see myself dropping a sport," Nash said. "I need to be in sports. It keeps me busy."

As she enters her final season with the Panthers, Nash is focused on enjoying the present.

### Up Next

- Central's volleyball squad lost to West Salem 25-18, 25-20, 25-15 on Thursday.
- The Panthers play at Dallas Thursday at 6 p.m.

"It's not much different (than previous seasons)," Nash said. "It's still varsity. It makes it fun and helps me lead even more because they see me in a leading role more so than in my younger years."

As Central's setter, Nash

finds herself at the center of running the Panthers' offense, a role the senior has thrived in.

"I understand more of the game," Nash said. "I understand when to (tip the ball over), when to use my teammates. Coach (Claudine Mendazona) lets me run the free ball plays."

Just as important as Nash's understanding of the X's and O's is her relationship with her teammates — something the Panthers have worked on since the season began.

See NASH Page 12A



LUKAS EGGEN/Itemizer-Observer  
 Central senior Kylie Nash looks on during the Panthers' match against West Salem on Thursday evening.

## PREP FOOTBALL

# Pirates clash with Falls City



LUKAS EGGEN/Itemizer-Observer

Falls City and Perrydale opened their 2015 football season on Friday. The Pirates rallied in the fourth quarter to earn a 28-24 victory.

## Domes comes up big for Perrydale

By Lukas Eggen  
 The Itemizer-Observer

**FALLS CITY** — It had been nearly two years since Daniel Domes had stepped onto a football field for a high school game.

On Friday, the Perrydale junior reintroduced himself in a big way, helping the Pirates to a come-from-behind 28-24 win over Falls City.

Domes has been a football player since the fifth grade, playing quarterback for nearly his entire career.

"I feel like everyone looks up to me," Domes said. "At the same time, I rely on a lot



Domes

Prior to the 2014 season, Domes stepped away from football to focus on basketball.

When he returned for the 2015 campaign, he came back refreshed, motivated and ready to lead.

While his performance on Friday wasn't perfect, he fumbled a few snaps, but

other people to help me out. That's what I like about (playing quarterback)."

Domes was itching to get on the field, and Friday's victory didn't disappoint.

"It was fun," Domes said. "You have to make plays on the fly. In practice, with the little numbers we have, you don't have the defense to think and react to."

Domes, along with several others, including Kirk Fairchild and Keenan Bailey, excelled on offense.

Domes made plays through the air — throwing multiple touchdowns — and on the ground, extending several plays.

See DOMES, Page 11A

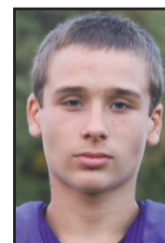
## Mountaineers fall short despite strong showing

By Lukas Eggen  
 The Itemizer-Observer

**FALLS CITY** — Falls City coach Laric Cook isn't one for moral victories.

After the Mountaineers' 28-24 loss to Perrydale on Friday, one that saw a potential game-winning touchdown run by quarterback Jeremy Labrado called back because of a penalty, Cook knew Falls City let one get away, but this time, Cook saw the positives.

"The kids work hard," Cook said. "They have a



Labrado

long ways to go, but they work their tails off." Since the day he arrived, Cook said he's looking to change the culture of Falls City's football program. The Pirates took notice. The last time the teams played in 2013 — one year before Cook arrived — Perrydale won 76-28.

See FALLS CITY, Page 11A

## PREP SWIMMING

# Dragons hire Morelli to head swim program

By Lukas Eggen  
 The Itemizer-Observer

**DALLAS** — David Morelli is no stranger to the world of swimming. Since he began as a competitive diver in college, Morelli has been involved with competing in, or coaching swimming, Utah, Alaska and Oregon.

He coached the Blue Dolphins youth swim team in

the early 2000s before serving as an assistant at Dallas until 2014-15, when he worked at McKay as an assistant coach.

"I was a pastor at the Presbyterian church here (in Dallas) and I left and went to Woodburn," Morelli said. "I retired a year ago and that left me some free time. The timing was never right to step in full time at



Morelli

the high school. Now I've got the time to step in." Morelli will see several returning swimmers who may compete to qualify for the state meet, including junior Jolie

### Morelli file

- David Morelli has coached in Oregon, Alaska and Utah.
- Morelli served as an assistant at Dallas under former coach Jeff Bemrose.

Rae Ford, senior Elizabeth Dressel and senior Lucas Diaz.

"It's exciting to work with swimmers who are potentially state qualifiers," Morelli said. "But I'm also excited to take someone who doesn't know how to swim or barely swims and showing them what they can do."

Morelli hopes to increase the Dragons' numbers through word of mouth.

See MORELLI, Page 12A

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# Domes: Pirates show resolve during win

Continued from Page 10A

The Pirates' rush attack helped set up a few deep throws to wide open receivers, giving Domes easy targets to hit.

"It's fun to throw the ball," Domes said. "Handing it off and watching people run over people is fun, but being able to throw a touchdown is fun, too."

Prior to the season, Perrydale coach Chris Gubrud told his team to get ready to experience what high school football was all about.

The Pirates got a taste of that against the Mountaineers.

"It's really fun to have to compete for four quarters and to come out on top," Gubrud said. "... The kids competed until the end and we got it done."

Trailing 24-14 in the fourth quarter, the Pirates responded, scoring the final

14 points of the game.

"We're going to have a lot of games like that this year," Gubrud said. "We don't have the explosiveness to score 60 points. We'll have to grind games out."

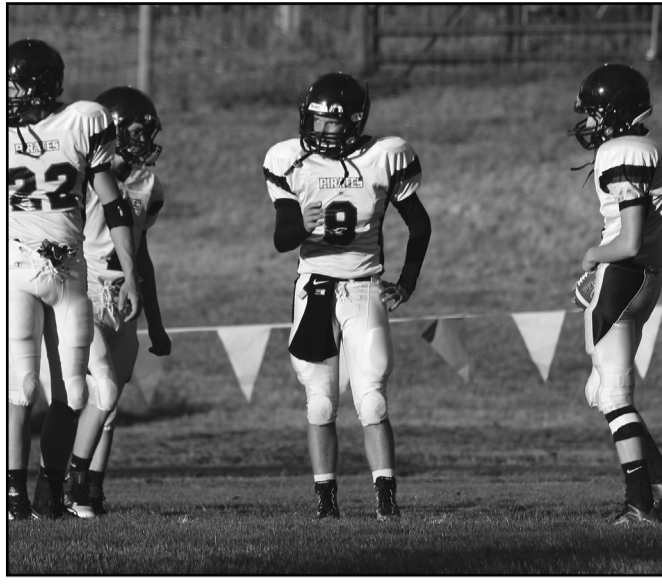
For Domes, Friday represented an early test of the team's mental toughness, one that the Pirates responded to emphatically.

"We just keep telling ourselves it's alright," Domes said. "We have to keep making plays and to play harder."

Moments after Perrydale put the finishing touches on its victory, Gubrud addressed his team with one more warning — Be ready to be sore.

It seemed to be a rather odd comment, but for the Pirates, it's one more lesson to learn in the early parts of the season — one that the team is more than ready to face.

"You're supposed to be



LUKAS EGGEN/Itemizer-Observer  
Perrydale quarterback Daniel Domes (8) prepares for the Pirates' game against Falls City on Friday evening.

sore and it's supposed to hurt on Saturday morning," Gubrud said. "They don't understand that all the time. Football is a rough sport. When you're winning

or losing a game by half-time and you don't have to compete the whole game, you don't deal with some of that stuff. This is good for us."



LUKAS EGGEN/Itemizer-Observer  
Perrydale running back Brant Barnes attempts to break a run outside against Falls City on Friday.

## Eyeing the ball



LUKAS EGGEN/Itemizer-Observer  
Western Oregon players prepare themselves for a free kick against Warner Pacific College on Thursday afternoon. Vicky Cruz Rosales and Makana Pundyke scored two goals each to lead the Wolves, which saw five different players score goals on Thursday. WOU won 7-0. Western Oregon (1-1-0 overall) plays at Colorado Christian on Thursday before hosting Evergreen State College Monday at 3 p.m.

## WESTERN OREGON ROUNDUP

### WOU football falls to Humboldt State

Wolves host home-opener Saturday

Itemizer-Observer staff report

ARCATA, Calif. — Western Oregon's football team opened the 2015 season with a 29-20 loss to Humboldt State on Saturday.

Wolves quarterback Trey Shimabukuro threw for a career-high 368 yards and three touchdowns, but the Lumberjacks opened a 19-0 lead in the first half.

Receiver Paul Revis had six catches for 116 yards and a touchdown.

Running back Joe Harris recorded 70 yards on 16 carries for the Wolves.

Western Oregon hosts Simon Fraser for a non-conference matchup Saturday at 1 p.m.

**VOLLEYBALL DROPS FOUR:** Western Oregon went 0-4 at the Courtyard & Residence

Inn by Marriott Oregidigger Classic on Friday and Saturday. The Wolves dropped matches to California State, Bernardino, Colorado School of Mines, University of Findlay and Minnesota State University, Moorhead. Redshirt sophomore Alisha Bettinson recorded 24 kills during the tournament to lead the Wolves. WOU hosts the Western Oregon Invitational Thursday through Saturday. The Wolves open play against Adelphi University Thursday at noon. For a full schedule, visit [www.wouwolves.com](http://www.wouwolves.com).

**SOCCER SPLITS OPENING MATCHES:** Vicky Cruz Rosales and Makana Pundyke scored two goals each as the Western Oregon soccer team rolled to a 7-0 season-opening win over Warner Pacific on Thursday. The Wolves dropped a close match to Colorado State, Pueblo 1-0 in overtime after an own goal gave CSU-P the victory. Western Oregon played New Mexico Highlands Tuesday after press time. The Wolves play at Colorado Christian on Thursday before hosting Evergreen State College Monday at 3 p.m.



Revis

## SPORTS BRIEFS

### Tickets on sale for DBC auction

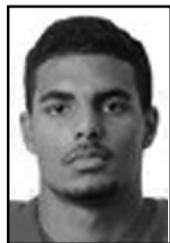
DALLAS — Tickets are now on sale for the Dallas Booster Club Auction on Oct. 3. The auction will be held at the Dallas Armory at 6 p.m.

Tickets cost \$25 each. Donations and gift cards of any amount are needed for the auction.

Money raised from the event will support Dallas High School athletics.

For more information: Michelle Nelson, 503-881-0594.

### Williams makes Chargers' roster



Williams

SAN DIEGO — Former Western Oregon receiver and track athlete Tyrell Williams was named to the NFL's San Diego Charger's opening day 53-man roster on Saturday.

Williams was one of nine rookies named to the team and the only Division II college player for San Diego.

"Tyrell has always been a hard worker with a tremendous upside," WOU head football coach Arne Ferguson said in a statement. "It has been amazing to see his growth from when we recruited him, into a league leading receiver in the GNAC (Great Northwest Athletic Conference), and now in the NFL."

Williams set a school record with 165 receptions and recorded 2,792 yards and 21 touchdowns during his collegiate career with the Wolves.

### WOU to host skills camp Oct. 10

MONMOUTH — The Western Oregon women's basketball program will host a one day skills camp on Oct. 10.

The camp, which will run from 9 a.m. to 2 p.m., is open to students in grades 9-12. WOU staff and players will give fundamental and developmental instruction.

The cost is \$60 per person. Registration is due by Oct. 5. For more information: Katie Girten, [girten@wou.edu](mailto:girten@wou.edu); 858-335-7355.

## SCOREBOARD

### CLUB GOLF

Continued from Page 12A

### CROSS CREEK GOLF

**COURSE**  
CROSS CREEK MEN'S CLUB  
Tuesday, Sept. 1 Results  
Low gross/low net  
Low gross: 1, Bill Karjala, 37; 2 (tie), Kevin Moen and Jim Schroeder, 38.  
Low net: 1, Warren Richards, 31; 2, Larry Burger, 32; 3 (tie), David Karr and Bob Sprinkle, 33; 4, Bob Bennett, 34.

## Falls City: Changing team's culture a work in progress

Continued from Page 10A

Things weren't quite so easy this year with the Mountaineers holding a 24-14 lead entering the fourth quarter.

"I want to compliment Falls City," Pirates coach Chris Gubrud said. "For sure, this is the best Falls City team we've ever played. They were extremely physical and extremely well coached. I'm proud to beat them. They're a good team.

My hat is off to Laric (Cook) and his crew."

Falls City has its share of things to fix — notably a few breakdowns in pass coverage and an overhead snap on a punt that set up Perrydale's final touchdown; but there were several positive signs. Senior Zach Weems proved to be a force at running back, rushing for more than 100 yards, while Labrado connected on several deep passes.

For moments, the Mountaineers showed what Cook wants to accomplish — a team confident in its abilities and trusting its preparation. In others, the Mountaineers saw miscues pile up via penalties and turnovers. In the end, despite a loss on the scoreboard, Cook said he saw signs that what he's doing is making a difference.

"We've got to continue to pound away and make them

believe," Cook said. "We want to lead them down the right path. When the kids see the results, they get wide-eyed. We don't want them to get too high or too low. But today we saw that we're changing the culture. We'll come back next week and play a pretty dog gone good football team in Powers. We'll have our hands full. We'll put together a game plan and represent Falls City the best that we can."



LUKAS EGGEN/Itemizer-Observer  
Falls City running back Robert Kempfer heads up field against Perrydale on Friday night.

PREP GIRLS SOCCER

# Junior gives Dallas a steady presence

By Lukas Eggen  
The Itemizer-Observer

DALLAS — Dallas junior Olivia Dalke played soccer almost as soon as she could walk.

From the age of 4, Dalke was kicking around soccer balls.

"I started playing because my brothers were playing," Dalke said. "I wanted to do whatever my brothers were doing."

More than a decade later, Dalke is blazing her own path on the soccer field — and she hopes to lead Dallas back to the postseason.

Dalke's love of the game grew quickly.

"I've been going to college matches since I can remember," Dalke said. "My favorite college team is probably the Portland Pilots because I've been going to their matches forever."

On the field, her love for

the game translated into success.

It wasn't long until Capital FC, a club team based in Salem, took notice.

"I got scouted when I was in sixth grade," Dalke said. "They came out to one of our games and told us about club soccer."

One year later and Dalke joined the squad when she discovered where she was meant to be on the field, moving to the midfield and forward positions.

"For a long time, I didn't really have a position," Dalke said. "I just played wherever the coach told me to play. In seventh or eighth grade, I started playing more attacking minded."

Since she joined the Dragons' soccer team, Dalke has developed into one of Dallas' playmakers through her passing and ability to shoot from long range.

"She's an offensive-minded player who is unselfish



LUKAS EGGEN/Itemizer-Observer  
Dallas junior Olivia Dalke is one of the Dragons' most dangerous threats on offense.

with the ball," Dragons coach Kirk Myrland said. "We'll look for her to make that pass to an open player. When she's near the box, her shots are strong and can find the back of the net. We look for her to take care of that offensive midfield to keep the pressure on the de-

fense and score."

As one of seven juniors on the team, many of whom have played together since elementary school, the Dragons have high expectations in 2015 — despite dealing with a potentially difficult situation.

For the last three seasons, Dallas' girls soccer squad has seen three different coaches.

Despite that, the Dragons are coming off a 2014 season that saw them reach the first round of the Class 5A state playoffs — proof that Dalke and her teammates aren't going to let that become an excuse.

"Our core group has been together long enough that we're starting to get comfortable, even with all of the changes," Dalke said. "We have a lot of strong personalities on the team. We just focus on our game and, even if the coach changes, we know the kind of soccer we can play."

Perhaps the biggest challenge facing Dalke and her teammates is finding a balance among teammates who possess leadership qualities and aren't afraid to use them.

"We have a lot of leader-

ship potential," Dalke said. "Sometimes it's hard juggling a lot of strong personalities, but I think we're learning how to do that."

Dallas, which hosted David Douglas Tuesday after press time, will rely heavily on its junior class to carry the squad, from goalkeeper Ashlee Lichtenberger to Stefani Tallon and Dalke helping to lead the attack.

That reliance on everyone working together is part of what makes soccer so great, Dalke said.

"I like the team component," Dalke said. "You can't have 11 one-man teams on the field. It has to be a group effort."

Since she began playing soccer, it has become a lifelong passion she hopes to play in college.

"I can't imagine myself in any other sport, honestly," Dalke said. "I'm very glad that they started soccer."

## Nash: Senior not feeling pressure

Continued from Page 10A

"A lot of it starts in practice," Nash said. "We run hitting lines during practice to start building the chemistry because a match is no time to start building that. Coach understands that and is giving us the time to build that."

Nash's role in Central's scheme requires her to put teammates in good spots.

"Every ball needs to be put in the court, whether or not it's a bad pass or set," Nash said. "We need to put it on their side of the court so they can make the errors, not us."

The Panthers began Mid-Willamette Conference play against South Albany Tuesday after press time. As Cen-

tral prepares for its match at Dallas on Thursday, the Central's chemistry could be the deciding factor.

"We have to put balls away and put people in the right position," Mendazona said. "We weren't strong at blocking at the net (on Thursday). We have to be better at that."

Nash will likely play a major role in the Panthers' improvement.

As Central begins league play, Nash isn't putting too much pressure on herself.

Instead, she's enjoying the ride.

"I want to experience every moment I can, and I'm trying to improve my game even more," Nash said.

## Morelli: Increased numbers a focus

Continued from Page 10A

He also hopes to attract athletes looking for a way to stay in shape during the winter season.

"We're looking at kids who maybe swam when they were younger and stopped in middle school, or the kids who have a fall sport and have a spring sport," Morelli said. "Swimming can be a good sport for them to stay in condition."

Morelli hopes to expand the swim team's appeal beyond athletes to people

looking to try a sport in high school — regardless of whether they've swam before or not — and bring its participation levels to new heights.

"It's a lifetime sport," Morelli said. "It's an individual sport, but also a team sport. In the end, though, it's up to the individual whether they do well or not. It teaches them a life lesson. I always say if you work hard, you'll swim fast. If you don't work hard, you won't swim fast. It's up to you."

### PREP FOOTBALL ROUNDUP

## Panthers shut out by Bend in opener

Itemizer-Observer staff report

BEND — Bend held Central to 88 yards of offense as the Panthers fell 10-0 to the Lava Bears on Friday.

The Panthers failed to score, despite having a three-to-one advantage in time of possession.

Junior defensive lineman Marlon Tuipulotu had six solo tackles and an interception, while A.J. Morales also recorded a pick.

Central (0-1 overall) hosts Mountain View Friday at 7

p.m. in the team's final non-league contest of the season.

**DALLAS FALLS TO CRATER:** The Dallas football squad saw a furious second half rally fall short as the Dragons lost to Crater 57-34 on Friday. Trailing 42-14 at the half, Dallas pulled to within 42-34 after Treve Earhart scored his third touchdown of the game, despite injuries to starter and second string quarterbacks Harrison Broadus and Parker Ford and fullback Alex Hofferber. The Dragons (0-1 overall) host Ashland Friday at 7 p.m.

### PREP SOCCER ROUNDUP

## Central boys earn tie against Madison

Itemizer-Observer staff report

BEND — Central's boys soccer squad earned a 1-1 tie against Madison on Friday evening after a goal from Angel Morenilla in the 74th minute.

The Panthers fell at Canby 5-2 on Sept. 1. Antonio Rincon and Jose Herrera each scored against Canby.

The Panthers (0-1-1 overall) played at McNary Tuesday after press time. The Panthers host Roosevelt Thursday at 4 p.m.

**DALLAS GIRLS DROP OPENER:** The Dallas girls soccer team dropped its season-opening match against Sprague 3-2 on Sept. 1. Goals by Jenifer Webb and Stefani Tallon gave the Dragons a 2-1 lead midway through the first half, but Sprague would answer with a pair of goals before halftime. Both teams went scoreless in the second half. Dallas (0-1 overall) hosted David Douglas Tuesday after press time. The Dragons play at McNary on Thursday before traveling to Wilsonville on Tuesday.

### PREP VOLLEYBALL ROUNDUP

## Perrydale defeats Willamette Valley Christian

Itemizer-Observer staff report

SALEM — The Perrydale Pirates earned a 25-21, 25-10, 22-25, 25-14 victory over Willamette Valley Christian on Sept. 2.

Perrydale (1-0 overall, 1-1 Casco League) played Livingstone Adventist Tuesday after press time.

The Pirates host Crosshill Christian Thursday at 5:30

p.m., Lowell and Crow on Friday at 3 p.m. and Falls City on Tuesday at 5:30 p.m.

**FALLS CITY DROPS MATCH:** Falls City lost its season-opener

to Country Christian 25-9, 25-11, 25-9 on Thursday. The Mountaineers (0-1 overall, 0-1 Casco League) host Jewell Thursday at 5:30 p.m. before facing Perrydale on Tuesday.

## SCOREBOARD

FOOTBALL				
<b>Saturday, Sept. 12 Game</b>				
Falls City at Powers				
<b>SPECIAL DISTRICT 4</b>				
Team	League	All		
Perrydale	0-0	1-0		
Dufur	0-0	1-0		
Mitchell/Spray/Wheeler	0-0	1-0		
Ione	0-0	0-1		
Sherman	0-0	0-1		
South Wasco County	0-0	0-1		
Arlington/Condon	0-0	0-1		
<b>Friday, Sept. 4 Result</b>				
Perrydale 28, Falls City 24				
<b>Friday, Sept. 11 Game</b>				
Crow at Perrydale				
<b>COLLEGE GNAC</b>				
Team	League	All		
Humboldt State	1-0	1-0		
Azusa Pacific	0-0	1-0		
Simon Fraser	0-0	0-0		
Central Washington	0-0	0-1		
Dixie State	0-0	0-1		
South Dakota Mines	0-0	0-1		
Western Oregon	0-1	0-1		
<b>Saturday, Sept. 5 Result</b>				
Humboldt State 29, Western Oregon 20				
<b>HSU 29, WOU 20</b>				
WOU	0	7	0	13-20
HSU	7	12	0	10-29
<b>First Quarter</b>				
H—Krivashai 5 pass from Webber (Southward kick)				
<b>Second Quarter</b>				
H—Gardner 1 run (Southward kick)				
H—Krivashai 39 field goal				
H—Safety				
W—Avgi 16 pass from Shimabukuro (Correa kick)				
<b>Fourth Quarter</b>				
W—Revis 33 pass from Shimabukuro (Correa kick)				
H—Krivashai 6 pass from Webber (Southward kick)				
H—Southward 23 field goal				
W—Thomas 8 pass from Shimabukuro (Correa kick failed)				
<b>Saturday, Sept. 12 Game</b>				
Simon Fraser at Western Oregon				
<b>BOYS SOCCER</b>				
<b>CLASS 5A MID-WILLAMETTE</b>				
Team	League	All		
South Albany	0-0	1-0		
Woodburn	0-0	0-1		
Central	0-0	0-1		
Silverton	0-0	0-1		
Corvallis	0-0	0-1		
Lebanon	0-0	0-2		
Crescent Valley	0-0	0-0		
Dallas	0-0	0-0		
<b>Tuesday, Sept. 1 Result</b>				
Canby 5, Central 2				
<b>Friday, Sept. 4 Result</b>				
Central 1, Madison 1 (tie)				
<b>Tuesday, Sept. 8 Match</b>				
Central at McNary				
<b>Thursday, Sept. 10 Matches</b>				
Roosevelt at Central				
Redmond at Dallas				
<b>Saturday, Sept. 12 Match</b>				
Parkrose at Dallas				
<b>Tuesday, Sept. 15 Match</b>				
Dallas at McNary				
<b>GIRLS SOCCER</b>				
<b>CLASS 5A MID-WILLAMETTE</b>				
Team	League	All		
Corvallis	0-0	2-0		
Crescent Valley	0-0	1-0		
Silverton	0-0	1-0		
Lebanon	0-0	0-1		
Central	0-0	0-1		
Dallas	0-0	0-1		
South Albany	0-0	0-1		
Woodburn	0-0	0-1		
<b>Tuesday, Sept. 1 Result</b>				
Sprague 3, Dallas 2				
<b>Tuesday, Sept. 8 Match</b>				
David Douglas at Dallas				
<b>Thursday, Sept. 10 Matches</b>				
Central at Madison				
Dallas at McNary				
<b>Tuesday, Sept. 15 Matches</b>				
Dallas at Wilsonville				
McNary at Central				
<b>COLLEGE GNAC</b>				
Team	League	All		
Concordia	0-0-0	2-0-0		
Seattle Pacific	0-0-0	2-0-0		
Western Washington	0-0-0	2-0-0		
Simon Fraser	0-0-0	1-0-0		
Montana State Billings	0-0-0	1-0-1		
Western Oregon	0-0-0	1-1-0		
Central Washington	0-0-0	1-2-0		
Northwest Nazarene	0-0-0	1-1-0		
Saint Martin's	0-0-0	0-1-0		
<b>Thursday, Sept. 3 Result</b>				
Western Oregon 7, Warner Pacific 0				
<b>Sunday, Sept. 6 Result</b>				
CSU-Pueblo 1, Western Oregon 0				
<b>Tuesday, Sept. 8 Match</b>				
WOU at New Mexico Highlands				
<b>Thursday, Sept. 10 Match</b>				
Western Oregon at Colorado Christian				
<b>Monday, Sept. 14 Match</b>				
Evergreen State at Western Oregon				
<b>CLASS 1A CASCO LEAGUE</b>				
Team	League	All		
Country Christian	1-0	2-0		
Perrydale	1-0	1-0		
Crosshill Christian	1-0	2-2		
Willamette Valley Christian	1-1	1-2		
Falls City	0-1	0-1		
Livingstone Adventist	0-1	0-1		
C.S. Lewis	0-1	0-3		
Jewell	0-1	0-0		
<b>Wednesday, Sept. 2 Result</b>				
Perrydale def. WVC 25-21, 25-10, 22-25, 25-14				
<b>Thursday, Sept. 3 Result</b>				
Country Christian def. Falls City 25-9, 25-11, 25-9				
<b>Tuesday, Sept. 8 Matches</b>				
Damascus Christian at Falls City				
Perrydale at Livingstone Adventist				
<b>Thursday, Sept. 10 Matches</b>				
Jewell at Falls City				
Crosshill Christian at Perrydale				
<b>Friday, Sept. 11 Match</b>				
Lowell at Perrydale				
Crow at Perrydale				
<b>Tuesday, Sept. 15 Match</b>				
Perrydale at Falls City				
<b>COLLEGE GNAC</b>				
Team	League	All		
Alaska Anchorage	0-0	4-0		
Concordia	0-0	4-0		
Western Washington	0-0	2-2		
Simon Fraser	0-0	2-2		
Seattle Pacific	0-0	1-3		
Northwest Nazarene	0-0	1-3		
Montana State Billings	0-0	1-3		
Alaska Fairbanks	0-0	0-3		
Central Washington	0-0	0-3		
Western Oregon	0-0	0-4		
Saint Martin's	0-0	0-5		
<b>Friday, Sept. 4 Results</b>				
Cal State-San Bernardino def. Western Oregon 25-11, 25-22, 25-25, 25-15				
Colorado School of Mines def. Western Oregon 25-17, 25-18, 25-16				
<b>Saturday, Sept. 5 Results</b>				
Findlay def. Western Oregon 25-14, 25-17, 25-22				
Minnesota State-Moorehead def. Western Oregon 25-19, 25-13, 25-23				
<b>Tuesday, Sept. 8 Match</b>				
Lewis & Clark at Western Oregon				
<b>Thursday, Sept. 10 Match</b>				
Adelphi at Western Oregon				
<b>Friday, Sept. 11 Matches</b>				
Cal State-Chico at Western Oregon				
Wisconsin-Parkside at Western Oregon				
<b>Saturday, Sept. 12 Match</b>				
Notre Dame De Namur at WOU				
<b>For more Scoreboard, see Page 11A</b>				


Itemizer-Observer

## Athlete of the Week



**Makana Pundyke**  
Western Oregon

Pundyke, a senior on Western Oregon's women's soccer team, started the 2015 season with a bang. Pundyke was one of two WOU players to score two goals during the Wolves' 7-0 victory over Warner Pacific on Thursday afternoon. Pundyke, Western Oregon's top returning scorer from 2014, helped ensure the Wolves' season-opener was never in doubt as WOU rolled to the victory.



**Treve Earhart**  
Dallas High

Earhart, a sophomore, helped provide a spark on offense for Dallas' football team against Crater on Friday. With the Dragons' starting and second string quarterback, as well as the team's starting fullback, injured, Earhart scored three touchdowns, scoring on a 1-yard run and a pair of catches of 24 and 4 yards, all in the second half. Although the Dragons saw a furious rally fall short, Earhart stepped up on offense.

To submit nominations for the Itemizer-Observer Athlete of the Week, contact Sports Editor Lukas Eggen at 503-623-2373 or leggen@polkio.com by 9 a.m. on Monday.



JOLENE GUZMAN/Itemizer-Observer

**Brian Green will serve as principal at Morrison Campus Alternative School. He will also keep his role as assistant principal at Dallas High School.**

## Green ready to expand campus

**By Jolene Guzman**  
The Itemizer-Observer

DALLAS — Brian Green is a believer in the adage, “Kids don’t care how much you know until they know how much you care.”

Given that, Green’s new role as the principal at Morrison Campus Alternative School seems a natural fit.

“I think the staff over at Morrison, they represent that saying,” he said.

Green will retain his duties as an assistant principal at Dallas High School, so adding the responsibility will be an exercise in time management.

Still, he will have a daily presence on the campus, located on Southwest Ash Street.

“I like the sense of family they have over there,” he said. “I really welcome the opportunity. This is a change that I readily embrace.”

Morrison students agree to three standards: show up and be on time every day; work to the best of your abil-

ity; and be respectful and cooperative.

Green said he won’t change that formula. Those three rules have produced more than 600 graduates since the school was established in 1999.

“(Some of those) students, if they didn’t have the program possibly wouldn’t have graduated,” Green said. “I don’t see a need to do any changes on a program that is already established. ... My goal is to go in and look and listen and ask questions.”

He would like to see the program expand.

Now the school has just three full-time teachers, and one full-time clerical assistant. The rest of the staff — an administrator, counselor, special education teacher, and clerical assistant — are part-time.

This fall, about 60 students will attend. Adding another teacher would enable the program to enroll more students, Green said.

“There’s a fluid waiting list that is never empty, which is

showing me that there are students here who are ready to be at Morrison who have to wait until a spot is open,” Green said.

Exploring allowing Morrison students to take electives at DHS and bringing in a teacher from Chemeketa Community College for college prep classes are other objectives for his first year.

A first-generation college graduate, Green said he understands the struggles Morrison students have experienced. He also knows the influence an invested teacher can have on the lives — and success — of students.

“I can look back on teachers who had a significant impact on my life, who believed in me, and told me I could do it. I see that same belief system from the teachers at Morrison as they interact with the kids,” Green said. “I believe that all kids can succeed, that sometimes our job is to help them find their potential and believe in them.”

## Geddes eager to start as head of Whitworth school

**By Jolene Guzman**  
The Itemizer-Observer

DALLAS — Whitworth’s new principal, Darlene Geddes, and her family spent time converting her office into a “multi-purpose” meeting room last week.

They worked partially because enrollment at the school is to the point where every bit of classroom space is in use.

Mostly, though, they made the multi-purpose room because Geddes doesn’t plan on spending a lot of time there.

She said it would be better used as a room teachers could meet to discuss strategies, student data, or meet with parents.

Her plan is to spend as much time in classrooms as possible, helping teachers teach and students learn.

“However I can be used for their good work is how I envision my usefulness,” she said. “I don’t think I’m very helpful in an office.”

Geddes moved to Whitworth when former principal Steve Martinelli took a post at the district office as the director of instructional services. Before the transition, Geddes was an assistant principal at Dallas High School for one year.

Geddes, who has experience in schools at all levels, spent the last three years working with high school students in alternative education programs or who are struggling in traditional settings. Her goal as an elementary school principal is to catch those issues earlier.

“By providing the enrichments and interventions for students at this level, we really

are setting a foundation for success for our students as they make their way toward graduation,” she said.

Continuing communication between teachers in each grade level and between schools will be critical to that effort, she said.

“We are seeing a great deal of communication between third and fourth grade, which is amazing because that helps us develop plans for those kiddos as they are coming in,” she said. “I would like to see that between fifth to sixth grade.”

She also intends to analyze data about student performance to find both school-wide and individual student struggles.

“That’s one of our main goals is to continue fine tuning that, the ongoing collection and analyzing and using data to identify our school needs,” she said.

Geddes also would like to incorporate more STEM (science, technology, engineering and math) into classes.

One thing students and parents won’t see is much change to how the school day runs at Whitworth.

“I’m not typically a person who wants to change important and special traditions,” she said. “I think they are there for a reason.”

Taking a relaxing long weekend before the start of school is one of those. On Friday, Geddes shooed the school’s staff home following its open house. She wanted everyone rested and ready for the first day.

“I’m really looking forward to having all the kids here,” she said.



JOLENE GUZMAN/Itemizer-Observer

**Darlene Geddes plans to spend all the time she can in classrooms to help teachers teach and students learn during the 2015-16 school year.**

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# Seidel excited to make her return to Monmouth

*New principal attended Western Oregon University*

**By Emily Mentzer**  
The Itemizer-Observer

MONMOUTH — Kim Seidel is thrilled to return to Monmouth to work as the principal at Monmouth Elementary School.

"I went to Western Oregon University," she said. "My husband and I met here. We both said if we ever have the opportunity to live back in Monmouth, we'd do that. We brought our three kids with us."

Seidel had wanted to be a teacher since she was 7. Now 36, she spent 14 years in Tillamook at a fourth-, fifth-, and sixth-grade school.

She taught fifth grade, became a math specialist and then dean of students — similar to assistant principal.

"I'm really excited to be in a school with younger

grades," Seidel noted. "You really miss that."

When she first started the teacher preparation program at WOU, she wanted to be a kindergarten teacher.

"I loved every grade I taught," she said. "I didn't think I'd be in administration. I thought I'd be a teacher forever."

Once she moved to full-time dean at East Elementary in Tillamook, she knew administration was a good fit for her.

"That's where I knew I could really help effect change on a bigger scale," Seidel said. "I could be a teacher-leader, and help develop the best practices for students."

Seidel is impressed with the teachers and employees at MES, and is eager to get started working with them to make the school the best it can be.

"I've seen so many teachers in the building, all of them making sure their classrooms are ready for kids," she said.

Seidel is willing to make changes, but she is in no hurry. She said she will see what's already working well — and suspects there are many great things already happening at MES.

"As the year goes on, we'll see where our strengths and weaknesses are, and fine tune what we need to for this year and the following year," she said.

MES has a new school motto this year to go with its Dolphins mascot: SWIM.

"Safe students, Working hard, In control, Making good choices," Seidel said. "We'll be working with kids on those school rules and continuing with a really positive culture with our kids."



EMILY MENTZER/Itemizer-Observer

Sharman Ensminger-Stapp was named Independence Elementary School principal.

# New principal ready to make a difference

*Ensminger-Stapp taught K-12 for 14 years*

**By Emily Mentzer**  
The Itemizer-Observer

INDEPENDENCE — Sharman Ensminger-Stapp believes education starts at the top and trickles down to change the lives of children.

The new principal at Independence Elementary School spent 14 years as a teacher for grades K-12 before stepping into administration. She said there are many similarities between a teacher and an administrator.

"It is all about kids," Ensminger, 44, said. "I believe in that work (teaching) being a game changer. That transformational work that can change the trajectory of a kid's life. The difference (between a teacher and principal) is your sphere of influence."

As a teacher, that sphere is limited to a classroom or grade level. As principal, Ensminger can support the entire system.

She starts in her office,

remodeled after Steve Tillery left the post last year.

"I really want this to be a thinking space," Ensminger said. "Every day we tell our children to take risks and to grow and to learn, but my job is to do the same for teachers and create the space where they can explore and challenge their own learning and take risks, because that's how they become game changers and better their practice."

Ensminger comes to Central after having worked in school districts on the coast and in the Willamette Valley, including Tillamook, Hillsboro, Forest Grove, Beaverton, Lincoln County and Gervais.

Most recently, she spent five years as an elementary principal in Gervais.

"What really drew me here to IES was just this real sense of heart and community," Ensminger said. "I am also really passionate about school improvement work. I know there are a lot of re-

ally good things at the district level that we're ready to move forward with."

Ensminger said she is excited to learn more about the core purpose of IES and help define and shape that. With a lot of new faces — from teachers to secretaries to the principal herself — some changes at IES will happen organically.

"It's going to be us really coming together and building on what I know is really solid here, that is that heart and commitment to team," she said. "I'm really excited to lead that and be part of that process."

Ensminger said her top concern — in addition to student learning — is having a safe campus. She said that is the absolute baseline.

"It's definitely a high priority ... to have a space where kids are safe, and a campus where we have really good safety procedures and protocols," Ensminger said.



EMILY MENTZER/Itemizer-Observer

Kim Seidel returns after teaching in Tillamook. Seidel attended Western Oregon.



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