

QUICK HITS

Registration for golf tourney open

DALLAS — Registration is open for the Dallas Quarterback Club's 22nd annual golf tournament on Aug. 20.

The 18-hole, four-person scramble begins at 9 a.m. at Dallas Golf Club. Check-in begins at 8 a.m.

Cost is \$55 per player for Dallas Golf Club members and \$60 for nonmembers.

The price includes green fees, lunch, starter pack and prizes. Mulligans will be available for purchase (limit two per person).

Space is limited to the first 13 teams.

Contests for longest drive, most accurate drive and putting will also be available.

Money raised from the event benefits Dallas football programs.

For more information: Dallas Golf Club, 503-623-6832.

Cross Creek men's club results

DALLAS — Cross Creek's men's club results for Aug. 2:

Low gross/low net
Gross: 1, Derrill Weaver, 38; 2 (tie), Jim Schroeder, Wayne Weathers and Roy Speelman, 40.

Net: 1, Larry Hatcher, 32; 2 (tie), Bob Bennett and Bob Bennett, 33; 4 (tie), Doyle Cornman, Brian Halin and John Hopkins, 34.

OSAA to use three referee crews for state playoffs

POLK COUNTY — The OSAA Executive Board approved the use of three-person officiating crews for 6A, 5A and 4A basketball playoffs beginning in 2017.

The expansion will affect early round playoff games at high school sites and state quarterfinals through state championship games.

Schools and leagues will have the option of using two- or three-person crews during the regular season, provided local official associations are able to cover the games.

Eight Western track athletes earn honors

MONMOUTH — Eight student-athletes from Western Oregon's track and field team earned all-academic team honors from the United States Track and Field and Cross Country Coaches Association.

Seniors Josh Hanna and Justin Larson and sophomore David Ribich earned recognition for the men, while seniors Emmi Collier and Stephanie Stuckey, junior Nicole Maurmann and sophomores Amanda Short and Suzanne Van De Grift earned honors for the women's team.



Shannon Snair first joined Bike MS in 2013, a few months after her younger sister, Nora, was diagnosed with MS.

PHOTO COURTESY OF SHANNON SNAIR/for the Itemizer-Observer

Hitting the road

Sisters find strength, inspiration through Bike MS

By Lukas Eggen
The Itemizer-Observer

MONMOUTH — As a child, Shannon Snair made it a point to protect her younger sister Nora from all she could.

In June of 2013, Nora encountered something that not even big sis could tackle.

"My 26-year-old sister woke up feeling strange, slightly numb and really clumsy," Shannon said. "Over the course of the next two days, muscle weakness spread throughout the left side of her body until it was essentially paralyzed."

Two days later, she received an emergency brain biopsy when doctors discovered Nora had acute sudden onset of tumefactive multiple sclerosis.

"I have always watched out for my little sister, but

Bike MS

• Bike MS raised \$585,000 for MS research.

• For more information: main.nationalmssociety.org/site/TR/Bike/ORCBikeEvents?pg=entry&fr_id=27007.

this disease was a bully I couldn't protect her from," Shannon said.

Shannon could have let the diagnosis devastate her.

Instead, it inspired her.

"One day, while (Nora) was still in the hospital, I got on the internet and did some research about MS in Oregon and realized Bike MS was right around the corner and located right here in Monmouth," Shannon said.

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PHOTO COURTESY OF SHANNON SNAIR/for the Itemizer-Observer

Shannon Snair, right, has taken part in Bike MS every year since 2013.

Obstacle course nears completion

The 1.5-mile route will feature multiple fitness stations to challenge people



LUKAS EGGEN/Itemizer-Observer

A balance beam is one of many different workouts to try in Independence.

By Lukas Eggen
The Itemizer-Observer

INDEPENDENCE — A 1.5-mile obstacle course stretching from the Independence Dog Park around the soccer fields is nearing completion.

Installation of fitness stations began earlier this year and Justin Hedlund, a project coordinator, expects the rest of the stations to be finished later this year.

"I hoped to have it completed last month, but it has been a much longer process than anticipated," Hedlund said. "At this point, I would say it is about 60 percent complete."

Once fully finished, the course will feature 12 fitness stations that will challenge those looking to spice up their run or walk in the park.

Hedlund said, to date, the balance

beam, hand-over-hand ladder, vault walls, over-under logs, parallel bars, and push-ups/pull-ups/rows have been installed.

"There has also been a considerable amount of work done to spread chip mulch along the trail," Hedlund said.

The tires for the tire flip and tire agility stations, box jumps, lateral hop, lateral run and burpee/crunch stations still need to be completed.

The final piece will be course signage in English and Spanish and include a QR code for video examples.

Hedlund was chosen to help lead the project, with the goal of offering a fitness trail system where people of varying experience and ability could get in a good, but challenging workout.

See COURSE, Page 9A

HOT AUGUST NIGHT

• PRIZES • RAFFLES
• BBQ • GAMES
Saturday August 20, 5-8pm

Enjoy the Lions Club Car Show in the park, then join us for an evening of fun!

Family friendly event by donation, free to veterans and their families!



Independence Elks Lodge Café & Memorial Garden
289 S Main St, Independence

Use C St entrance and park at rear of building.

INDEPENDENCE CINEMA 8

450 S. 2nd St., Independence
Showtimes 503-606-3000
www.IndependenceCinema8.com



Friday Aug. 12 to Thursday Aug. 18



Matinees are all shows before 6pm. New pricing for matinees are:
Adult \$7.25 Children \$6.75 • Senior \$7.00
Pricing does not reflect 3D showings.

SECRET LIFE OF PETS (Digital) (PG)	(12:25 2:40 4:55)	7:10	9:20
BAD MOMS (Digital) (R)	(12:30 2:45 5:10)	7:35	9:50
SAUSAGE PARTY (Digital) (R)	(12:35 2:50 5:05)	7:25	9:40
PETE'S DRAGON (Digital) (PG)	(12:10 2:35 5:00)	7:20	9:40
SUICIDE SQUAD (Digital) (PG13)	(1:20 4:10)	7:05	9:55
JASON BOURNE (Digital) (PG13)	(1:35 4:25)	7:15	10:00
NINE LIVES (Digital) (PG)	(12:50 3:05 5:15)	7:30	9:35
STAR TREK BEYOND (Digital) (PG13)	(1:30 4:15)	7:00	9:45

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Tuesdays ON **THE SQUARE**

AUGUST 16
Hot August Night Cruise In
Like classic cars?
Have one you like to show off?
Come down to the Cruise In on the Square. Check out some beautiful cars, listen to some live music, and grab a bite to eat.

Live Music Prizes Photos

Food Trucks:
Black Rock BBQ, JT's Food Truck, Critelli Sweets & Eats, Travelin' Taphouse Hot Dogs & Cotton Candy.

4:00 to 7:00 p.m.
on SE Court Street
(between Main and Jefferson Streets)

Please RSVP at www.dallasor.gov/tots

Visit us online at www.polkio.com