

# Playing at home

Jake Whisler and Kody Kuhlman both are playing summer baseball in their hometown

See page B1



2 Tickets & 2 "Feed Me" Cups  
WILDLIFE SAFARI  
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SATURDAY  
July 12, 2014

Sunny  
91/55  
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# Herald and News

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## Focus on fitness

H&N reporters prepare for local race

Run for Kids features an obstacle course designed by Crossfit Klamath



H&N photos by David Martinez

Reporter Samantha Tipler completes a pullup during a workout session led by Crossfit Klamath's owner, Dean Limb, in preparation for the Citizens for Safe Schools Run for Kids. The workout was meant to provide some of the challenges that will be in the race.

### You don't have to be an Olympian to try something new

By SAMANTHA TIPLER  
H&N Staff Reporter

When I think of lifting tractor tires, I think of Olympic swimmer Ryan Lochte. During the 2012 Olympics, I saw a biographic piece showing the athlete flip mammoth tires over and over in his personal workout.



Tipler

So on Friday, when Dean Limb, owner, Crossfit coach and level two USA weightlifting coach at Crossfit Klamath rolled a tractor tire into the parking lot and told me to lift it, I felt daunted. This is what Olympians do, I thought, not mere mortals like myself.

Kelley Minty Morris, communications and outreach manger with Citizens for Safe Schools, invited me and fellow reporters Nora Avery-Page and Dave Martinez to Crossfit Klamath in preparation for the Run For Kids race on Sunday, July 20.

See TIPLER, page A3



Reporter Nora Avery-Page bear crawls Friday in preparation for the Run for Kids 5K obstacle course. Participants can expect some crawling, a little climbing and a lot of mud.

## Good attitude crucial for success

By NORA AVERY-PAGE  
H&N Staff Reporter

"Am I going to have to do pullups?"

That was the first thing I asked Crossfit Klamath owner and trainer Dean Limb Friday morning when I arrived with my coworkers Samantha Tipler and Dave Martinez at the gym, where Citizens for Safe Schools communications and outreach manager Kelley Minty Morris invited us to get a preview of the Run for Kids 5K and obstacle course.



Avery-Page

"I have no upper body strength," I told Limb.

He laughed at me, told me I could do it, and then proceeded to make us jog up and down the street, do squats as low as we could, bear crawl and crab walk across the gym floor, flip massive tires in the parking lot, and more, until I was dripping in sweat.

See AVERY-PAGE, page A3

## New Modoc Field ready for turf

Project 75-percent done, completion date Sept. 5

By SAMANTHA TIPLER  
H&N Staff Reporter

A year ago the Klamath Union High School community came together and renovated the Modoc Field House. This summer, that effort has transformed into building a new Modoc Field.

"That was the springboard to get this whole thing happening," said Scott Souders with ZCS Engineering, the local company heading up the Modoc Field project. "And we got a lot of support from the community, and from the school district to say, 'Let's see what we can do.'"

What they're doing is installing a new synthetic turf field, and much more, at Modoc Field.

See TURF, page A5

## Veterans' health care

# Lawmakers seek lower price for bill

WASHINGTON (AP) — Stung by sticker shock, members of Congress are scrambling to lower the cost of a bill to fix veterans' health care amid a growing uproar over long waits for appointments and falsification of records to cover up the delays at Veterans Affairs hospitals.

At the same time, deficit hawks fear that letting veterans turn more to providers outside the VA for health care could cost far more if Congress, under pressure from powerful veterans groups, decides to renew that program rather than let it expire in two years.

Lawmakers in both parties agree on the need to reform the Veterans Affairs Department's health care network — the largest in the country — following reports of veterans dying while awaiting appointments at VA hospitals or clinics. The resulting election-year firestorm forced VA Secretary Eric Shinseki to resign in May. A half-dozen other VA officials have resigned or retired since then.

See VETERANS, page A5

>> To learn more about the Run for Kids, see page A3 <<

### DAILY BRIEFING

#### Deaths mount during Middle East crisis

Fighter jets and rockets continued to fly Friday between Israel and Gaza on the fourth day of the crisis that has killed 100 Palestinians and pinned down civilian populations on both sides. See page A7.

#### Trolley service continues despite financial issues

Although the economy is down, and funds are tight for Basin Transit Service, the company is doing what it can to continue the trolley ride historical tours for the summer. See page A2.

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