

Brown proposes citywide ban of kratom

Synthetic version described as opioid by FDA; SPD says drug marketed toward high schoolers

By Amanda Sullender
THE SPOKESMAN-REVIEW
Kratom, an herbal supplement available at many gas stations nationwide even while public health experts warn of possible harms, could soon be banned within Spokane city limits. The kratom ban was proposed by Mayor Lisa Brown. If approved by city council, products

derived from the psychoactive plant could not be sold or distributed within Spokane. The city would be the first in Washington to ban the drug. "I have taken seriously the input from both public health advocates and law enforcement, and they are seeing real harm in our community. This is common sense legislation that will protect people and keep our community

safe," Brown said in a statement. In its original plant form, kratom has been used to relieve pain for centuries in parts of Asia. The product sold in America is dried and crushed into a powder, which can be taken as a tea or pill. Though kratom is not an opioid, it affects opioid receptors in the brain and can create a similar

See KRATOM, 5

What is kratom?
Kratom is a psychoactive tree native to southeast Asia and is typically ground into a powder and processed into capsules or ingested as a tea. At low levels, kratom acts like a stimulant. While at high levels, its effects are more like opioids and sedatives. Sources: Drug Enforcement Administration, Shutterstock



DON BROCKETT
1936 - 2025
Longtime county prosecutor Brockett dies at 89
Known for Coe prosecutions, he built reputation for rigor, restraint

By Thomas Clouse
THE SPOKESMAN-REVIEW
Donald C. Brockett, a lawyer who served as Spokane County prosecutor for a quarter century and who once had a mother of a suspect pay a hitman to render him a "vegetable," has died. He was 89. Brockett, the prosecutor who got the first convictions against South Hill rapist Kevin Coe, had a reputation as a no-nonsense, but fair, prosecutor who followed the law. He also remained intensely focused on the interests of the victims and their families, some attorneys who worked with and against him said. Dutch Wetzel was hired by Brockett's office in 1978 and worked with him until Wetzel left in 1986 to become a defense attorney. "Don was a very conscientious prosecutor," Wetzel said. "For instance, he was extremely resistant to over-charging. The case should

See BROCKETT, 2

COUNTY PASSES BUDGET, CUTS UNFILLED JOBS
The commission voted unanimously Monday to approve \$983 million for 2026, with public safety prioritized. NW, 1

FURTHER REVIEW: TODAY IS THE DAY TO GIVE
What started as a way to counter Black Friday has turned into an annual symbol of generosity. NEWS, 6



INLAND NORTHWEST WOMEN OF THE YEAR Brought to you by BANK OF AMERICA
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STANDING FIRM



JESSE TINSLEY/THE SPOKESMAN-REVIEW

Lorraine Parlange, attorney for the Kalispel Tribe, works in many types of law. She is also a mom and a cancer survivor.

Lorraine Parlange's grit has made her a fierce legal advocate for the Kalispel Tribe of Indians

By Alexandra Duggan
THE SPOKESMAN-REVIEW



For seven weeks Lorraine Parlange would undergo chemotherapy for breast cancer and then head straight to the office where she continued to work as an attorney for the Kalispel Tribe of Indians. Through sickness and nausea, she pushed

through the grueling hours of being a tribal attorney. It might have fazed her for a second, but not for long. Parlange was on a mission to serve the tribe. "The work was there and it needed to be done," she said. Everyone else around her watched in awe - she had grit, determination and a true passion for the Native community.

"Sometimes attorneys (want to) collect paychecks," said tribal attorney and Kalispel Tribe member Alex Hilborn, who has worked with Parlange for around 10 years. "That isn't her ethos." While Parlange isn't a member of any tribe, she has made enough inroads with See PARLANGE, 5

Love, labor and heavy lifting

Volunteering together is part of the fun for the Kosteleckys



JESSE TINSLEY/THE SPOKESMAN-REVIEW

Joe and Lenny Kostelecky are longtime volunteers at the Christmas Bureau.

By Nina Culver
FOR THE SPOKESMAN-REVIEW



CHRISTMAS FUND • 2025

RAISED: \$68,627.55

GOAL: \$600,000

HOW TO DONATE: NEWS, 5

Lenny and Joe Kostelecky have been volunteering at the Christmas Bureau together for the past 12 years, making the event an important part of their holiday celebration. The Christmas Bureau, now in its 79th year, is a joint effort by Catholic Charities, Volunteers of America and The Spokesman-Review to provide a grocery store voucher to families in need, along with a book and a toy for each child. Lenny Kostelecky works in the toy room, helping parents pick out the perfect toys for their children. Her husband is on the toy restock crew, making

See BUREAU, 5