

THE Splash

LIBERTY LAKE'S COMMUNITY NEWSMAGAZINE
SEPTEMBER 2015

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WELLNESS

- Testimonials **PAGE 14**
(including Mary Naccarato, pictured)
- An '1800s kind of life' **PAGE 36**
- And more in this specially
themed package

SPREAD
THE HEALTH



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By **Craig Howard**
SPLASH CONTRIBUTOR

While it may not feature white sand, turquoise waves or palm trees swaying in the breeze, Stevens Naturopathic Center on Country Vista Road in Liberty Lake is considered by many to be a rejuvenating oasis.

Jeremiah and Julia Stevens set up shop here in August 2010, relocating from Coeur d'Alene, where the practice originated in 2006 as Lake City Naturopathic Care. The couple met while students at Bastyr University in Seattle, one of the world's leading alternative medicine colleges. Both were studying for their doctorate degree in naturopathic medicine at the time.

"Looking at medicine to 'fix the body because it was broken' never made sense to me," says Julia. "Looking at medicine to nourish and remove roadblocks in the body so it can do its job better was the paradigm I was taught."

The American Association of Naturopathic Physicians describes the practice of naturopathic medicine as "combining the wisdom of nature with the rigors of modern science." Naturopathic doctors "identify and remove barriers of good health by helping to create a healing internal and external environment," the AANP says. ND's can perform minor surgeries and are trained to incorporate prescription drugs, although most of the methodology revolves around natural healing agents.

Jeremiah graduated from Coeur d'Alene High School and went on to earn his undergraduate degree from the University of California-Berkeley in molecular and cellular biology with an emphasis in biochemistry. With a medical doctor as a father, Jeremiah grew up around traditional medicine. His mother, however, found relief from health issues through alternative medicine.

Jeremiah transitioned from the Bay Area to Seattle after college where he debated between enrolling in a conventional medical school or a naturopathic medical school. He eventually landed at a clinic that included physicians from both traditions.



SPLASH PHOTO BY CRAIG HOWARD

Jeremiah and Julia Stevens are naturopathic doctors who own and operate Stevens Naturopathic Center in Liberty Lake. The practice began in Coeur d'Alene in 2006 as Lake City Naturopathic Care.



A Cup of Joe

NewsMaker Q&A

"There were medical doctors working alongside naturopaths, acupuncturists and other alternative practitioners," he said. "Working in this setting convinced me that naturopathic medicine was what I was called to do."

Julia's family tree includes medical doctors, nurses and chiropractors. She grew up in the San Diego area and graduated with a degree in chemistry from the University of California-Santa Cruz. Following college, she applied to several chiropractic schools before discovering Bastyr University. Her decision to enroll drew a "mixed response" from her family.

"While explaining my choice to my great grandmother, who lived to the ripe age of 106, she asked, 'What is this naturopathic?'" Julia recalls. "I said, 'I am going to school to be a doctor and to teach people how to take better care of themselves, like eat their vegetables, get their rest and avoid toxic substances, so their bodies can heal and not get as sick in the future.' She looked at me strangely and said, 'You mean to tell me you need to go to a special school for that? That's common sense!' I know, grandma, I know."

When it comes to addressing issues like stress — one of the leading causes of chronic disease based on the way it compromises the immune system — Julia offers insight that would make her grandmother proud.

See HOLISTIC, page 4



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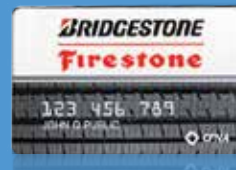
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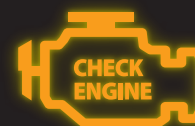
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SPREAD THE HEALTH

HOLISTIC

Continued from page 2

"Acknowledging stress is a major issue and giving people permission to take care of themselves," she said. "Learning the tools to nourish ourselves so we are better able to handle stress is important."

Jeremiah relaxes by hiking, snowboarding, cooking and reading. Julia spends her spare time with hobbies like travel, theater and spending time with family. Jeremiah and Julia are parents to four children.

Q. For those who have never heard of naturopathic medicine, how would you describe the practice?

A. *Jeremiah:* Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. In the state of Washington, we are licensed as primary care providers, meaning we can accept insurance, order labs and imaging, refer to specialists and prescribe most medications. In general, we try to find natural alternatives to drugs and surgery using things like diet, lifestyle counseling,

nutrition interventions, herbal medicines and hands-on physical therapies. There are, however, times and places where a pharmaceutical or surgical intervention is the best option, and we are not opposed to this if it is truly in the patient's best interest. We tend to spend a lot of time with our patients — usually an hour for a new visit and often 30 minutes for follow-ups. This is in order to really build a relationship with our patients and attempt to identify the underlying cause of illness and treat the whole person who is coming in to see us.

Q: I noticed Julia has an undergraduate degree in chemistry and Jeremiah has a degree in molecular and cellular biology with an emphasis in biochemistry. How do you think these fields of study lend themselves to naturopathic medicine?

A: *Julia:* Any field of medicine needs a strong undergrad in the sciences. My study of chemistry and the different energy fields and the intricacies of energy transfers for a simple molecule made me appreciate the workings of the human body early on in my formal studies. Both Jeremiah and I began with a pre-med basic science sequences with intentions of attending conventional medical school. Before I met Jeremiah, while I was working on my undergraduate work, I remember sitting in a medicinal chemistry

class. The lecture was about changes that are made on a molecular level to make a medicine more potent and I thought, 'Are we addressing the right side of the problem?' It takes a lot of research and development to make a single substance more potent, and yet if we increase the health of our entire immune system, we may be better off in the field of rapidly mutating infections.

Q: Do you find that the average person who pursues naturopathic treatment is doing so as an alternative to traditional Western medicine or as a supplement to it?

A: *Jeremiah:* I would say it is a mix. I usually say we get three groups of patients. First, those who have tried conventional medicine and have not received adequate relief from their concerns. They often seek us out for an alternative or to supplement what other care they are receiving. This is probably the largest group of patients we see. Second are those who are looking to be proactive in their health. We do a lot of work with general health and prevention and these patients are great to work with as they are looking for diet and lifestyle advice to stay healthy as long as possible. Third are those distrustful of conventional medicine. We get patients who don't normally seek out medical care except for emergencies. They may have had bad experiences for themselves or others and are not wanting to seek out care. This is a minority, but we can provide needed care and recommended screening procedures for this group of patients.

Q: I'm guessing it runs the gamut, but are there some more common conditions that you see as naturopathic doctor?

A: *Julia:* We work with chronic health conditions. Our conventional system is good at treating acute crisis. It's the long-term stuff that people have a hard time overcoming. We ask ourselves, 'Why isn't this person healing? What are the roadblocks? How can we help this person heal?' For our practice, it translates to increasing nourishment and decreasing stress or toxins and many times nourishing specific organs or organ systems, and choosing therapies that encourage the bodies self-healing abilities. We rarely choose the same protocol for two different people. Every visit is personalized to that specific person, for that specific challenge that the body is having. It's where the art and science blend, and it can be a lot of fun. Our bodies are made to heal; our job is to play detective and to get curious to what the body is asking for.

Q: The Okinawan diet, focusing on an island in Japan with the largest percentage of centenarians (those who live to be 100 years or more) has been gaining popularity in recent years. Most of the food they eat is plant-based. How much does nutrition fit into the counsel you

give at your practice?

A: *Julia:* Nutrition is vital. We are what we eat, and plant-based foods provide the appropriate soil for the vast microbiome that we have inside of us. The root of our immune system and our neurotransmitters are based in our gut. We need good food and a functioning digestive tract to have a balanced immune system and brain chemistry, solid energy, good sleep, good muscle tone, low inflammation in our bodies, balanced cholesterol, and the list can go on and on. So to circle back to your earlier question, we treat a lot of guts. Why? Because it's really important for your whole body. With 15 years of an ongoing personal pursuit of knowledge about our bodies, and wow, the 'soil' in our digestive tracts really matters to how our garden grows.

Q: Do you still see a general skepticism and/or unfair stereotypes about naturopathy among the general public, media and the mainstream medical community?

A: *Jeremiah:* Yes and no. The Northwest has become a hub for integrative medicine where different practitioners work together with their expertise for the betterment of their patients. With naturopathic schools in Portland and Seattle, there is more integration happening in these areas. More and more research is validating much of the nutritional and herbal interventions that we have been using for years. Mostly, patients are seeking out alternative care, so doctors are becoming more aware of the interventions that they are using. There may be some skepticism in the medical community, but I rarely encounter it personally. I refer patients regularly to specialists, and they accept our referrals. We do receive referrals back from many different health care providers in our community.

Q: Are there things you feel traditional Western medicine might be able to learn from naturopathy and vice versa?

A: *Julia:* All medicine needs a good clinical thought process — listening with open ears to the history, good physical exam, evaluating with labs, etc. Bedside manner is huge, often the patient will tell you exactly what's wrong and in the midst of rushed appointments and little time with the actual doctor it can get lost in translation. Also, to get on a soapbox, I'd love to imprint in everyone's heart that is involved with healthcare that our bodies are amazing. And to treat our bodies with respect and dignity is very important. As people we are all the drivers in our own vessels. Sure, we can take our vessels to different mechanics, if you will, but please don't lose sight that there is only one driver per vessel. Giving up a patient's personal power in the medical process I believe is a huge detriment to the whole process of trying to get people well.

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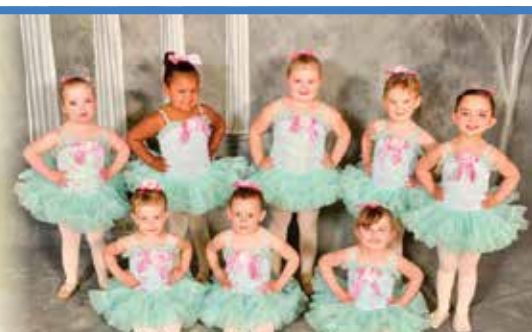
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SVFD Report

A total of 75 emergency calls originating in greater Liberty Lake* were reported by the Spokane Valley Fire Department between July 22 and Aug. 23, as follows:

| | |
|-----------------------------------|----|
| Emergency medical service calls | 57 |
| Motor vehicle accidents | 2 |
| Fires | 1 |
| Service calls | 2 |
| Building alarms | 3 |
| Hazardous materials | 2 |
| Good intent calls | 4 |
| Dispatched and cancelled en route | 4 |

**This report reflects the service area for SVFD Station No. 3 in Liberty Lake, which includes areas inside and outside of incorporated city limits*

Highlights

- **Outdoor burn ban** — SVFD and the city of Liberty Lake issued a burn ban on June 17, making unauthorized open burning and recreational fires illegal until further notice. This includes wood-burning backyard fire pits. Violators may be fined up to \$1,000. If an illegal fire causes another fire, criminal charges may be filed.
- **Good intent call** — Shortly before 10 a.m. July 23, SVFD crews responded to an automatic life-alert alarm that an elderly woman had taken a fall in the 1800 block of Meadows Place. Upon arrival, the crew found a sleeping woman who had inadvertently activated her button.
- **Natural gas odor** — SVFD crews responded to reports of natural gas odor in a home in the 800 block of South Liberty Drive just before 6 p.m. July 23. Firefighters also smelled the odor and soap bubble-tested gas fittings. Avista subcontractors were working about 200 feet south on the gas lines. Crews advised the homeowner that the regulator probably vented but contacted Avista to investigate.
- **Grass fire** — Shortly before 10 p.m. July 24, SVFD crews responded to reports of a possible grass fire in the median of Interstate 90. The caller was eastbound and saw someone pitch a lit cigarette out the window in the median just west of the Liberty Lake off-ramp and saw it hit the ground and disburse. Firefighters checked thoroughly but found no fire.
- **Motor vehicle accident** — SVFD crews responded to a one-car rollover accident between the eastbound lanes of I-90 and the eastbound on ramp from Harvard Road just after 10:30 p.m. July 24. The female driver was trapped in the car. Crews completed extrication, and she was transported to the hospital.

Police Report

The following items were among those reported by the Liberty Lake Police Department from July 20 to Aug. 17. The report is listed in chronological order.

Incidents and arrests

- **Threat** — At 6:09 p.m. July 20, LLPD responded to the 24000 block of East Spotted Owl Lane for a threat. The complainant reported a neighbor said she had a “bullet for all four neighbors,” which included the complainant. Officers spoke to the subject, who reported she was upset after receiving a notice in regard to a dog violation but had not made the comment about the bullets.
- **Domestic violence** — A Liberty Lake man was arrested at 3 p.m. July 22 at the 200 block of North Holiday Hills Drive for assault, second degree domestic violence. He was found to have choked the victim for an extended duration, leaving a massive bruise and constricting the airway to the point the victim could not breathe for over 20 seconds. He was booked into Spokane County Jail.
- **Citizen assist** — At 10:38 a.m. July 23, LLPD responded to the 25000 block of East Hawkstone Loop for a citizen assist. The complainant reported her neighbors were harassing her, so she purchased video cameras to record their activity. Officers explained to the complainant it was a civil matter and she needed to make a complaint with management. Upon clearing the incident, officers were approached by another tenant who reported she felt harassed by the complainant as she continually photographed and video-recorded her while outside. Again, officers explained she was within her right to do so, and no crime had taken place. She was advised the matter was civil and that she could complain to management. LLPD was later called at 7:53 p.m. Aug. 8 to the same complex for a complaint of being videotaped in public. Officers again explained the actions are not illegal.
- **Fleeing** — At 4:40 p.m. July 24, an LLPD officer observed a vehicle known to him to be traveling near the intersection of Aladdin Road and Mission Avenue. Once the driver observed the officer, he quickly exceeded the speed limit and traveled to an area gas station before ditching his vehicle and scaling the fence of a nearby business. Nearly a pound of suspected heroin was located at the scene. The incident was placed under investigation.
- **Vehicle theft** — At 5:54 a.m. July 26, LLPD responded to the 22000 block of East Appleway for a vehicle theft. A man reported when giving his son a ride, they began arguing because he refused to loan

- his son money, causing the son to make a comment about committing a robbery. The man pulled the vehicle over and got out, at which point his son moved from the passenger to the driver’s seat and took off without permission. An officer arrived, and the vehicle was entered as stolen. Charges for theft of a motor vehicle were forwarded to the prosecutor’s office.
- **Theft** — At 12:20 p.m. July 26, LLPD received a report of theft from the 23000 block of East Knox Avenue. The complainant reported that sometime over the weekend, multiple televisions were stolen out of RVs on site. The property loss was estimated at near \$5,000.
- **Arrest** — A 19-year-old Liberty Lake man was arrested at 12:47 p.m. July 26 at the 2100 block of North Sedge Lane for domestic violence malicious mischief. A complainant reported the man became irate and punched a refrigerator, causing an estimated \$200 in damage. He was taken to jail and booked on resisting arrest and domestic violence malicious mischief.
- **Missing signs** — At 8:11 p.m. July 26, LLPD responded to North Stevenson and East Boone for missing stop signs and a missing street sign.
- **Theft** — At 10:35 a.m. July 29, LLPD responded to a commercial burglary at the 23000 block of East Knox Avenue. A complainant reported sometime during the night, vehicles on the lot were entered, and six televisions were taken from inside. Property loss was estimated at near \$1,760.
- **Malicious mischief** — At 2:21 p.m. July 30, LLPD responded to the 21000 block of East Country Vista Drive for malicious mischief. A complainant reported that someone had tried to enter 18 of the garages on site forcefully. An officer arrived at the location and observed pry marks. However, no garages appeared to have been opened.
- **Arrest** — A 36-year-old Rockford man was arrested at 3:32 p.m. Aug. 3 on multiple charges, including DWLS, unlawful possession of fireworks and a warrant for escape from community custody. During the stop, an officer observed an altered stick of dynamite sitting next to a child located in the vehicle. The bomb squad was called later and deactivated the device. The man was booked into the Spokane County Jail.
- **Arrests** — A 33-year-old Spokane Valley man and 23-year-old Spokane Valley man were both arrested at 1:34 a.m. Aug. 4 at the 23000 block of East Knox Avenue. An officer observed a vehicle was parked at the rear of the business and upon checking, found it to

Calls for service

| | |
|--------------------------------|----|
| Agency assist | 1 |
| Alarm | 2 |
| Assault | 3 |
| Attempt to locate | 1 |
| Burglary | 5 |
| Child abuse or neglect | 1 |
| Citizen assist | 4 |
| Citizen dispute | 4 |
| Criminal mischief | 1 |
| Custodial interference | 1 |
| Disorderly conduct | 1 |
| Domestic violence | 2 |
| Drug possession | 1 |
| DUI | 2 |
| Forgery | 1 |
| Fugitive | 4 |
| Harassment | 1 |
| Littering | 1 |
| Lost or found property | 4 |
| Malicious mischief | 3 |
| Negligent homicide | 1 |
| Not classified | 5 |
| Parking problem | 1 |
| Property theft | 2 |
| Suspicious person/circumstance | 2 |
| Threatening | 2 |
| Traffic accident | 1 |
| Traffic offense | 21 |
| Trespassing | 4 |
| Vehicle theft | 2 |
| Welfare check | 3 |

Citations

| | |
|----------------------------------|----|
| Controlled substance violation | 1 |
| Driving without license with ID | 1 |
| DUI | 2 |
| DWLS | 21 |
| Expired registration | 10 |
| Failure to yield | 1 |
| Ignition interlocks | 1 |
| Liability insurance | 12 |
| Licenses and plates required | 1 |
| Malicious mischief | 1 |
| Operating violations (off road) | 2 |
| Parking in marked fire zone | 1 |
| Possession of drug paraphernalia | 1 |
| Prohibited turn | 1 |
| Reckless driving | 2 |
| Reckless endangerment | 1 |
| Resisting arrest | 1 |
| Speed in construction zone | 1 |
| Speeding | 13 |
| Stalking | 1 |
| Transfer of ownership | 1 |
| Unlawful possession of fireworks | 1 |
| Unlawful U-turn | 1 |
| Violation anti-harassment | 1 |

— Reported by the Liberty Lake Police Department, July 20 to Aug. 17

See POLICE, page 8



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NEWS

News Briefs

LLSWD monitors lake algae

Liberty Lake Sewer and Water District continues to test for toxins from blue-green algae blooms that emerged in water at Liberty Lake over a month ago. Because of the area drought and lack of snow pack during the winter, a greenhouse affect has taken affect to warm lake water and promote algae growth, some of which can be toxic to humans.

Warning signs have been posted around the lake with information that the water may be unsafe for people and pets. Until further notice, people are encouraged to avoid the areas of scum while swimming, water skiing and boating. For more, visit www.libertylake.org.

Receive updates on wildfires, local air quality

Due to the recent wildfire activity in Washington, the Greater Spokane Emergency Management issued a press release with some pertinent information.

Spokane Clean Air Agency will continue to update information on the local air quality. The information is updated daily of when changes warrant at www.spokanecleanair.org.

The Spokane Fire Department website provides advice on dealing with wildfire smoke under its news tab at my.spokanecity.org/fire/.

For information on Eastern Washington

Fires and beyond, visit inciweb.nwcg.gov/.

County closes ORV park

In mid-August, Spokane County closed the Liberty Lake ORV Park temporarily due to fire danger.

A press release stated that several factors led to the closure, such as area burn restrictions, increased fire danger and an abundance of vegetation along the trails.

The temporary restriction on motorized vehicle use in the park will stand until further notice. For more information, call 477-4730.

New golf tee time policy put into effect by County

In mid-August, Spokane County made adjustments to its tee time reservation policies in order to simplify the process for customers.

Tee times at any of the three Spokane County golf courses are now available at the regular rate up to 12 days in advance online and up to nine days in advance by phone. Reservations may still be made as far in advance as desired at the applicable pre-book rate.

In addition, golfers can now book a tee time for all three course with a single call to any of the County courses: Hangman Valley, 448-1212; Liberty Lake, 255-6233; or MeadowWood, 255-9539. For more information, go to www.spokanevalley.org/golf.

POLICE

Continued from page 6

be unoccupied. As the business recently has had multiple burglaries, the officer called for back-up, and more officers responded along with a K-9 unit. The two men were taken into custody and booked into the Spokane County Jail for burglary. Two other suspects are currently being sought.

• **Malicious mischief** — At 3:20 p.m. Aug. 5, LLPD responded to the 1800 block of North Harvard Road for malicious mischief. A complainant reported someone had broken out the window of his vehicle with a pellet gun or something similar. The estimated cost to replace the window is \$428.

• **Trespassing** — Trespassing charges were forwarded to the prosecutor's office at 8:36 a.m. Aug. 5 against a 56-year-old Liberty Lake man who was reported to have made multiple calls and threats against a facility in the 1300 block of North Whitman Lane. People at the location called to report the man was intoxicated and demanding to see a physician. He left before officers arrived. Currently, he is being prosecuted for impersonating a doctor, trespassing and other charges by other agencies in the county.

• **Malicious mischief** — At 3:43 p.m. Aug. 6, LLPD responded to the 21000 block

of East George Gee Avenue for malicious mischief. A complainant reported the rear window of a vehicle on the lot had been broken out by what appeared to be a piece of plywood, as there were chips inside the vehicle. Estimated damage to the vehicle is near \$1,500.

• **Assault** — At 8 p.m. Aug. 7, LLPD responded to the 1800 block of North Harvard Road for an assault. A man reported he was assaulted by a co-worker the night prior. The incident was placed under investigation.

• **Theft** — At 12:20 p.m. Aug. 8, LLPD responded to the 23000 block of East Mission Avenue for a report of a theft of medication from the location. The incident was placed under investigation.

• **Burglary arrest** — A 23-year-old Spokane Valley man was arrested at 7:31 p.m. Aug. 8 at the 21000 block of East Meriweather Lane for burglary. He was seen in the backyard at the location trying to climb onto the roof using a decorative chain hanging from the rain gutter. An officer arrived and took him into custody. He was booked into Spokane County Jail for burglary.

• **Suspicious circumstance** — At 8:01 p.m. Aug. 10, LLPD responded to North Caulfield Court and East Maxwell Avenue for a suspicious circumstance. A woman reported a

See POLICE, page 39



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NEWS

Council leans toward revisions to sign code at annual retreat

By Craig Howard
SPLASH CONTRIBUTOR

The debate over signs in Liberty Lake — characterized by the tension between commercial demands and aesthetic priorities — has flown like a red flag since the city incorporated in August 2001.

At the City Council retreat last month, it appeared the winds may finally be shifting municipal standards in favor of expanded and more visible signage, at least along the I-90 thoroughfare.

While no official vote was taken Aug. 18, the governing board did agree to dissolve an area known as the “interchange corridor,” which has traditionally disallowed large free-standing signs within 1,500 feet of the Harvard Road/Liberty Lake Road interchange. Removing the restriction would mean that businesses within the area could utilize signage up to 30 feet high — the current ceiling established by the city.

Eric Rock of Consign Furniture was one of several retreat attendees who spoke in support of broadening sign parameters. The business has a site in Post Falls and is in the process of moving into the long-abandoned Ashley Furniture location along Country Vista but would be unable to incorporate freeway signage under the current regulations.

“It would be tough to get our message across,” said Rock, who lives in Liberty Lake. “Signage along the freeway is crucial to us in Post Falls.”

Jordan Dummit of R’nR RV told council that the retailer was “just trying to identify our brands and what we sell.”

“We’re one of six RV dealers along the corridor, and not all of those are in Liberty Lake,” Dummit said. “It’s hard to compete when you’re only allowed a certain amount of signage, and everyone around you is allowed significantly more.”

Council also reached an informal consensus to keep free-standing signs within 250 feet of I-90, a rule that would leave entities like the HUB Sports Center — set back from the freeway — out of luck. Council Member Dan Dunne supported keeping the taller signs along the frontage area where around 100,000 cars pass each day.

“I believe that’s where they have merit,” Dunne said.

Council Member Bob Moore expressed concern with the potential number of towering placards that could crop up along both sides of the highway.

“I am unsure about what the implications could be,” Moore said. “I think we ought to know how many signs we’re talking about. I would like to know that before we vote on this change.”

The governing board also discussed the possibility of electronically changing message signs, or “ECMS,” as retreat facilitator Greg Dohrn referred to them. Dohrn said he counted a dozen such signs from the western border of Liberty Lake to Spokane on a recent drive.

Dunne and Council Members Shane Brickner, Odin Langford and Hugh Severs said they supported the shift toward ECMS along I-90, with Dunne and Severs specifying that they would vote for the change only if the transitioning message alternated every five seconds instead of the more common three seconds.

When it came to ECMS utilization by businesses along commercial roads like Country Vista and Appleway, the same voting pattern emerged with the exception of Dunne, who said he was still “unsure.”

Kaminskas said she had taken an informal survey of around 100 residents regarding ECMS within the city, with around 70 percent opposing the idea.

Moore spoke in favor of a more flexible

IN THE BOOKS, ON THE DOCKET

A look back and ahead at news from City Hall

By Craig Howard
SPLASH CONTRIBUTOR

In the Books (August)

- In his report from the Community Development Committee, Council Member Dan Dunne said the city was considering a cost of \$20 an hour for use of the new concession stand at Pavillion Park. Nonprofit groups would not incur a fee.

- City Administrator Katy Allen provided an update on a wayfinding program being proposed on a regional level. Signage would direct motorists to sites like parks, golf courses and libraries. “Some of the cities are struggling with it, mostly because of the cost,” Allen said. “The city will have to decide if we want to be part of this program.”

- Allen said the city had addressed several recent incidents involving graffiti at public sites. She encouraged residents “to be the eyes of the community” in reporting graffiti.

- Sam Martin, a student at Greenacres Middle School, received a certificate from the city for naming the Monarch butterfly garden in Pavillion Park. “Garden of Wings,” featuring plants and shelter to support Monarch migration, is the only city-sponsored butterfly way station in Washington state.

- Kottayam V. Natarajan Jr., a commissioner with the Liberty Lake Sewer and Water District, told council Aug. 18 that warning signs would be posted along the perimeter of the lake in wake of tests that determined a level of one microgram per liter of microcystis, a

naturally occurring algae that is known to be toxic. While six micrograms per liter is recognized as the threshold for safe recreational water use, Natarajan said the district “wants to be super cautious about this issue” and is working with the Spokane Regional Health District to get the word out. He said unusually warm temperatures and lack of precipitation this summer have led to an increase in algae. Toxic algae can have detrimental effects on animals and humans.

- The change order for additional upgrades at the Pavillion Park concession stand was approved unanimously on Aug. 18. The bill, which amounted to just over \$10,000 after tax, included a floor sink, the relocation of an irrigation line, cedar siding and concrete countertops. The Liberty Lake Kiwanis stepped up to donate the funds for other improvements, including a sink and plumbing.

- Council approved a consultant agreement with AHBL for the design of next year’s Liberty Lake Road renovation and a roundabout at Mission and Molter.

On the Docket (September)

- Council is scheduled to continue its annual retreat on Sept. 1 with a discussion of priorities for 2016 and a presentation from a citizen taskforce on capital facilities charged with reviewing options for an aquatic facility, community center and library.

- A public hearing on the city’s capital facilities plan is on the City Council agenda for its Sept. 15 meeting.

- Council will hear first read ordinances on amendments to the comprehensive plan and development code at the Sept. 15 meeting.

- Council will pass a resolution outlining its priorities for next year on Sept. 15.

approach to signs, based on “different situations faced by businesses.”

“Let’s not change the code, let’s make some exceptions and address each situation differently,” he said. “That makes more sense.”

Mayor Steve Peterson countered that businesses in Liberty Lake are looking for continuity when it comes to signage.

“I think the core issue, whether you’re an investor, a homeowner or a business, is to have predictability,” Peterson said. “I think that unpredictability hurts the community.”

Council members agreed on the value of ECMS operated by entities like the school, the library, the Liberty Lake Sewer and Water District and the city itself, although there is still a question as to whether such signs could be allowed by the public and not the private sector.

Severs echoed the sentiments of his council colleagues when emphasizing the importance of the city establishing uniform aesthetic standards for any new approach

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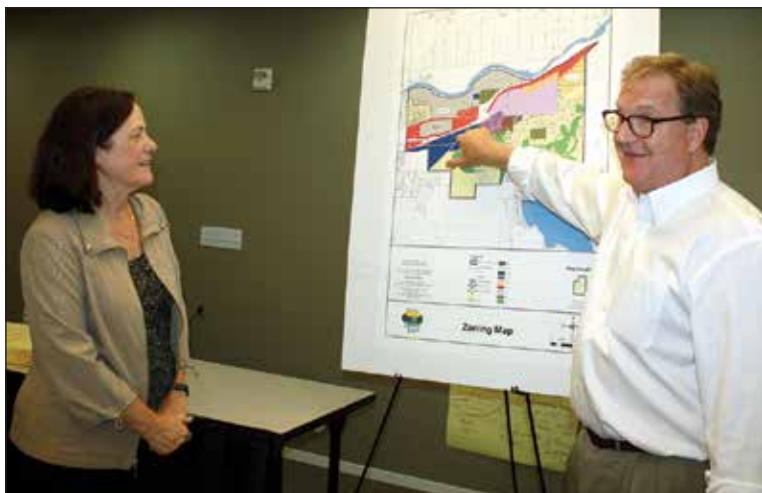
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See COUNCIL, page 11

NEWS



SPLASH PHOTO BY CRAIG HOWARD

Greg Dohrn, hired by the city last year to facilitate a revision of the comprehensive plan, led the City Council through its annual retreat agenda on Aug. 18. City Administrator Katy Allen is to Dohrn's right.

and revising the blueprint for development. He described how the city has already begun a public review process that has included council, the planning commission, city staff, local developers and service providers, surrounding jurisdictions and residents.

Dohrn added that, generally, stakeholders have said they "don't want to see a lot of change in the plan" although there has been some talk about making the document more user-friendly and addressing future development of the city's central business district.

Moore said he would like to see the city consider "transportation and arterials as it relates to traffic movement," specifically adjacent to the Meadowood Technology Campus where a new Comcast office is scheduled to open next year. The city has discussed adding a traffic roundabout at Mission Avenue and Molter Road to deal with the influx in motorists. The Comcast site is reported to have capacity for up to 750 new employees.

"We need more than a roundabout at one location," Moore said.

Allen said the city has had preliminary discussions with the state Department of Transportation about adding another northbound lane across I-90 at the Liberty Lake Road/Appleyway intersection. The city has plans for its own upgrades to the heavily traveled intersection next year.

"Our goal is to design that intersection to develop better traffic flow," Allen said.

Moore also raised the issue of planning commission members who live beyond city limits. Currently, the city allows for two of seven commission representatives who reside outside Liberty Lake. Moore said the policy should be more consistent with the rule for City Council which states that members must be full-time Liberty Lake residents.

Peterson said the designation allowing non-resident planning commission delegates was instituted shortly after incorporation to foster goodwill with the area south of Sprague that was not included in the municipal boundaries.

"It was about trying to hold the community together," he said. "Having them as a guidance helps us and helps them."

The mayor added that a number of non-residents own property in the city and the current setup "allows them to have a voice."

Moore said conditions have changed considerably since incorporation, with the city more than doubling in population.

"Council members are required to live in the city — I think it should be the same for the planning commission," Moore said.

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COUNCIL

Continued from page 10

to signs. The list of traits includes message frequency, brightness, variety of colors and overall appearance.

Dohrn said the sign code would be brought back to council for further discussion on Oct. 6. Since spring of 2014, the city has conducted no shortage of sign code considerations, including stakeholder gatherings, workshops, public hearings and reviews and recommendations by the planning commission, the latest of which

formed the framework for the conversation at the retreat.

"This is not an easy discussion," City Administrator Katy Allen said. "Everyone has their own opinion, but there's not much more to go over. We just kind of need to pull it together."

Comprehensive plan

The retreat began with dialogue about the periodic update to the city's comprehensive plan required by the state every eight years. Dohrn was brought on by the city late last year to facilitate the process of reviewing

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NEWS

COUNCIL

Continued from page 11

City identity

Another aspect of the comprehensive plan that the city is still sorting through has to do with a clear municipal identity. Dohrn said while Liberty Lake is known for having open vistas and being pedestrian and family friendly, there is still no concrete brand.

"There's this idea of a suburban village but there's not a lot of direction within the plan itself," Dohrn said. "The more specific the direction, the more helpful that will be from a policy standpoint."

Langford pointed to examples like Chelan and Leavenworth known for distinctive themes but stopped short of saying Liberty Lake should concentrate on developing a similar dedicated image.

"I'm not sure if we want to label ourselves like that but how do we identify ourselves?" Langford said. "We all know this is a great place but why has it taken us so long to articulate that?"

Allen brought up the phrase "Come home to Liberty Lake" that was developed for a publication several years ago. The tagline "Live. Work. Play." has also been utilized.

"We haven't really created a slogan or motto," Allen said. "It's all in our mission statement, but that's fairly long."

Severs said the city shouldn't overlook the preponderance of technology-centered businesses that call Liberty Lake home and the draw it might have for other companies.

"I think it's critical that we continue this discussion about the identity of our city," Severs said.

Capital facilities

The final agenda item at the retreat involved a brief overview of the capital facilities plan, a road map of projects slated for 2016 to 2021. Allen said the city will have to decide how to address the remaining portion of the land near Liberty Lake Elementary, where the Central Valley School District will build a K-2 facility. The city currently operates the Liberty Lake Ballfields on the site.

Also in the mix is Orchard Park, a large greenspace that would be built in the River District neighborhood. Similar to Rocky Hill Park, Greenstone Homes would donate the land to the city which will cover design and construction costs. Planning and Building Services Manager Amanda Tainio told council that public participation for Orchard Park would begin this fall to stay on a schedule to apply for state grant funding.

While a report from the community facilities task force will take place at the second half of the retreat on Sept. 1, Allen did say the group has made significant progress on discussions about an aquatic facility, likely to cost in the vicinity of \$10 million. She said that funding would probably

come from a bond vote put before citizens. Finance Director R.J. Stevenson is compiling a report on what an approved initiative would mean to the average home in increased property tax.

Council applauds revised format for Barefoot in the Park

It seemed appropriate that Pavillion Park — not Liberty Lake City Hall — served as the site of the first City Council meeting in August. While the shift in venues had more to do with the observance of National Night Out, an event emphasizing neighborhood advocacy in the fight against crime, the outdoor setting on Aug. 4 represented an appropriate backdrop for a synopsis of the city's signature summer celebration, back after a one-year hiatus.

The event that premiered as Liberty Lake Days in 2010 returned on the last weekend of July with a new name — "Barefoot in the Park" — and a revised, three-day agenda that earned an earmark of \$30,000 in the 2015 municipal budget. Tainio and Recreation Coordinator Michelle Griffin presented council with a summary of the festivities, July 24-26, including a quick response to a stormfront that moved in on Saturday night.

To start, vendor booth registration reached capacity at 30 with revenue of \$3,100, while the Barefoot 3v3 Soccer bracket reported a similar turnout as a stand-alone tournament last year. Nearly 80 cars were part of the vintage auto show on Friday night, with \$450 being raised at the display for a scholarship fund.

Several local businesses reported an increase in revenue over the three-day schedule. The Best Western Peppertree Hotel was sold out over the weekend. A post-event survey is now available on the city's website at www.libertylakewa.gov.

New activities like footgolf at Trailhead drew over 30 registrants, while 63 participants completed a 5K run on Saturday morning. From carnival games to lacrosse to a talent show and live music on Friday night, around two dozen activities were part of the occasion.

On the money side, approximately \$14,500 was spent in service and supply costs. Adding in staff costs, the event still came in under budget.

Brickner brought his family to the park Friday and Saturday and noted that teams in the soccer tournament came from as far away as Montana and Oregon.

"I can't commend you guys enough," Brickner told Griffin and Tainio. "It was an incredible event."

Dunne said his relatives who visited from the west side of the state for the weekend emerged with "outstanding perceptions and impressions of Liberty Lake."

"They couldn't stop commenting on how beautiful and green the city is, especially in comparison to the Seattle area right now," Dunne said.



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Hi! My name is Jordan Spears and I just joined the Ponti Veterinary Hospital crew as their newest doctor! I am a 2015 graduate from Washington State University College of Veterinary Medicine (Go Cougs!). As a north Spokane native, I feel so blessed to be back in my hometown and I'm excited to call the Liberty Lake/Otis Orchards area my new home.

If you would have met me as a 6 year old, I would have either had my hair in pig tails (like "dog ears") or I would have been running around on all fours like a horse. Animals have always fascinated me, and I spent hours and hours reading animal encyclopedias and watching Animal Planet's "Emergency Vets." I collected more Beanie Babies and Breyer horses than I should admit, and my childhood dreams came true when I got my very own first horse when I was 12. From then on, I had a blast showing horses in 4H and eventually competed on my college equestrian team at Montana State University. It was in Montana that my love for veterinary medicine was further discovered during anatomy, physiology, and infectious disease courses, and with some encouragement from my college advisor and a lot of direction from God, I decided to apply to WSU veterinary school. I can't thank God enough that he's placed me in this wonderful profession, and I'm even more thankful to be surrounded by my colleagues at Ponti Veterinary Hospital who inspire me by their genuine passion and care for animals and people alike. I look forward to learning and growing here, developing new friendships, and becoming a part of this community. Thanks for letting me share a little bit about myself and I hope to see you around sometime at the clinic!



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Stories of wellness from our community

Name: Jen Mitchell

Age: 31

City: Liberty Lake

My story

Before I took my journey on this lifestyle change, I was overweight, exhausted and lacked any form of energy. I had issues with my health, and I just did not feel good. I even got to the point emotionally where I didn't even like myself. I hated doing my hair and makeup because I didn't like looking at myself in the mirror.

My results

I began my journey in May 2014, and as a result, I have lost 32 pounds and a total of 42 inches, and I have kept it off for a whole year! I have amazing energy and I sleep incredible! I never thought there was this kind of light at the end of my dark tunnel, but I can say that I have seen and improvement in my quality life on so many levels! The best part about this entire journey was the support and one-on-one coaching that I received. I definitely would have not been able to do it without the support that I got. It was so encouraging to just feel like I was a part of something special — a part of a greater cause that helps people transform their lives.



My encouragement

This was the solution that I was praying for, and I am so thankful that I said yes to a friend. This journey has completely changed my life, and I am forever grateful. Take the chance; take the leap of faith. What do you have to lose? You will never know if you don't try. One thing I learned is that the team of people that I got to do this with was determined not to let me fail. The one-on-one support was something I had never seen before. You can reach my coach at www.sharethehealth.isagenix.com, and she can help you succeed with your health goals as well.

Name: LauraLee Johnson

Age: 57

City: Post Falls

My story

When I was diagnosed with osteoporosis, I was told it was too late to correct my pretty severe condition with diet and exercise and was immediately put on bisphosphonate drugs. After a few months of taking the drugs, I started experiencing severe acid reflux and heartburn. After about six months, I could barely eat, felt nauseous and experienced severe stomach pain. I ended up needing esophageal/stomach surgery to correct the damage that I attribute to those medications. It was very depressing, and I felt old and weak. At a health fair, the Exercise Institute's "Women of Strength" program caught my eye, as it specifically listed "osteoporosis prevention and reversal." I couldn't believe

that a program of only 15 minutes a day, twice a week, could really make a difference, but I was desperate and did not want to take those medications again, so I began the program and the turnaround of my health! Shaun Johnson (no relation), owner/trainer, along with her staff, have been so encouraging to me through my journey. Shaun truly cares about my health and success in this program. The trainers' interest and encouragement makes me want to attend the workouts.

My results

After going to the Exercise Institute for 3½ years, I feel so much healthier and stronger. I have gained healthy lean mass and strengthened my entire body. But most significant of all, the osteoporosis completely reversed after about three years of this exercise program!

See WELLNESS, page 15



WELLNESS

Continued from page 14

My encouragement

As they say, “A body in motion stays in motion.” This program helps keep away the aches and pains so common in the aging process. I have confidence now that I can be a stronger older person, rather than a frail invalid. The Exercise Institute has improved my physical, as well as mental, wellbeing! I refer to this program as my “prescription” for a healthy life.

Name: Ceil Orr

Age: 69

City: Liberty Lake



My story

While I’ve struggled with snoring for over 10 years, over the last five years it’s become more than a big problem — even disturbing anyone in the same house with me, let alone the same room. I’d get up in the morning feeling lightheaded, sometimes with a headache, and always almost as tired as when I went to bed. Then in March, I read an item in *The Liberty Lake Splash* about Dr. Erin Elliott at Post Falls Family Dental Center and her process to test and treat sleep apnea. The information and ease of having the problem addressed (testing in the privacy of my own home) was the motivation I needed to make an appointment to see if the process could help me.

My results

Long story short — the first morning

See **WELLNESS**, page 16

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SPREAD THE HEALTH

WELLNESS

Continued from page 15

I woke up after using my custom-made mouth guard, it hit me that I was wide awake and clear headed. I also had more energy than usual. I drove to work without being the least bit tired and felt so much better all day. And it's only gotten better from there.

My encouragement

I'm so grateful for Dr. Elliott and the care she and the professionals at the center showed me in getting my snoring controlled. I only wish I'd found her/them sooner.

Name: Jan A.

Age: 69

City: Spokane Valley



My story

I'm a registered nurse, well educated in health and wellness, and for my whole adult life I have been different levels of overweight. I am blessed to have general good health, but the excess poundage on my 5-foot frame caused me to be tired and embarrassed, and my painful knees and hips had me avoiding walking and stairs. I felt like a puffy, overstuffed chair going through life.

Through the years, I have dabbled with different diets but it was always a "someday I'll deal with this" concept. In December, I was having a conversation with my self-development coach, and I really saw what my predictable future looked like, and I didn't like that one bit. I woke up! I hung up the phone and called my friend who has a Take Shape for Life business and enrolled in the program. I got started the next day, and it has been a miraculous journey for me. The food actually tastes good, it is nutritious, I eat every two to three hours so am never hungry, and the food is easily portable with no preparation for my on-the-go lifestyle. I love that I am taking care of my future and honoring myself by what I choose to put into my body.

My results

I am a new me! I have discarded 53 pounds, and for the first time in 30 years my knees don't hurt. I can get on the floor to play with my granddaughter, I enjoy walking and I'm not embarrassed by my body. I have a new sense of personal power and zest for life.

My encouragement

We all have a choice about how we experience and spend our one and only life. I choose health! Take Shape for Life has saved my life. For more info, talk to Melissa Niece.

See WELLNESS, page 17

SPREAD THE HEALTH



WELLNESS

Continued from page 16

Name: Mary Naccarato

Age: 47

City: Spokane Valley

My story

I am a teacher, a mentor, a counselor, a friend, a sister, a daughter and, most importantly, I am a mom to three boys. Life is wonderful and stressful, yet despite events that have challenged me, they will not define who I am; rather, they will push me to be better, faster and stronger. Stronger, yes, I will be strong.

Being a teacher and counselor for the past 24 years has been amazing, but I needed something more, something to release my stress. A friend of mine asked me to attend a yoga class at The Mat.

"The instructors, Jan Long and Barb Oviatt, are incredible," she said. "This will change your life; I promise."

I remember that evening, quite vividly in fact. After 75 minutes of intense pulling, stretching, reaching, bending and panting, it was over. I climbed into my car and, literally, collapsed. I was so emotionally, physically and spiritually drained, but rather than feel as though I could not think straight, it was the opposite. I felt focused, clear, calm, balanced and centered. This was all new to me, and I was hooked for life.

My results

This was five years ago, and today, not only am I a yoga instructor because of Jan and Barb, but they also set before me a nutritional plan that has balanced my life. Strength is not only physical; rather, one must be mentally and spiritually strong from within, which comes from nutrition. These two elements, yoga and a nutritionally balanced program, have been the key

components to my success. I no longer have stomach issues, I sleep better, and I feel incredible.

My encouragement

Because of The Mat, Jan and Barb's encouragement, and a well-balanced nutritional program, I AM the best I can be, and that, in itself, makes life wonderful.

See WELLNESS, page 18

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SPREAD THE HEALTH

WELLNESS

Continued from page 17

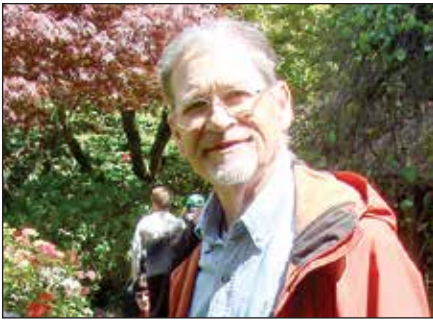
Name: Everett Arnold

Age: 72

City: Liberty Lake

My story

I moved to Liberty Lake from out of state four years ago and began going to Dr. Casey at Casey Family Dental to continue my regular dental cleaning and check-ups. It soon became apparent that I had sort of “outlived” everything my dentist had done in my previous state. What a shock that was! But Dr. Casey got right on top of the situation. He created a checklist of teeth that would be needing special attention. He explained it all to me. Then he patiently let me, and the dental insurance, set the pace. We started the restorations, and I was happy with them. But then suddenly 2013 turned into a “bad tooth year” for me! First, a small one needed something, and he rightly called it beyond salvage. He referred me to an oral surgeon for an implant. It was evident the oral surgeon had great regard for Dr. Casey and that helped me accept this new experience. But soon and suddenly other predicaments happened. A second oral surgeon and Dr. Casey helped me deal with a severe infection in another tooth, plus a broken off



part of a second tooth, and also impending crises in yet a third and fourth — all at the same time! Dr. Casey offered good coaching and effective treatment with great pain control all the way through it.

My results

Now I have a much better set of teeth than I started with. The checklist is finally complete. I’m more confident in my bite than I could be for years. And my teeth are beautifully color-matched.

My encouragement

I’m a fan of regular dental appointments. My dental hygienist is great at spotting special needs and teaching me how to respond to them in my daily tooth care. (I like it that she never keeps me waiting in the waiting room either!) My dentist keeps a watchful eye on everything. And it really feels good to know I’ll never have a “bad tooth year” again.

Name: Alaina Zurfluh

Age: 33

City: Liberty Lake

My story

I was active and athletic in high school and college, but over the past 10 years, I let the busyness of life take a toll on my health. Being overweight and out of shape was getting old, and I knew it was time to do something about it. My friends Luke and Jennifer Richey opened CrossFit Liberty Lake last December and invited me to join. I was excited to re-discover my inner athlete, so I went for it. CrossFit has absolutely changed my life! I’ve gained strength, confidence and mental fortitude. I really started to see my body change when our gym started a Paleo Challenge. Changing my eating habits was absolutely crucial. My body thrives on lean meats, veggies, fruit and nuts.

My results

Over the past seven months, I’ve lost about 12 pounds and 15 percent body fat, but what I’ve come to realize is that the numbers really don’t matter anymore. I’ve gained so much more than I will ever lose. I’ve gained an incredible CrossFit family, support system and coaching staff on top of athletic endurance, muscle tone and strength. It has been amazing to look back and say, “Wow, I couldn’t do a pull-up two



months ago, and now I can do three different types of pull-ups!”

My encouragement

This life is a journey. Don’t worry so much about the numbers and the destination. Find something you enjoy. Find something you love, and do it. Cut out the junk. Your body doesn’t need it, and you won’t miss it.

See WELLNESS, page 19

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Erin Elliott, DDS

SPREAD THE HEALTH

WELLNESS

Continued from page 18

Name: Dick Cole**Age:** 66**City:** Liberty Lake**My story**

In 2003, I was 54 and weighed 218 pounds. I was living in the Livermore Valley east of Oakland, Calif., at the time. I didn't think of myself as being fat, which just goes to show how self-deceived a person can be.

I was playing tennis once or twice a week but had to stop because my right Achilles tendon would hurt after each outing to the tennis court. I decided I needed to get some kind of exercise, so I started riding a bike. That decision changed my life.

I started out riding 5 miles, then 10, and before long all the way around Livermore (a whopping 27 miles). Before long, I was up to 60 then 70 miles on Saturdays. The following year, I rode 100 miles for the first time — once just with a friend and twice in supported century rides.

My results

By the following year, I had dropped 60 pounds. I never would have believed it possible. It wasn't just all the additional exercise I was getting that led to the weight loss. I practically eliminated fast food, which had been all too large a part of my diet.

My encouragement

Since then I've morphed into more of a runner and have moved to Liberty Lake. What a great place to run and ride. I've been running with the Liberty Lake Running Club the last few years and have really enjoyed getting to meet a bunch of great people who share my passion for exercise.

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EDITOR'S NOTE

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Fallen Heroes station honors Coast Guard hero, WA native

By Craig Howard
SPLASH CONTRIBUTOR

It was a winter storm that was not amenable to vessels of any kind.

Serving on Coast Guard Motor Lifeboat 44363, Seaman Clinton P. Miniken was part of a crew that received a distress call around 1 a.m. on Feb. 12, 1997. A two-man sailboat called the "Gale Runner" was being swirled about in high winds and heavy rain off the Washington coast.

The Gale Runner had lost its mast in the tumult and was taking on water near rugged shoreline formed by volcanic rock. As Miniken's rescue boat approached the imperiled sailors near shoreline, it rolled over several times. Miniken, whose crew was stationed at the nearby Quillayute River, was thrown from the deck into the churning water.

Ultimately, a Coast Guard HH-65 helicopter from Air Station Port Angeles pulled the Gale Runner's occupants to safety just before the sailboat slammed into the jagged bank. Miniken, a native of Snohomish, was not as fortunate.



MINIKEN

Clinton's mother, Dixie Miniken, looks back on the loss of her 22-year-old son that February morning and wonders how things could have been different.

"Unfortunately, the protocol of first responders — keep yourself safe — was not followed," Dixie said. "The weather conditions were not compatible for a small boat rescue."

The episode would later be chronicled in a book called "The Rescue of the Gale Runner — Death, Heroism and the U.S. Coast Guard," by Dennis Noble, a former member of the Coast Guard who was at the station on the morning of the incident.

Dixie remembers her son as an avid outdoorsman who was "outgoing, big-hearted, friendly and like a brother to many." Known for being competitive at sports and other activities, Clint "was also a gracious loser," Dixie said.

Miniken graduated from Snohomish High School in 1992 and had been in the Coast Guard for nine months before the incident that claimed his life. He had taken courses at Central Washington University and Everett Community College in criminal justice, with a goal of working as a state patrolman or border control agent.

"Clint enlisted in the Coast Guard to gain knowledge and experience," Dixie said. "He was due to transfer to a Coast Guard school in Petaluma, Calif., in April of that year."

This month, the Liberty Lake community will honor Miniken at a ceremony on Sept. 11 at 5:30 p.m. as the fifth installment in the Fallen Heroes Circuit Course is dedicated. The Coast Guard station is located at the Nature's Place at Meadowwood Arboretum next door to Liberty Lake City Hall.

"Seaman Miniken embodies the values of courage, selflessness and commitment we should all aspire to," said Bob Wiese, a former Marine and Liberty Lake resident who approached the city with the idea for Fallen Heroes back in 2012. "Part of our mission is to remind the community of the sacrifices these service men and women make in the line of duty. We share these stories to keep memories of these fallen alive and hopefully to inspire patrons to not take for granted what these men and women do for our country."

Dixie, who will make the trip to Lib-

erty Lake from the west side of the state with family for the ceremony, said her son "would be surprised at the attention but happy about the love and support from family, friends and community."

"The Fallen Heroes project is a wonderful way for the public to be reminded of the sacrifices made by military men and women and their families," she said. "We feel honored that he is being remembered by so many and will continue to inspire all who use the circuit course."

The Coast Guard site completes the original blueprint for the course, now covering a total of 5.54 miles. The stations include tributes to the Marines (Rocky Hill Park), Air Force (Pavillion Park), Navy (Town Square Park) and Army (along pathway on western edge of Trailhead Golf Course).

"This entire process has been extremely rewarding," said Wiese. "I am extremely humbled and thankful to everyone who has helped to make it happen. This speaks volumes for the culture of Liberty Lake."

Wiese is quick to point out that he was part of a collective effort to raise funds, work with the city and coordinate the quintet of sites. The advisory committee includes Kristi Dodson, Amy O'Connell, Tricia Usab, Tim Homer, Jason Spinden and Kathy Whybrew.

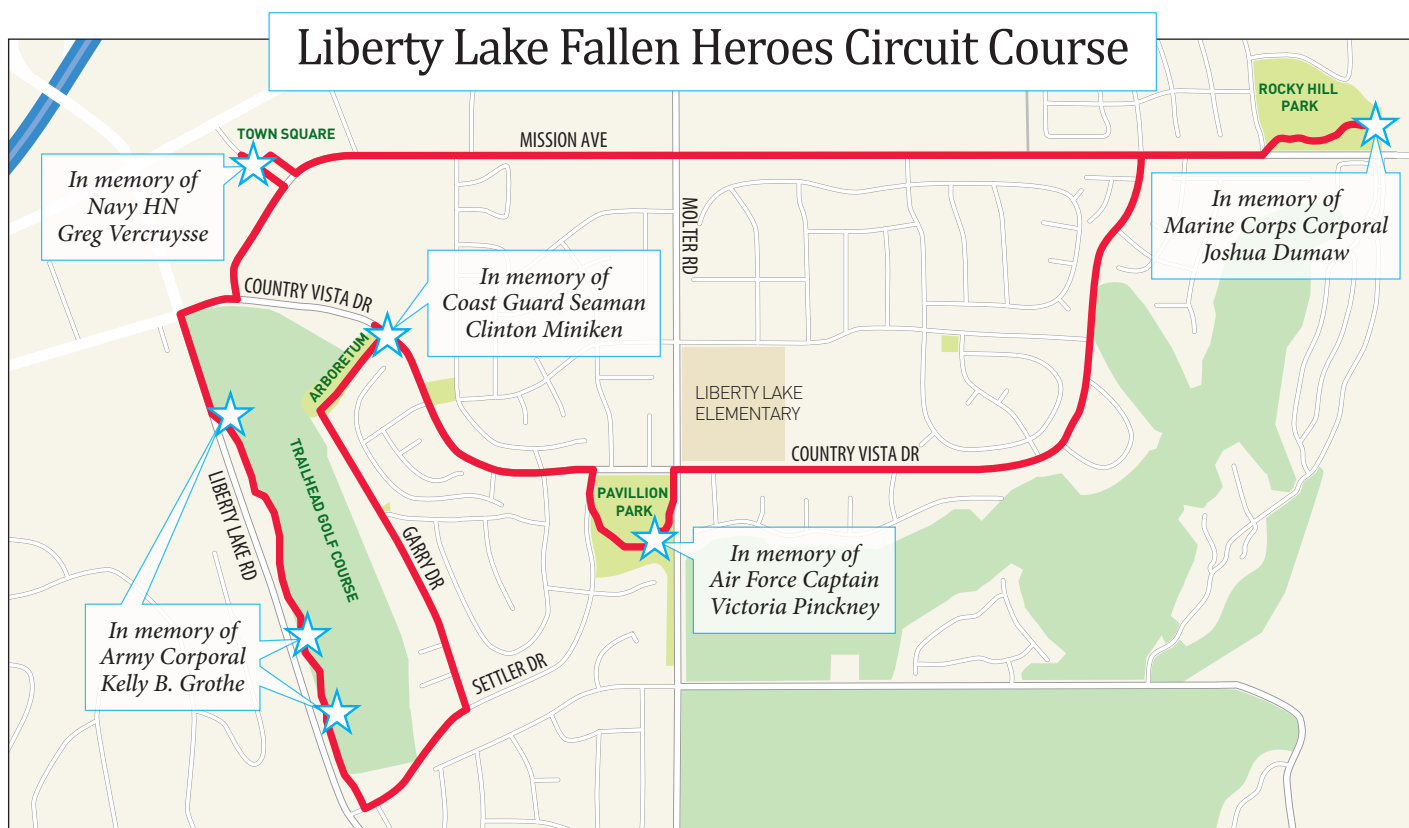
See **FALLEN HEROES**, page 46

TIPS FOR USING THE COURSE

Now that all five stations of the Fallen Heroes Circuit Course are complete, the project's founder — former Marine and Liberty Lake resident Bob Wiese — offers his advice for those seeking to utilize the stations.

- Pick any single station and complete three full sets of 10-15 reps on each piece of equipment (25 minutes)
- Pick two stations, complete two sets at each piece of equipment while running, walking or biking between the stations (one hour)
- Run, walk or bike the entire 5.54-mile course, complete one set on each piece of equipment (1.5 to 3 hours, depending on ability)
- Work your way up to the entire course by adding another station each week
- Give a fist bump or a high five to the designated hero at each station before working out there. Doing so reminds us what it is all about, and I believe each of the honored heroes would have loved that.
- Free group workouts have started at Rocky Hill Park at 6 p.m. on Wednesdays, as long as the work schedule allows. Hopefully others will be involved so it will continue on, even if some of us are out of town.

Details for the course can be found at www.llfhcc.org.



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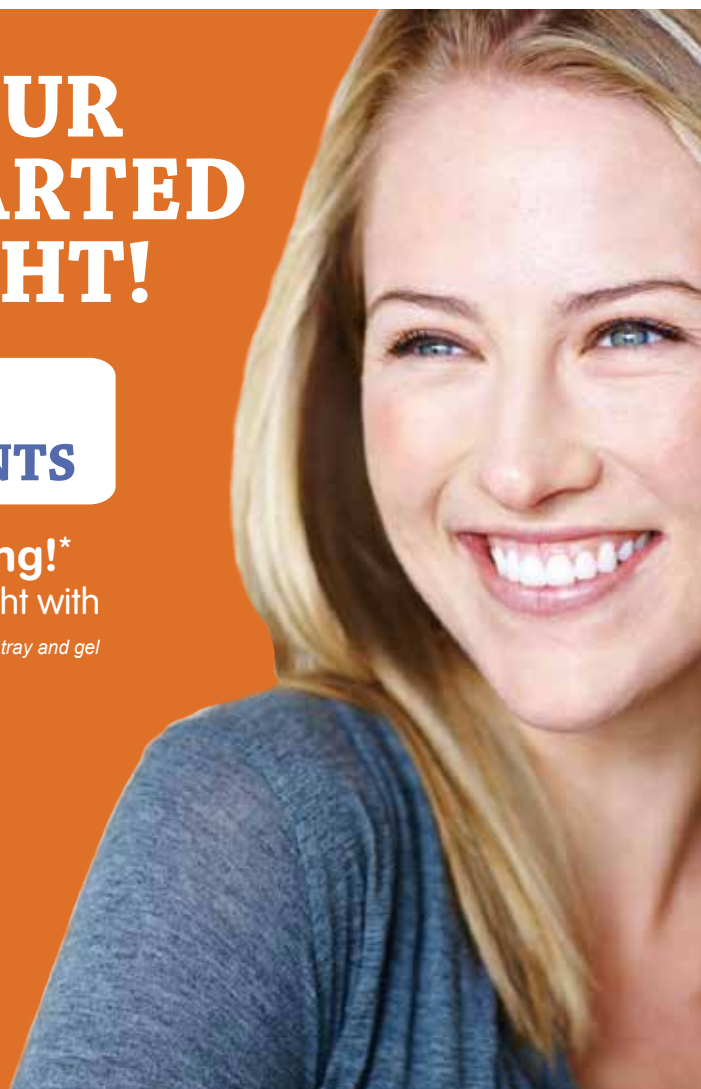
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Serving their schools

Kids work together to lead student bodies

By **Tammy Kimberley**
SPLASH STAFF WRITER

They are the voices heard on morning announcements. They are the ones leading the pledge at school assemblies and conducting meetings with classroom reps. They brainstorm fundraisers for the school and lend a helping hand to both students and teachers.

Who are these students? They are ASB officers.

The Associated Student Body, often referred to as simply ASB, is the entire student body of a given school. Students at Greenacres and Liberty Lake elementary schools voted last spring on officers who would serve together as a leadership crew for the coming school year. While their responsibilities vary depending on the school, both groups of ASB officers shared different ways they will represent their schools and be a voice for students.

"Everybody knows who you are when you're an ASB officer," Lucy Lynn, LLES president, said. "I want kids to look up to me."

Being a positive role model was a common reason many of the ASB officers decided to run for office. Others heard it was a fun experience, while some mentioned following in the footsteps of older

brothers or sisters.

"My older siblings ran for office, so I wanted to run too," said LLES treasurer Miles Daines.

Once the school year starts, the groups will determine goals for the year and work on their leadership skills. In addition to helping with announcements, assemblies and fundraisers, the officers meet regularly with school advisors and representatives from different classrooms to discuss issues.

While some students may have reconsidered running for office when they learned they had to give up some lunch recess times for meetings, others felt differently.

"I'm looking forward to the meetings so I can miss recess," said Corinne Westby, LLES secretary. "But I also want to meet all the teachers and help them out."

Prior to running for office, students had to complete a number of steps to show they were committed to performing the responsibilities. Teachers had to give approval in order for students to run, and then the kids prepared speeches on their own time to present to their fellow students.

Representatives were randomly selected from elementary classes to listen and grade speeches by those running for office. This helped whittle down each position to a few candidates, whose speeches were recorded and played for the entire student body for a vote. Final candidates were also allowed to hang campaign posters in the schools.

In addition to the meetings and morning announcements, connecting with the student body is a key part of the job description.

"I want to meet all the kids in the school and help them out in the hallways," said Srikar Surapaneni, LLES sergeant at arms.

Responsibility is a big character trait that ASB officers should possess.

"We do a lot of things for the school, but we are sure to get our work done," said Alex Stewart, LLES vice president.

Other officers mentioned traits such as



SPLASH PHOTOS BY TAMMY KIMBERLEY

Greenacres Elementary ASB officers for this school year include (left to right) Graycynn Fiala, Kylie Johnson, Ethan Brewer and Gavin Shoemaker.



The ASB officers for Liberty Lake Elementary are Srikar Surapaneni, Alex Stewart, Corinne Westby, Lucy Lynn, Miles Daines and Madison Gannon (not pictured).

kindness, respectfulness and the ability to reach out to others since many of their duties involve being a helper to teachers and encouraging other students to get involved in school activities.

And each officer has opinions on what he or she would like to accomplish during the coming year, whether it be coming up with exciting fundraisers, fun spirit days or other activities in the school.

"I'm looking forward to doing the morning announcements, but I would also like to start more clubs at the school," said Ethan Brewer, GES vice president.

GES treasurer Gavin Shoemaker said he would like to do a fundraiser for new school equipment.

"We need to replace some balls at the school that are tearing apart," he said.

A common thread among each group of ASB officers is admiration for the teachers they get a chance to come alongside and assist in the coming year.

"The teachers are really nice and have fun with us," GES president Kylie Johnson said. "They do fun things like dress up for the holidays."

But the students are what motivates the ASB officers to give their time and energy to the cause.

"Besides the teachers being nice, students are responsible and respectful to one another," added GES secretary Graycynn Fiala.

COMMUNITY

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Carnival rides, food, animals and entertainment are all available. Admission is \$7 for kids seven to 13 and \$10 for adults. For more: www.spokanecounty.org

SE Spokane County Community Fair Sept. 25-27 in Rockford

In addition to rides and plenty of animals, this fair offers a parade, fun run, pancake breakfast and pie-eating contest. For more: www.sespokanecountyfair.org

Valleyfest Sept. 25-27 in Spokane Valley

This annual event includes a parade, hot air balloons, fishing at Mirabeau Falls, races and many other activities for kids and their families. For more: www.valleyfest.org

A FAIR-LY EASY HUNT

Make your trip to a local fair an adventure with this scavenger hunt. Enjoy the sights, smells and sounds of the festivities while searching for the following items.

- ☐ Bunny
☐ Chicken
☐ Cowboy hat
☐ Feeding trough
☐ Fence
☐ Flowers
☐ Hay
☐ Horse trailer
☐ Ice cream
☐ Manure
- ☐ Person on a cell phone
☐ Pie
☐ Popcorn
☐ Ribbon
☐ Sheep
☐ Sign with "fried" on it
☐ Swings
☐ Tickets
☐ Trash can
☐ Water hose



Compiled by **Tammy Kimberley**
SPLASH STAFF WRITER

By surrounding themselves with healthy food options and making physical fitness a part of your regular routine, kids can make decisions now that will affect their health for the better. Convince your family to consider

the choices they make so that everyone is working together toward a fitter lifestyle.

Test yourself to see how much you know about taking care of your body. Decide whether each of the statements listed below are true or false. Then check your answers at the bottom of the page.

- T or F** 1) Kids need 60 minutes of activity every day, but it doesn't have to occur all at once.

T or F 2) Flexibility exercises, which help your body bend and stretch, include gymnastics, martial arts and simple stretches.

T or F 3) Kids should drink 5 to 8 glasses of water per day.

T or F 4) The sugar found in soft drinks and some sports and juice drinks actually gives kids a healthy boost for the day.

T or F 5) Activities that help you strengthen your muscles include pushups, rowing and running.

T or F 6) Fried foods are better for your body than baking or grilling it.
- T or F** 7) It is best to eat the same foods every day to give your body the nutrients it needs.

T or F 8) You should drink 100 percent juice, with no sugar added.

T or F 9) Aerobic exercise is a kind of activity that requires a lot of oxygen, such as swimming or biking.

T or F 10) Kids are smaller than adults and should eat smaller portions.

T or F 11) When you exercise, your brain releases chemicals called endorphins which may make you feel tired.

T or F 12) A recent study found that with each extra hour of sleep, the risk of a kid becoming overweight dropped by 9 percent.

By the Numbers

Taking care of yourself can be as easy as 1-2-3. By following this routine, kids can make choices that add up to a lifetime of better health.

8 Hours of sleep each night



7 Breakfasts per week



6 Home-cooked meals a week



5 Servings of fruits and vegetables each day



4 Positive self-messages every day



3 Servings of low-fat dairy a day



2 Hours or less of screen time per day



1 Hour or more of physical activity a day



0 Sugary drinks a day



Source: helendevooschildrens.org/documents/HDVCH_HealthCounts8.5x11.pdf

Sources: www.kidshealth.org/kid/, <http://www.letsmove.gov/healthy-families>

Answers to Healthy Habits true/false activity: 1) True; 2) True; 3) True; 4) True; 5) True; 6) False; 7) False; 8) True; 9) True; 10) True; 11) True; 12) True. Answers to Johnny Appleseed unscribable activity: 1) Massachusetts; 2) Mother; 3) Chapman; 4) Eighteen; 5) Cider mills; 6) Leather bag; 7) Tin pot; 8) Bible; 9) Outdoors; 10) Indiana

COMMUNITY

Sorting apples

Unscramble words to learn about American legend

Compiled by **Tammy Kimberley**
SPLASH STAFF WRITER

One of the most popular early folk heroes in our country's history is Johnny Appleseed. Born in 1774, his dream was to help produce so many apples so that no one would go hungry. Over the course of 50 years, he bought and sold many tracts of land and handed out millions of apple seeds

throughout Ohio, Pennsylvania, Kentucky, Indiana and Illinois. There is even a national day to recognize Johnny Appleseed each year on Sept. 26, the day of his birth.

In honor of this legend, unscramble the apples to answer the following questions about Johnny Appleseed and his fascinating life. Answers can be found at the bottom of page 24.

1) In what state was he born?

A C H U S S A M S T E S

2) Which of Johnny's parents died when he was very young?

R O T H E M

3) What was Johnny Appleseed's real last name?

N A M P H A C

4) At what age did he leave home to begin his adventures?

G H E I N E T E

5) From where did he collect the seeds to plant trees?

C E R I D L I M S L

6) In what did Johnny carry his apple seeds?

T H E E L A R G A B

7) Legend states that he wore what on his head?

I T N T O P

8) What was his favorite book?

I B L E B

9) Where did he often sleep?

S R O O D T O U

10) In what state was Johnny Appleseed buried when he died?

A N A D I I N

Sources: www.bestapples.com/kids/teachers/johnny.shtml,
www.teachervision.com/tv/printables/TCR/0743932609_40-41.pdf

Practice your pirate side

Compiled by **Sarah Burk**
SPLASH GRAPHICS EDITOR

Talk Like a Pirate Day, recognized on Sept. 19, has been gathering attention from landlovers ever since two mates started publicizing it nearly 15 years ago. Celebrate your sense of adventure on this day with a quest to try out some of the pirate vocabulary featured below.

Aarr!: Pirate exclamation. Done with a growl and used to emphasize the pirate's current feelings.

Ahey: Hello

Avast: Stop and pay attention

Cutlass: Popular sword among pirates
Davy Jones' Locker: The bottom of the sea. The final resting place for many pirates and their ships.

Embark: To enter the ship in order to go on a journey

Foul: Turned bad or done badly, as in 'Foul Weather' or 'Foul Dealings'

Lubber: Land lover. Someone who doesn't want to go to sea.

Matey: Friend or comrade

Ne'er-do-well: A scoundrel or rascal

Pieces of eight: Spanish silver coins that could actually be broken into eight pieces, or bits.

Plunder: Treasure taken from others

Rigging: Ropes that hold the sails in place

Tankard: A large mug, for ale

Wastrel: A useless man

Weigh anchor: Prepare to leave

Yardarm: Extended from the mast and used to hoist cargo or hang criminals

Source: www.talklikeapirate.com



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509.891.7070 www.GrowUpSmiling.com



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KiDDS Dental
No Cavity Club winner!

Zach won a \$25
Sports Authority gift card
and a photo session with



tanyasmith.net

Call our office to schedule
an appointment to see if
your child is cavity-free!

891-7070



Find out about
all of our events and
contests on Facebook!

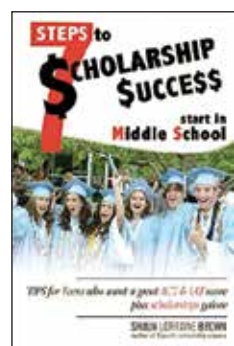
COMMUNITY

Liberty Lake author offers great advice for students like me



By Dani Guarisco
SPLASH BOOK REVIEW

At 12 years old and with graduation around six years away, I didn't think a lot about how the D I got in math may or may not affect my future. Now, as a junior and with college just around the corner, it's hard not to think about the future — and feel anxious and unprepared.



Enter Shaun Brown, a local Liberty Laker and now a recently published author of “Seven

Steps to Scholarship Success: Start in Middle School.” I had the opportunity to sit down and talk to Brown about her new book as part of my assignments while an intern this summer with The Splash. I wish I would have been assigned this interview four years ago.

Brown had always wanted to write a book, and after toying around with a few ideas, she decided to write what she knows: how to help one find a good university to attend, get accepted and get the scholarships to pay for it. After successfully helping all five of her kids through the process, she has seen the daunting process of applications, essays and letters of recommendation and has learned a thing or two about the best ways to achieving higher education goals.

Brown puts lots of encouragement behind starting early. Personally, I would have never given college a second thought in middle school, but now looking back there are things I wish I would have known then that I know now — from classes, to grades, to building good study habits. At first, the words “middle school” in the title made me worry, “Is it too late for me as a junior?” To my relief, Brown had assuring words.

“This book can be helpful to any student who is in middle school, starting high school or in their junior year or in the middle of their senior year,” Brown said.

Indeed, the book is organized into “seven steps” and specifically addressed to certain points along one's academic journey, from eighth grade to senior year. This book covers everything from the classes to take in middle school to the application processes junior and senior year. And as I look forward to taking my SATs and ACTs this year, this book couldn't have come sooner, because personally, I'm going to need all the help I can get.

Like many students in middle school (and even a little into high school), I was unmotivated to excel in my education. But along with some great advice, this book can also be a great motivator. The book is filled with inspiring statistics and calculated facts. For example, Brown showed me that if you work four hours on a \$1,000 scholarship and your application wins, you have just made \$250

See **ADVICE**, page 44

About Shaun Brown

The author of “Seven Steps to Scholarship Success” is a longtime Liberty Lake resident and mother to prolific scholarship winners (and Central Valley High School graduates) Kyle, Kendra, Drew, Stephanie and Trevor Brown. Shaun Lorraine Brown is also the founder (along with

husband, Nathan Brown) of The Liberty Lake Splash in September 1999. The Browns sold the newspaper in 2004.

Paperback and Kindle versions of Brown's book are available at amazon.com. Paperback versions may be purchased at The Brass Plates Bookstore, 15707 E. Sprague Ave. in Spokane Valley.



BROWN

www.edwardjones.com



Our thoughts are with the brave men and women serving our country and the ones who served before them.



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The Fountain

About and for Liberty Lake seniors

Brought to you by



Pickleball brings people together

By Sarah Robertson
SPLASH CONTRIBUTOR

Addictive.

It's not a word most would associate with pickleball. But on a recent Wednesday afternoon visit to the HUB Sports Center, it was the word most used to describe the sport.

The HUB, 19619 E. Cataldo Ave., hosts pickleball players of all ages and ability four days and two evenings a week. During the week most of the players are a bit on the older side, with the oldest player being 94.

But according to longtime player, Janice Gillingham, 68, "You can play it into your old age."

Don Swanson, 80, jokingly called it "old people tennis" as he cooled down from a couple hours of play.



SPLASH PHOTO BY SARAH ROBERTSON

As a group of four ladies left the court after an afternoon of pickleball, they shared what makes the sport so fun and addictive. A long-time pickleball player, Kathy Mills, 73, said she enjoys the game because she can play year-round. Mills even enjoys an outdoor game when she is spending time in Arizona.

She remembers playing in the earlier days at the HUB.

"We used to get six to eight people," she said.

Now the HUB averages about 25 players every day and sometimes upward of 50, said HUB Executive Director Phil Champlin. Champlin recalled bringing pickleball back to the HUB in 2011.

"We didn't have very good nets," he said. "The nets we used for our first tournament were very unpopular. We received a grant to buy new nets, and players also donated money for nets."

The popularity of the sport has grown as well. The HUB now hosts six sessions of

SPREAD
THE HEALTH



pickleball — up from three when they reintroduced the sport in 2011.

The nets aren't the only new thing in pickleball. If you remember playing the game in your grade school gym class, you probably recall the heavy wooden paddles. Those paddles are no more — the new paddles are lightweight and very easy to use.

Many of the players enjoy socializing after playing or off the court in general, as evidenced by the ladies leaving the court to go grab coffee together. Though, clearly, a fair amount of socializing happens on the courts too.

"I love it," Carolyn Giltner, 73, said. "You can also talk between games and meet all sorts of people."

The group joked and laughed about the fun they have had playing pickleball and taking road trips to regional tournaments. Gillingham chuckled when she recalled that her mother called the game, "cucumber ball."

The HUB host two tournaments a year. There is a small tournament in May to introduce players to the idea of the tournament. It's generally intended for any intermediate players interested in competing.

This month, they will host their 5th Annual Spokane Slamma Jamma Indoor

Dave Nydell, Carolyn Pilcher, Don Swanson enjoyed some lively pickleball competition during the summer at the HUB Sports Center. Open play is available at various times during the week, and the annual Slamma Jamma indoor tournament will be held Sept. 19-20 at the HUB.

IF YOU GO ...

Pickleball drop-in play

HUB Sports Center, 19619 E. Cataldo Ave.

12:30 to 2:30 p.m. Monday through Thursday; 6 to 8 p.m. Sunday and Wednesday nights

Drop-in fee is \$2 for those over age 50; \$4 for those under 50.

Spokane Slamma Jamma Pickleball Tournament

Sept. 19 and 20 at the HUB

This tournament is open to all ages and features men's and women's doubles, as well as mixed doubles. Registration closes Sept. 4.

For more: 927-0602 or www.hubsportscenter.org

tournament on Sept. 19 and 20. According to Champlin, about half the players are local and the other half are from around the region.

It is open to all ages. Saturday features men's and women's doubles, and Sunday will be for mixed doubles. As Champlin noted, it's round-robin style guaranteeing six games for each player.

"We don't want anyone to come all this way to only play three games," he said.

Registration closes Sept. 4; visit www.hubsportscenter.org for more details.

See PICKLEBALL, page 29

Give Back

Spotlighting timely needs our community can meet together

To our friends and neighbors in the greater Spokane Valley:

Did you know that Spokane Valley Partners now has a separate clothing bank specifically for career clothing? Recently, the organization separated out items from the clothing bank that could be used for job interviews or career clothing and put them in a separate area to reserve for people who need wardrobe assistance when it comes to getting back on their feet with a job.

In the coming weeks, Spokane Valley Partners will be working with Humanix as well as local libraries that feature career and job resources to help people looking to enter into the workforce get connected with resources to jumpstart their success.

This fabulous program needs your help, however. The clothing bank is looking for donations of career-oriented clothing — shirts, slacks, shoes, ties, belts, jewelry, etc. — to help stock this now separate service operated by Spokane Valley Partners. Retired residents and anyone looking to lend a hand are asked to revisit their closets looking for clothing that could be donated. As usual, men's clothing is the least-donated, so thereby is in the biggest demand.

Donations can be dropped off at 10814 E. Broadway Ave., or call Spokane Valley Partners with any questions at 927-1153.

Thanks for joining us in helping our career-seeking neighbors get the assistance they need to get off on the right foot.

Sincerely,

The Arger Family

Investing in Spokane Valley since 1979

Local owners of Evergreen Fountains, sponsor of The Fountain senior spread in The Splash and The Current

— King Crossword —

Answers

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | P | E | C | | R | O | P | E | | L | A | T |
| N | E | A | R | | A | V | O | W | | I | V | Y |
| U | R | S | A | | C | A | L | E | | E | E | K |
| S | U | E | Z | | I | L | K | | | C | U | R |
| | | | | Y | O | N | | A | P | R | | |
| B | A | R | Q | U | E | | S | E | A | B | E | D |
| A | L | E | U | T | | | | A | Z | U | R | E |
| H | E | G | I | R | A | | D | R | Y | D | E | N |
| | | | | L | E | D | | A | S | H | | |
| B | U | S | T | | J | A | W | | O | G | L | E |
| A | R | T | | J | U | D | | | R | E | A | L |
| E | G | O | | O | R | A | L | | S | L | U | M |
| R | E | P | | G | E | R | E | | E | D | D | O |

COMMUNITY

King Crossword

ACROSS

- 1 Oil cartel
5 "Clue" weapon
9 Long. crosser
12 Within reach
13 Acknowledge
14 Wall climber
15 — Major
16 Yarborough of NASCAR
17 "A mouse!"
18 Canal zone
19 Sort
20 Remedy
21 Thither
23 Spring mo.
25 Sailing ship
28 Titanic's resting place
32 Attu dweller
33 Blue hue
34 Flight from danger
36 "Annus Mirabilis" poet
37 Started
38 Blond shade
39 Arrest
42 Facial feature
44 Look lasciviously

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 |
| 12 | | | | | 13 | | | | | 14 | | |
| 15 | | | | | 16 | | | | | 17 | | |
| 18 | | | | | 19 | | | | 20 | | | |
| | | | 21 | 22 | | | 23 | 24 | | | | |
| 25 | 26 | 27 | | | | | 28 | | | 29 | 30 | 31 |
| 32 | | | | | | | 33 | | | | | |
| 34 | | | | | 35 | | 36 | | | | | |
| | | | 37 | | | | 38 | | | | | |
| 39 | 40 | 41 | | | 42 | 43 | | | 44 | 45 | 46 | 47 |
| 48 | | | | | 49 | | | | 50 | | | |
| 51 | | | | | 52 | | | | 53 | | | |
| 54 | | | | | 55 | | | | 56 | | | |

- 48 Illustrations
49 Director Apatow
50 Authentic
51 Id counter-part
52 Exam format
53 Run-down part of town
54 Agt.
55 "Pretty Woman" star
56 Taro root
- 4 Hodgepodge
5 Wisconsin city
6 Elliptical
7 Welk favorites
8 Ram's partner
9 Place
10 Maintain
11 Youngster
20 Little Big Horn commander
22 Bizarre
24 Bartletts, e.g.
25 "Humbug!"
26 Hearty brew
- 27 Rule, for short
29 Future bloom
30 Before
31 Lair
35 Urge, formally
36 Lag
39 Boxer Max
40 Incite
41 Halt
43 Hebrew month
45 Neuter
46 Praise highly
47 Red Muppet
49 Trot

DOWN

- 1 Responsibility
2 Lima's land
3 Relaxation

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PICKLEBALL

Continued from page 28

Joe Meyer, 67, loves the tournaments and the competition. He has been playing pickleball two to three times per week for over two years. A friend introduced him to the game.

"You kinda' get better all the time," Meyer said. "You keep playing with someone better than you are and you get better."

In addition, Meyer loves the exercise and bringing his children and grandchildren to play as well. "It just a bunch of really nice people. You make so many nice friends."

After a couple hours of pickleball, a trio of players was found cooling down. Dave Nydell, 71, was visiting from Phoenix, where he plays indoors and outdoors all year round. He was visiting his sister, Carolyn Pilcher, 75, a regular at the HUB.

"I really like the people, and it's good therapy," Pilcher said with a laugh.

Nydell notes that the HUB has lots of room for courts, which is a bonus because there are not that many places to play in Spokane and the surrounding area.

Don Swanson, 80, the third of the trio, said he enjoys playing in the tournaments.

"It's fun to gauge where you are at. You have to play younger people when you get older!" he joked.

The HUB hosts pickleball 12:30 p.m. to 2:30 p.m. Monday through Thursday and 6 to 8 p.m. Sunday and Wednesday nights. No membership or sign-up is needed. Participants are charged a drop-in fee at every visit — \$2 for 50 and older and \$4 for younger.

For more information on this sport that offers a great workout and a fun crowd, contact the HUB at 927-0602 or at www.hub-sportscenter.org.



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Saturday, Sept. 19
11 a.m. to 3 p.m.

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- Wellness & Fitness Center
- Gourmet Chef
- Assisted Living
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COMMUNITY

Calendar of Events

COMMUNITY EVENTS

Sept. 1 | Central Valley School District first day of school

Sept. 2 | Grange Potluck and Meeting 6 p.m., Tri Community Grange, 25025 Heather Street, Newman Lake. A potluck will be followed by a 7 p.m. meeting for this community-based service organization. For more: 926-2517 or geje2@yahoo.com

Sept. 7 | Labor Day

Sept. 10 | Prevent Fraud and Identity Theft Workshop 6 to 7 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. Attend this free workshop led by STCU experts to learn what attracts criminals, how to spot fraud warning signs, and what current trending scams are out there. A light meal is provided. To RSVP or for more: www.stcu.org/workshops

Sept. 12 | Art at the Market 9 a.m. to 1 p.m., Liberty Lake Farmers Market, 1421 N. Meadowwood Lane. This special day will feature various artists from Emerge, a collective creative experience. For more: www.emergecda.org or www.llfarmersmarket.com

Sept. 12 | Family Festival 3 to 5 p.m., Otis Orchards Community Church, 23304 E. Wellesley Ave., Otis Orchards. The public is invited for games, competitions, food and fun. For more: 723-6238 or ps32@frieds.org

Sept. 13 | Guest speaker at Lakeside 10 a.m., Lakeside Church, 23129 E. Mission. Meet Washington State Rep. Kevin Parker, the franchise owner for Dutch Bros. coffee shops in Spokane who also has a heart from the poor and is passionate about living out his faith. For more: www.lakesidechurch.cc

Sept. 14 | Parent with Greater Resiliency workshop 6:30 to 8 p.m., Unity Spiritual Center of Spokane, 2900 S. Bernard, Spokane. Liberty Lake resident Susie Leonard Weller is leading this six-week parenting series on Mondays through Oct. 19 to help parents integrate their whole hearts and minds to strengthen themselves, children and/or grandchildren. Cost is \$20 (or \$35 per couple) per class. Pre-registration is required. To register or for more: 838-6518

Sept. 16 | Minecraft Club 4 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. Experts and beginners ages eight and up are invited to meet with other kids who enjoy the game. If you can, bring your own device. For more: 232-2510

Sept. 17 | Nutrition class 6 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. Learn how to ID hidden toxins in your food, determine what to buy and differentiate between real and artificial ingredients. For more: 232-2510

Sept. 19 | National Drive Electric Week 9 a.m. to 1 p.m., CorkHouse Restaurant, 1400 N. Meadowwood Lane. The week-long nationwide event to educate on the power, practicality and ability of plug-in vehicles concludes locally with over a dozen vehicles on hand to ride in or drive.

Sept. 22 | “Pillars of Time” book signing 7 p.m., Auntie’s Bookstore, 402 W. Main, Spokane. Liberty Lake resident R.J. Robin will be signing and discussing her new book.

Sept. 24 | Wildtree Mini-Freezer Meal Workshop 6 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. Bring your own protein and the rest of the ingredients will be provided for four meals. Space and supplies are limited. For more: 232-2510

Sept. 25 | Bed Race Fundraiser 6:30 p.m., Sprague Avenue between Gillis and Moffit Roads, Spokane Valley. Come watch the Liberty Lake Lions and Valley Lions sponsor a 4th annual Bed Race fundraiser immediately before the Valleyfest Parade. Those interested in entering a team (cost is \$175) can call to see if openings remain. For more: 220-1557 or vanormanby5@aol.com.

Sept. 26 | Food 4 Thought drive Organized by Food 4 Thought, Kiwanis, Spokane Valley Partners and the Church of Jesus Christ of Latter-day Saints, donations will be used to feed over 200 students in the Central Valley School District on weekends. Flyers will be distributed Sept. 19, and drop-off locations include Central Valley High School and the LDS Churches in Liberty Lake and Otis Orchards. To volunteer for collection: 869-8426

Sept. 27 | Picnic with the Beavers 1 to 4 p.m., Liberty Lake Regional Park, 3707 S. Zephyr Road. Join the Lands Council for a free afternoon of learning activities and a beaver hike. For more: 209-2407

Recurring

Friends of the Liberty Lake Municipal Library 4 p.m. the last Tuesday of every month, Library, 23123 E. Mission Ave.

Goodwill Donation Center open Saturdays and Sundays, 9 a.m. to 4 p.m., corner of East Appleway and North Signal Road

Kiwanis Club of Liberty Lake 6:45 a.m. Wednesdays, Liberty Lake City Hall, 22510 E. Country Vista Drive. For more: www.libertylakekiwanis.org

Liberty Lake Centennial Rotary Club Noon Thursdays, Meadowwood Technology Campus Liberty Room, 2100 N. Molter Road. For more: 922-4422

Liberty Lake Farmers Market 9 a.m. to 1 p.m. Saturdays, Town Square Park, 1420 N. Meadowwood. The market runs through Oct. 10. For more: www.libertylakefarmersmarket.com

Liberty Lake Lions Club Noon on the second and fourth Wednesdays of each month, Barlow’s Restaurant, 1428 N. Liberty Lake Road. For more: 869-7657

Liberty Lake Municipal Library 23123 E. Mission Avenue. Toddler and preschool story times, Create space for kids, Baby lap-sit story time, Lego club, Knitting Club, kids crafts and more. For times and more: 232-2510

Liberty Lake Toastmasters 5:45 to 7 p.m. Wednesdays, Liberty Lake Sewer and Water District building, 22510 E. Mission Ave. For more: 208-765-8657

Pancreatic Cancer Action Network 6:30 p.m. the first Monday of each month, Liberty Lake Municipal Library, 23123 E. Mission Ave. For more: www.pancan.org or 534-2564

Senior Lunch 11 a.m. to 1 p.m. Monday through Friday, Talon Hills Senior Complex, 24950 E. Hawkstone Loop. Seniors age 60 and older invited; recommended donation \$3.50.

Spokane Valley Writer’s Group 6:45 p.m. the first and third Thursdays of every month, Lakeside Church, 23129 E. Mission. This supportive critique group welcomes adult writers. For more: 570-4440

Play in the Park

Free upcoming events in Liberty Lake’s parks:

Sept. 4, dusk at Pavillion Park: “Return of the Jedi” (PG)
The rebels attempt to destroy the second Death Star, while Luke struggles to make Darth Vader return from the dark side of the Force.

Sept. 5, 6 p.m. at Pavillion Park: Lud Kramer Memorial Concert
The Spokane Symphony returns with a lineup of light classics, patriotic tunes and favorites from the world of pop, Hollywood and Broadway.

Sept. 7, 3 to 7 p.m. at Rocky Hill Park: Health and Hope
This family-friendly event features a 3K walk, face painting, music, silent auction and yoga and fitness demonstrations. Also, Cindy Esch is expected to complete her 500-mile journey to bring awareness to survivors of childhood abuse during this time.

Sept. 13, 10 a.m. at Pavillion Park: Church in the Park
Enjoy a morning with Uplift Church featuring a live worship band, picnic, games and family fun. For more: www.upliftchurchll.org

MUSIC & THE ARTS

Sept. 19 | This, That or the Other 8 p.m., Liberty Lake Community Theatre, 22910 E. Appleway Ave. Tickets are \$7 for this PG13 improv comedy. For more: www.libertylaketheatre.com

Sept. 25-26 | Cowboy Supper Shows Rockin’ B Ranch, 3912 Spokane Bridge Road. Performances will also be held Oct. 9-10. For show times and more: www.rockinbranch.com or 891-9016

Recurring

Spokane Valley Camera Club 7:15 p.m., third and fourth Monday of the month (September through April), Liberty Lake Sewer and Water District building, 22510 E. Mission Ave. All levels

See CALENDAR, page 32

PERFORMING



PG13 IMPROV COMEDY
Directed By Pat Thomas

SEPT 19 at 8pm

\$7 tickets available at door

PERFORMING



Written by Edith T. Clank-Vistilos
Directed by Nick Kittilstved

OCT 2 - OCT 10

\$12 Tickets available at door or online

AUDITIONING



Written by John Alvarez
Directed by Brandon Montang

OCT 2 at 6pm

Performs: DEC 10-19

AUDITIONING



Written By Dan Neidermyer
Directed By Andy Renfrew

OCT 24 & 26

Performs: NOV 20 & 21

LibertyLakeTheatre.com | 22910 E. Appleway Ave, Liberty Lake

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FOOD 4 THOUGHT

...BECAUSE HUNGER SHOULDN'T BE GOING TO SCHOOL

The FOOD 4 THOUGHT volunteers send meals home with over 200 of the homeless children in the Central Valley School District every weekend of the school year. Let's help them fill their shelves to help more students.

FOOD DRIVE

organized by FOOD 4 THOUGHT, KIWANIS, VALLEY PARTNERS, and
The Church of Jesus Christ of Latter-day Saints

SEPTEMBER 19 & 26

On the 26th, drop donations at
The Church of Jesus Christ of Latter-day Saints
23515 E. Boone, Liberty Lake or 21022 E. Wellesley, Otis Orchards
or Central Valley High School

Watch for food lists on your door or at local grocery stores.
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LibertyLakeChurch.com

COMMUNITY

CALENDAR

Continued from page 30

of ability — students through experienced photographers — are invited to learn. Social events include field trips and workshops. For more: 951-1446 or www.sv-cc.org

CIVIC & BUSINESS

Sept. 8 | Women Executives of Liberty Lake (WELL) 12:45 to 2 p.m., Liberty Lake Portal Building, 23403 E. Mission. The public is invited for the fall kick off meeting. For more: www.womenexecutivesoflibertylake.com

Sept. 17 | Open House 3 to 8 p.m., Zenaida Spa & Studio, 23801 E. Appleway Ave. A complimentary yoga class will be held at 3 p.m. followed by 4 p.m. hors d'oeuvres. Live music, mini spa services and a spa package raffle will also be featured. For more: www.zenaidaspa.com

Sept. 19 | Ice cream social 11 a.m. to 3 p.m., Evergreen Fountains, 1201 N. Evergreen Road, Spokane Valley. Joel Brantley will provide live music and community tours will be given. For more: www.evergreenfountains.com or 922-3100

Sept. 24 | HUB All-Star Breakfast Fundraiser 7 to 9 a.m., Mirabeau Park Hotel, 1100 N. Sullivan Road, Spokane Valley. The second annual fundraiser will provide an update on the HUB Sports Center activities and how the non-profit is partnering with the greater community. Participants are asked to RSVP no later than Sept. 11. For more: www.hubsportscenter.org

Sept. 25 | Big 5 Reveal 7:30 to 9:30 a.m., CenterPlace, 2426 N. Discovery Place, Spokane Valley. The public is invited to this free unveiling and celebration of the future of the greater Valley area. Tickets for the ball drop are being sold for \$10; contact the Chamber to purchase them. For more: www.spokanevalleychamber.org

Recurring

Central Valley School board 6:30 p.m. on the second and fourth Mondays of each month, CVSD administration building, 19307 E. Cataldo, Spokane Valley.

Liberty Lake City Council 7 p.m. on the first and third Tuesdays of each month, City Hall, 22710 E. Country Vista Drive.

Liberty Lake Library Foundation Noon the first Wednesday of each month, 23123 E. Mission Ave.

Liberty Lake Merchants Association 11:30 a.m. Tuesdays, Liberty Lake Portal, 23403 E. Mission Ave., Suite 120. For more: 999-4935

Liberty Lake Municipal Library board 10:30 a.m. the first Thursday of each month, 23123 E. Mission Ave.

Liberty Lake Planning Commission 4 p.m. on the second Wednesday of each month, City Hall, 22710 E. Country Vista Drive.

Liberty Lake SCOPE 6:30 p.m. on the first Wednesday of each month, City Hall, 22710 E. Country Vista Drive

Liberty Lake Sewer and Water District board 4 p.m. on the second Monday of each month, 22510 E. Mission Ave.

HEALTH & RECREATION

Sept. 14 | Coed volleyball league begins 6 to 9:30 p.m., HUB Sports Center, 19619 E. Cataldo Ave. Cost is \$165 for seven weeks of play on Mondays through Oct. 26. For more: www.hubsportscenter.org

Sept. 19-20 | Slamma Jamma Pickleball Tournament 8:30 a.m. to 4:30 p.m., HUB Sports Center, 19619 E. Cataldo Ave. Sponsored by Selkirk Sports, this tournament is for men's and women's doubles as well as mixed doubles. Cost is \$25 per person plus \$5 per event. For more: www.hubsportscenter.org

Sept. 19-20 | Ride the Rim The fifth annual race starts in Liberty Lake and travels throughout eastern Washington and northern Idaho. The ride is open to all ages and abilities. For more: www.rotaryinmotion.com

Sept. 27 | HUB-apalooza Family Fun Festival 3 to 5 p.m., HUB Sports Center, 19619 E. Cataldo Ave. The HUB is celebrating its 8th birthday with an open house full of fun activities and games that are free to participants. For more: www.nbccamps.com

Sept. 27 | Law & Disorder Charity BubbleBall Game 5 p.m., HUB Sports Center, 19619 E. Cataldo Ave. Proceeds will benefit HUB 360 after-school program. For more: www.hubsportscenter.org

Recurring

KidFIT Spokane HUB Sports Center, 19619 E. Cataldo Ave. This children's movement and fitness program offers classes in dance (ballet, tap, jazz, hip hop), gymnastics and cheerleading for girls and boys ages three and older. For more: 953-7501 or www.kidfitspokane.com

Liberty Lake Ladies' Nine Hole Golf Club 9 a.m. Thursdays, Liberty Lake Golf Course, 24403 E. Sprague Ave. For more: 928-6854

Liberty Lake Running Club 6 p.m. Thursdays, Twisp Café & Coffee House, 23505 E. Appleway Ave. The club meets for a three-mile run weekly through October. For more: 954-9806

Trailhead Ladies Nine Hole Golf Club Play for this weekly league at Trailhead Golf Course is Wednesday mornings through September. For more: www.trailheadladies9.com or 879-7391

HUB Sports Center 19619 E. Cataldo Ave. Various activities and events occur throughout the week including:

- *Badminton open gym: 7 to 9 p.m. Tues., \$5/person*
- *Basketball open gym: Noon to 1 p.m. Tues. and Thurs., \$4/person*
- *Pickleball drop-in: 12:30 to 2:30 p.m. Mon. through Thurs.; 6 to 8 p.m. Sun. and Wed. \$2/seniors (\$4/non-seniors)*
- *Table Tennis: 7 to 9:30 p.m., Mon. and Wed.; \$3/player*
- *Classes including Keno Karate, Modern Farang-Mu Sul, Wing Chun Kung Fun and Zumba Aerobics. See website for cost and times.*

All calendar listings were provided to or gathered by Splash staff. If you would like your event considered for the community calendar, please submit information by the 15th of the month to calendar@libertylakesplash.com.

COMMUNITY

Symphony back for annual park concert

By Mary Kate Koch
SPLASH CONTRIBUTOR

It is time once again to break out the low-back chairs, picnic baskets and blankets to celebrate the unofficial end of summer with the Spokane Symphony and Friends of Pavillion Park. Held annually in Pavillion Park on Labor Day weekend, the Lud Kramer Memorial Concert is a tradition spanning more than a decade in Liberty Lake. This year, the concert will be held at 6 p.m. Sept. 5 and, as always, it's free for all ages.

"The Symphony concert is different from the other summer concerts in just the size of the concert," FOPP President Joe Frank said. "With all the musicians brought as part of the Symphony, it is all our stage can handle. There is something unique and captivating in listening to the Symphony in an outdoor venue, where you can just lay back and enjoy the music."

Although different in stage presence than the other concerts in the FOPP summer series, the Symphony is just the same in inviting children and adults alike to dance and frolic to the music. However, if attendees just want to relax and listen, that is more than fine, too.

Concertgoers can listen easy knowing that they are in the able hands of Spokane Symphony Director Eckart Preu. Preu is a renowned East German-born conductor who has been directing the Spokane Symphony since 2004. Accordingly, Preu is a seasoned veteran of the Pavillion Park concert and knows how to turn an enjoyable show.

In line with tradition, the concert will commence with a rendition of John Stafford Smith's "The Star-Spangled Banner."

Following this patriotic starter, Preu and the Symphony will delve into a lineup of tunes ranging from light classics to favorites from Hollywood, Broadway and pop music.

"The music played by the Spokane Symphony is not usually something you just turn on the radio and listen to," Frank said.

Not everyone has the time or means to make it to a Spokane Symphony concert during the regular symphony season. Additionally, many people might not know they are even interested in symphony music. With funding raised at the annual Holiday Ball, the FOPP are able to provide the community with a free opportunity to experience the sounds of a symphony from a first-class ensemble.

"I think this annual tradition brings the magic and sounds of the Symphony to a large audience that may not have the opportunity to attend a music event like this if they had to pay for it," Frank said.

Because of its goals to provide equal opportunities to the community and unite people with a quality event, it is highly fitting that the concert is named in memory of Lud Kramer. Kramer passed away from cancer in 2004 after a lifetime of public service, including years serving as the FOPP president and on the board. One of Kramer's chief passions was fighting for everyone's ability to access resources and opportunities regardless of socioeconomic status.

"The Spokane Symphony Concert is our biggest event of the year and we have always felt that it should be named after (Kramer), who was a guiding vision for the formation of Liberty Lake," Frank said.

IF YOU GO ...
Lud Kramer Memorial
Spokane Symphony Concert
6 p.m. Sept. 5
Pavillion Park, Liberty Lake
Free



SUBMITTED PHOTO BY TOM SPECHT

The stage and sky were lit up at the 2014 Lud Kramer Memorial Spokane Symphony concert.

What's in a name?

The annual Lud Kramer Memorial Spokane Symphony Concert is named after a prominent member of Liberty Lake's recent history.



A. Ludlow Kramer, known simply as Lud, moved to Liberty Lake in 1994 with his wife, Patricia. Kramer came to Liberty Lake after a successful career in Washington state government.

In addition to serving as a Seattle City Council member at the young age of 29, Kramer was also elected as the youngest ever Secretary of State for Washington.

When Kramer retired to Liberty Lake, he brought with him his passion for helping people and civic engagement. Kramer was one of the original members of the Trails Committee and served on the Transportation Benefit District Board after working to promote it as well as funding for a trail

system and pedestrian bridge.

Kramer was a part of the formation of the Liberty Lake 2000 committee and signed the Notice of Intent to Incorporate to begin the process of forming the city of Liberty Lake in 2000. Kramer continued to assist the planning for the new city of Liberty Lake by serving as a leader of the transition effort.

Dedicated to bringing people together in beautiful places and with fulfilling activities, Kramer worked toward this vision as a member and president of Friends of Pavillion Park. During his leadership with FOPP, Kramer helped oversee the construction of the park and the start of many community activities, including concerts.

In addition to his formal leadership positions, Kramer also led by example. He could often be found planting flowers on Trailhead Golf Course or shelving books at the library.

Kramer passed away from cancer on April 9, 2004, at the age of 71. His legacy lives on with the FOPP and the Ludlow Foundation, a charitable organization that provides small grants to needy people and nonprofit organizations.

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COMMUNITY

Education Briefs



SUBMITTED PHOTO

Trevor Brown, Kathryn Munro and Abby Peterson were all recognized for receiving FOPP scholarships during the Aug. 15 concert at Pavillion Park.

FOPP awards scholarships

Friends of Pavillion Park recently announced the recipients of their 12th annual scholarship awards.

Abby Petersen was honored with the \$1,000 Elmer Schneidmiller Community Leadership Award, sponsored by the Greenstone Foundation, for outstanding leadership to the Liberty Lake community.

Peterson, Kathryn Munro and Trevor Brown were all recipients of a \$750 scholarship. For more information on these awards, call 944-7933 or email davidh@pavillionpark.org

Colleges honor local students

The following students from Liberty Lake were recently recognized by colleges for their academic performance or meeting graduation requirements. Information was provided via press releases submitted from schools or parents.

Creighton University (Omaha, Neb.)
Spring Dean's List, 3.5+ GPA
Nicholaus Johnson

Montana State University
Spring graduate
Paige Wanner, with honors

Whitworth University
Spring graduate
Karly Rasmussen, bachelor of arts in mathematics, magna cum laude

Students receive scholarships from men's club



SUBMITTED PHOTO

East Valley student Ryan Brown and Central Valley student Tyler Wiggins each received a \$1,500 scholarship from the Liberty Lake and Meadowood Men's Golf Club. Pictured are Brown, LLGC Pro Kit De Andre, Men's Club President Tim Nersinger, Wiggins and CV Golf Coach Steve Rasmussen.

Community Briefs

Church establishes food pantry

Liberty Lake Church, 704 S. Garry Road, recently set up a food pantry. Those in need or know someone in need can call Julie at 255-6266 to set up a time to get food.

Career clothing to be collected for SVP

The annual Best Food Forward clothing drive will be held Sept. 11-20 at Hagen, 1233 N. Liberty Lake Road, and The Trading Company, 13014 E. Sprague in Spokane Valley. Clothing may be dropped off at any time at either of these locations.

Items needed to supply the newly-created career clothing room at Spokane Valley Partners include men and women's professional clothing, shoes, ties, belts, purses, jewelry, etc. Clients in need of appropriate clothes for jobs or job interviews may access the clothing room by appointment with clothing bank staff.

If a tax receipt is needed, donations are requested to be dropped off directly to Spokane Valley Partners, 10814 E. Broadway, between 9 a.m. and 4 p.m., Monday through Friday.

For questions or more, contact Spokane Valley Partners at 927-1153 or Sharon Jayne at 255-6758.

Food drive to be held to feed homeless students

The 2nd annual Food 4 Thought drive will be held Sept. 26 in Liberty Lake, Otis Orchards and Spokane Valley. Organized by Food 4 Thought, Liberty Lake Kiwanis, Spokane Valley Partners and The Church of Jesus Christ of Latter-day Saints, donations of food and cash will help provide weekend food for hundreds of students in Valley-area schools who are classified as homeless.

Suggested food items include oatmeal packets, granola bars, cold cereal bowls, pop tarts and shelf-stable milk for breakfast; macaroni and cheese, canned ravioli, spaghetti Os, beef stew, cup-of-soup, ramen and turn for lunch/dinner; and apple-sauce, peach, mandarin oranges or other canned fruit cups, cheese and crackers, cookies, fruit rollups, popcorn and pudding cups for snacks.

If you live east of Sullivan to Liberty Lake, flyers will be distributed Sept. 19 and food can be placed on your doorstep the morning of Sept. 26 to be picked up. In addition, food can be dropped off at Central Valley High School, 821 S. Sullivan Road; the LDS Church at 23515 E. Boone in Liberty Lake; or the LDS Church at 21022 E. Wellesley in Otis Orchards.

To assist with the collection effort, call Cliff at 869-8426 to find the route closest to your neighborhood.

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Working toward wellness

Improve your health with the help of the library

By Lauren Campbell
SPLASH CONTRIBUTOR

Swimsuit season might be over, but that's no reason to neglect your health. As fall sets in, people can get busy with school commitments, and it's easy to find themselves spending less time outside than during the beautiful summer months. All that extra indoor time can have a great advantage though — more time for reading and research! The Liberty Lake Municipal Library has a plethora of resources available to help you find answers to all of your health and fitness questions.

The most obvious resource at a library is, of course, the books. The library has a huge range of books on everything from fitness to healthy cooking to specific health concerns. Additionally, they are able to order most other books you might be interested in from other libraries.

Many people are not familiar with the vast online resources of the library. On the library's website resource page, you'll find links to helpful information about insurance, household products and other helpful resources. Additionally, resident library card holders have access to databases that the library pays for memberships to.

UPCOMING CLASSES AT THE LIBRARY

Nutrition Class: Learn how to ID hidden toxins in your food
Sept. 17 at 6 p.m.

Learn what "natural" really means. Determine what to buy, as well as the difference between real and artificial ingredients.

Wildtree Mini-Freezer Meal Workshop
Sept. 24 at 6 p.m.

Bring your own protein, and the rest of the ingredients will be provided. Participants will go home with four free freezer meals to feed four to six adults. Space and supplies are limited; specific instructions will be given to those who register. To register, call 232-2510.

Shardé Mills, adult and reference services librarian, points to two databases in particular that hold vast amounts of health-related information. Consumer Health Complete offers a well-rounded collection of full-text content from a variety of relevant source types including journals, magazines, books, pamphlets, images, videos and more.

Similarly, the Gale Health Collection is a collection of full text eBooks on diseases, diet and nutrition, fitness, medicine, drugs and mental health. The Collection also includes animations of common surgeries, so you can understand what will be happening to your body before you go in for a procedure.

While it's certainly possible to find endless health-related information on websites like WebMD and Wikipedia, information

SPREAD THE HEALTH



from these websites may not be accurate and often aren't peer-reviewed.

"These resources are vetted," Mills explained. "With these databases, you know the information has been researched by professionals. With something like health, you especially want something trustworthy."

To access these databases from home, you need a library card from Liberty Lake proper. If your card number starts with "10," you're good to go. Other library patrons are welcome to access the databases from within the library.

All patrons can search the library's collection of health-related digital books, which are accessible through Overdrive on the website. These eBooks can be downloaded to a Kindle or other e-reader and kept for a few weeks just like any other library book, at which point they'll automatically be returned.

Whether you're looking to lose weight, train for a marathon, or understand a diagnosis, the library has a wealth of resources to answer all of your health-related questions. If you're not sure where to start looking for answers, Mills is available for research assistance.

"We know it can be uncomfortable to talk about your health with a group of strangers, but I'm available to help people figure out where they can get the information they need to make good decisions," she said.

To make an appointment to meet with a librarian, call 232-2510.

Book Review

Winters mixes paranormal with historical fiction



By Melanie Boerner
SPLASH CONTRIBUTOR

"In the Shadow of Blackbirds"

by Cat Winters

For 8th grade and up

In the throes of World War I, millions of soldiers are being killed overseas, while the flu pandemic is killing millions in America. These tragedies are leaving people desperate and turning to spiritualism and folk remedies to help them speak to dead loved



ones and survive the pandemic.

Sixteen-year-old Mary Shelley Black finds herself in San Diego with her aunt after her father has been jailed for anti-Americanism. She watches these people flock to séances and spirit photographers for comfort, but she herself does not believe in ghosts; that is, until she starts seeing one herself and must confront all her beliefs about life and death.

This story blends history and paranormal genres seamlessly. It features archival early 20th-century photographs that capture the mood of the story and leave you

wanting more. Cat Winters grew up in Southern California and captures the area perfectly in her writing; it is also clear that she did her research on the era and you feel the bleakness that one must have felt during that time. Whether a lover of historical or paranormal fiction, you will find something you like in this story.

Melanie Boerner formerly served as children and youth services librarian for the Liberty Lake Municipal Library. She now works for the Spokane County Library District.

All Tuesday story times are on hold through the end of September; story times for preschoolers and toddlers will continue to be held Fridays at 10:15 a.m.

DISCOVER, CONNECT & LEARN

SEPTEMBER @ YOUR LIBRARY

ADULT EVENTS

"Prevent Fraud & Identity Theft"

6 p.m. Sept. 10

Informative workshop presented by STCU to help you keep your finances safe. Light meal provided.



New Travel Club

6 p.m. Oct. 1

Do you love to travel or currently planning a trip? Join travel agent Penny Rowell at our first Travel Club meeting and learn about Alaskan Cruises. Where are the most popular places to go? What should you do and what should you expect? Come prepared to share your stories of exploration, learn travel tips and more.



KIDS EVENTS

Minecraft Club

4 p.m. Sept. 16

Whether an expert or a beginner, come meet kids that like the game, too. Bring your own device, if available. Ages 8 and up.



Liberty Lake Municipal LIBRARY

www.libertylakewa.gov/library
23123 E. Mission Ave. Liberty Lake • 232-2510

A full life

Pathologist, mother of eight embraces '1800s kind of lifestyle'

By Treva Lind
SPLASH CONTRIBUTOR

A healthy lifestyle for Geraldine Peterdy and her family stays rooted in rural-acreage living in the shadows of Mica Peak.

Dr. Peterdy knows about health. She's a pathologist who runs a practice in Liberty Lake called Allied Pathology PC, but she'll also describe important roles as wife to Noland Peterdy and mom to their eight children, ranging in age from 5 to 16. The family lives as close to the land as possible, with all of them employed at helping with multiple gardens, fruit trees, cattle and chickens.

The Peterdy family also uses solar power and recently installed a geothermal system for heating and cooling their home.

"We want to teach our children about how to raise animals and work off the land," said Peterdy, who added that the family tries to eat mostly natural, fresh foods.

"That's important, showing our children what work ethic is," she said. "We want them to understand we don't just go to the grocery store. There's hard work involved getting the food to the table. And then it's just keeping things healthy, and natural, and simple."

"The kids are working; they're not couch potatoes. They're out there working it off. Our kids have learned many valuable skills."

Peterdy said she believes a lot of health concerns are associated with processed foods, sodas and artificial ingredients, "so we try to stay off of all processed foods because of the ties to diabetes, heart disease and obesity. You see that problem in today's society."

When seasonal colds strike family members, she likes to make a batch of homebrewed rosehip syrup from wild rose bushes.

"We make that, and it's good for providing Vitamin C as an antioxidant," she said.

A native of Ireland, Peterdy came to the U.S. at age 26 to do her residency work in St. Louis, where she met her husband. She then completed two fellowships, one in surgical pathology and another in dermatopathology. The family moved to Liberty Lake in 2003.

Her first fellowship study involved surgical examination of general surgical tissue specimens under the microscope. The second fellowship, for dermatopathology, required skills in the specialty of examining skin tissue under the microscope.

For her pathology practice in Liberty Lake, Peterdy doesn't see patients directly, but rather she receives tissue samples from area physicians to review and provide pathology reports used by doctors in determining a diagnosis.

"Generally, I see people's biopsies," she said. "I get referrals from other providers. They refer specimens to me, and I examine them."

She formed Allied Pathology in 2014. She previously worked within a large pathology group before launching her own practice.

"Now, I'm an independent practitioner and local business owner," Peterdy said. "I'm a pathology provider interested in keeping the practice local. Physicians refer samples, but patients if there is a skin sample can request and say they'd like the sample sent to Dr. Peterdy. I get a lot of referrals that way from local advertising, people who know me here."

Noting that she strives to provide next-day reporting, Peterdy said she typically examines skin tissue for everything from skin cancer to "cysts, lumps and bumps."

Her husband helps with her practice by handling the financials for Allied Pathology. He also is an attorney with an MBA, and he separately works as a wealth management business consultant, including estate and tax planning.

Noland Peterdy described his wife as hard-working in her practice while simultaneously devoted to family.

"I'm the luckiest man in the world," he said. "She's a wonder woman. She does everything, works professionally, keeps house, runs her own business, and rears the children, so she plays mom, doctor, wife. But she does all that because that's her passion."

Geraldine Peterdy had a good comeback to how she does it all. "I have a good man to back me," she said, smiling.

On their 40-acre property, the couple has a gardening system that includes one small greenhouse and several smaller gardens. They also have about 100 fruit trees, 11 cows and around 30 chickens for steady egg production.

"For fruit trees, we have everything, not just apples," Noland Peterdy said. "Our main crop is crab apples; we make apple cider, applesauce. We now have a commercial cider press. The cows love it because they eat the pulp."

"We also have hay storage," he said. "It's a simple, 1800s kind of lifestyle we try to

SPREAD
THE HEALTH



SPLASH PHOTO BY
TREVA LIND
(ABOVE)

Geraldine Peterdy owns Allied Pathology while looking after the family's 40-acre farm and eight children with her husband, Noland.

The Peterdy family embraces a hard-working lifestyle on rural acreage near Liberty Lake.



SUBMITTED PHOTO

live in terms of raising our own beef and some of our other foods. We end up recycling everything. We make our own electricity, and we pump our own water with it. We try to eat organic, or natural."

Geraldine Peterdy said their decision to find acreage and live a rural lifestyle in Liberty Lake also gives them access to nearby educational opportunities the couple wanted for their children.

"We educate the children in Post Falls in a private Catholic school," she said. "We're Catholic. Many people we know were moving here because of the schools."

She smiled as she watched one of her boys walk into the house with paint-stained clothes after working on a deck project.

"It's been a lot of hard work, but we can see the fruits in our children," she said. "It's been very rewarding to see their development."

profiles:

GERALDINE PETERDY

Age
45

Profession
Pathologist and owner of Allied Pathology PC in Liberty Lake

Hobbies
Gardening, reading, sewing, biking, skiing and knitting

Favorite food item
The potato, coming from an Irish background

Choice of best meal
Roast beef with all the fixings. We raise cattle.

No. 1 recommended health tip
Sun protection that includes sunscreen, hats, clothing

Strolling through cool cars in Liberty Lake



Alex Isom shared photos from the Friday night car show at the Barefoot in the Park weekend celebration in July.

SUBMITTED PHOTOS

Little Free Library open to all



SUBMITTED PHOTO

Rebecca Langager recently established a little free library in the front yard of her home, 104 N. Mitchell Drive. She said anyone from Liberty Lake, the surrounding area or those just passing through are welcome to use the library in which she tries to maintain an eclectic mix, including children's books, teen books, mysteries, classics, sports and self help. Readers can take a book, leave a book or do both. All ages are welcome.

Teaming up to build robots



SUBMITTED PHOTOS

Classical Christian Academy held its first FTC Robotics Camp for grades 7 through 12 in early August where students learned computer program language, how to design and build a robot and how it relates to the real world of business.

Pictured in the group photo are (top row) Coach Miss Deanna Burke, **Jon Bosse**, **Jenessa Norcini**, **Heather Norcini**, **Richelle Manson**, **Conrad Willems**; (middle row) **Austin Huang**, **Collin Zurfluh**, **Elijah Coad**, **Mason Brickett**, **Corbin Shults**; (front row) **Logan Shults** and **Aaron Rosenberg**. Not pictured is **Nathan Bosse**. (Liberty Lake residents are highlighted in bold.)

Shutterbug Snapshots



SUBMITTED PHOTOS

Susie Middaugh, member of Spokane Valley Camera Club that starts back up Sept. 21, photographed this monarch butterfly and hawk in her back yard.

Amber Englehardt captured a shot of a hummingbird checking out the flowers in her yard.



Local Lens Share your snapshots for The Splash's photo page. Email photos@libertylakesplash.com with scenes from around town, community events and Splash Travels.

Reminiscing about days in the schoolhouse

By Karen Johnson

LIBERTY LAKE HISTORICAL SOCIETY

Sitting around a campfire and sharing stories with neighbors is a Liberty Lake tradition. This month, as part of its 2015 “Neighbors and Neighborhoods” series, the Liberty Lake Historical Society invites you to a virtual fireside reunion with this handful of Liberty Lake School alumni (in order of entrance year): Ron Knudsen, George Tichy, Bill Hughes, Tom Vincent, Ron Phillips, Charlene Tichy Melrose, Jan Hines Looney, Lynn Rasmussen Vincent, Connie Hughes McCall, Greg Tichy, Karen Hughes Johnson and Cathy Ryan Reese. All but three of these “forever” neighbors and lifetime friends still live locally. Because the conversations were separate, editorial liberties were taken to mesh each person’s words and thoughts as though all were reminiscing around the campfire.

The Teachers

Connie: I had two different kindergarten teachers in one year, Mrs. Vote and Mrs. Goolick, who had a skunk for a pet!

Lynn: I had Miss Isham and Mrs. Anderson. One time school was cancelled because they were snowed out of Liberty Lake.

Ron K.: There were only three teachers when I was there. One was Mrs. Crabb, but she was her name’s complete opposite — a real nice teacher.

Ron P.: I had Dooley and Brown. Mrs. Dooley — Halley Dooley — was almost like a mom to us — huggy, short and round.

Bill: Don’t remember Dooley, but I do recall Anderson and Brown. One of them was the disciplinarian, whacking hands with a ruler.

Ron K.: When I was there, the teacher could grab a kid and shake him.

Connie: And I remember Miss Isham giving a hack in front of the class!

Ron P.: There were no principals or administration.

Tom: That was one of the great highlights of Liberty Lake School — no principals!

School Days and Memories Made

Jan: For show-and-tell, I brought my uncle ‘cause he was a sailor.

Ron K.: We had special programs at school at Christmas or Halloween that were a big deal. But I won’t say they were fun, because we always had to do them.

Tom: At Christmas one year, the school held a metal clothes hanger drive — whoever brought the most clothes hangers won a prize. At the tail end of the drive, I was ahead ... until Larry Blair’s dad bought a



PHOTO COURTESY OF THE LIBERTY LAKE HISTORICAL SOCIETY

bunch of hangers so Larry won. All I got for my hard work was a Santa Claus candle. On my way home I chucked that candle where it belonged — in a well inside a building at Ted Weeks Resort where I put all the other stuff I didn’t want. There was another contest at school, a snowflake cutting contest. The class voted on who made the best snowflake; I got third place. Lucky for that snowflake.

Lynn: One time we got to present memorized poems for a special program. Mine happened to be a pretty funny poem. My mom worked and worked to help me memorize it. The response was so positive they asked me to recite it a second time! That’s when I first realized how much I love the response of the crowd! (*Author’s note: Lynn grew up to be a popular, gifted and witty speaker.*)

Karen: We didn’t bring paper to school. We did math out of boxes with scrabble-like tiles imprinted with numbers and symbols.

Cathy (same class): I don’t remember doing math like that! I don’t even remember doing math. But I do remember writing sentences using alphabetical tiles.

Karen: Hmm. I don’t remember writing sentences or alphabetical tiles!

Greg: Well I remember them both! The letter tiles were for spelling, too. We only used paper for penmanship, and Miss Isham supplied the paper.

Jan: I remember reading those Dick and Jane books. (All concur!)

Connie: Whatever books the school had were in stacks in the classroom. We never took anything home.

Greg: There was never any homework.

Bill: I was there for four years and no homework!

Connie: In second grade, I was sent upstairs to the third and fourth grade class for reading. I was nervous being around the big kids, but Mrs. Anderson and Lynn soon put me at ease. It was fun.

Charlene: I went to Mrs. Brown upstairs for reading.

Tom: I liked that in third grade I got to sit in on eighth grade level math. We were all in the same room. When we moved to Greenacres School, I was bored!

George, Charlene and Greg: We like that our parents never went to school for a conference. The teachers always came to our house for dinner — best way to do conferences!

Recess

Lynn: One of the best things about Liberty Lake School: If you finished your test early, you could just go outside and play!

Greg: In the winter, the wind blew the snow across the fields (now Liberty Lake Golf Course) dumping it on the playground. So we’d build snow caves in the drifts and crawl in during recess.

Bill: The rest of the year the playground was one big dirt patch with tumbleweeds.

See HISTORY, page 39

This 1955-1956 photo of the classes of Miss Isham (top left) and Mrs. Anderson (top right) taken on the steps of Liberty Lake School includes several of the “voices around the campfire” who contributed to this article, including Jannie Hines Looney (eighth in row 3), Lynn Rasmussen Vincent (11th in row 3), Ron Phillips (fourth in row 4), Tom Vincent (sixth in row 4), Bill Hughes (eighth in row 4) and Charlene Tichy Melrose (seventh in row 5). Another person mentioned in the story, Dave Curry, is eighth in row 2.



Neighbors & Neighborhoods

A 2015 SERIES PRESENTED BY THE
LIBERTY LAKE HISTORICAL SOCIETY

DID YOU KNOW?

- The Liberty Lake School was built in 1912 on the southeast corner of Molter and Sprague. It operated all but one year as a school until midway through the 1957/58 school year. The year missed was because the teacher didn’t show up.

- Though the grade levels fluctuated through the years according to needs, in the latter years the kindergarten class (available whenever someone was willing to teach it) was in the basement as was the school’s lunchroom. The main floor housed first and second grade while the upper level held the third and fourth grades.

- The crab apple orchard was on the south side of Sprague Avenue from Molter to Overlook roads.

COMMUNITY/NEWS

Woman representing LL at Miss Washington pageant

By Dani Guarisco
SPLASH CONTRIBUTOR

For many, the word “pageant” brings to mind beautiful girls walking across a stage or the TLC show “Toddlers and Tiaras.” Local McKenzie Quaintance had the same view of these competitions before extensive research led her to compete for the title of Miss Washington this October.

McKenzie’s decision to challenge herself with this new adventure required her to pick a region she wanted to represent. Taking pride in the place she grew up, she became Miss Liberty Lake. It all started with an ad on a website. She looked into competing, filled out an application, and following an hour-long phone interview, she was officially part of a brand new world. As this will be the first pageant she’s ever competed in, it’s full of surprise and new experiences.

“It was a spur of the moment kind of thing,” said McKenzie, 19, a Central Valley High School

graduate who now attends Spokane Community College. She recently achieved a 4.0 for the quarter, putting her on the honor roll. With Ernest Hemingway as her inspiration, she hopes one day to become a writer and English teacher. She also enjoys attending concerts, festivals, writing poetry, reading, volunteering and photography.

She has learned a lot about pageants as the competition draws closer, including how much work it takes, from volunteering to, yes, even going all the way to Seattle to take a walking class.

One of her biggest responsibilities was taking on a cause in connection with her title as Miss Liberty Lake. For this, McKenzie started a memorial fund for suicide and depression awareness in honor of her uncle, Steve Ausman. The fund is called the Steve Ausman Memorial Fund, and it was created through the American Foundation of Suicide Prevention. With such a close tie to the devastating global issue, McKenzie decided



SUBMITTED PHOTO

McKenzie Quaintance is preparing to represent the community as Miss Liberty Lake during the Miss Washington pageant in October.

FOR MORE

Follow McKenzie Quaintance’s quest to become Miss Washington and learn more about her work raising money for the Steve Ausman Memorial Fund at facebook.com/Misslibertylake or support her at gofundme.com/misslibertylake.

that this was the foundation she wanted to shed light on.

Along with volunteering and organizing donations, McKenzie also wants to change the persona of pageants. People often have a perspective of pageants that puts them in a negative light. She wants people to look at pageant competitors in a different light and to realize how they make a difference in their community and state, as well as in themselves. Although she’s received a vast amount of support from friends and family, she has received judgmental feedback on her decision through social media.

“I think a lot of people have the wrong view of pageants,” McKenzie said. “It’s much more than just having a pretty face.”

Between bettering her community and taking classes, she says one of the biggest components of pageants is building confidence in one’s self.

“I really support girls building their confidence in themselves and being able to achieve their

goals,” she said.

Like any new challenge, the decision to enter the pageant has come with some uncertainty.

“I’m kind of going in blind,” she said.

Although she has done her research, she has only met a few of the other women who will be competing during special classes. The actual competition consists of evening gown, swim wear and an interview portion. The interview portion really surprised her; it will be all about the girls themselves and their individual pursuits.

“You really have to know your stuff,” she said.

What is she most nervous about?

“The swimwear, I think, will be the hardest part for me to just walk out so confidently,” she said.

But she still is going in head first, without fear.

“The hard work is going to pay off,” McKenzie said.

HISTORY

Continued from page 38

We built tumbleweed forts to crawl in.

Tom: I was in fourth grade before I ever saw a blade of grass growing at that school.

Ron P.: There was a lotta’ dirt. Still, we played kickball and tag.

Ron K.: We made roads and tunnels for our cars in the dirt — digging trenches, laying boards across them, then covering it with dirt. The older boys would come along, probably Johnny Rademacher and Bob Rice who were like older brothers (they were about the only older boys in the school), and they’d say “whoops” as they stomped on our tunnels.

Tom: There was a protruding brick ledge on the school that was what seemed to be 10-12 feet off the ground and slanted slightly downhill. We’d climb up on the ledge to see who could walk the furthest before falling off.

(WARNING: Do not try this at home ... or at school ... or anywhere!)

Charlene: The girls liked the swings and merry-go-round.

Connie: The four teeter-totters were wide and long ones. You could easily make people airborne if you came down

hard on the dirt. And there was an area we called the jail. The girls chased the boys and put them in it.

Lynn: At recess one day, I married Dave Curry at the big tree on the corner.

Ron K.: Inside the school was a sandbox where Judy Christopherson and I had sand fights. That didn’t sit well with the teacher. (Ron, a teacher himself, claims he mostly drove cars in it.)

The Trek

Greg: Walking home from school was one of my favorite parts of going to school. There was always a group of us, and we’d stop and play catch or something in Liberty Lake Park until mom or dad called us home for dinner.

Tom: You needed to get in a group when you walked by Ted Weeks Resort. One of the older boys owned a whip and waited there. If you were alone, you were fair game!

Lynn: I remember walking to school past the house with the mean dog. One time it attacked one of the kids in our group. But I was brave; I ran all the way home. That dog was mean.

Connie: We walked through the apple orchard on the way to school. It was fun to pick crab apples with my brother to bring to our teachers who accepted them graciously.

Bill: Connie may have given hers to the teacher, but I ate them. I am not an apple polisher!

Ron K.: I sometimes rode my horse to school with my sister Barb when we lived in the mountain above the (now) county park. We never saw bears, but there was a spot along the way where a cougar would be in the tree. It always left us alone.

Ron P.: By the time I got there you had to get special permission to ride your horse to school, so I rarely rode.

The School’s Demise

George: When they closed the school, dad organized a bunch of parents to try to keep it open. We lost.

Connie: Once at Greenacres, we sure missed our small schoolhouse. Looking back, it was a fantastic, one-of-a-kind experience.

Ron P.: There were six resorts on the lake when we were kids. We had moms who led cub scouts, and we made fun, good memories at that old country school. Liberty Lake was a great place to grow up!

Karen Johnson enjoyed the process of connecting with former classmates for this article. She is a board member with the Liberty Lake Historical Society and has lived in the community most of her life.

POLICE

Continued from page 8

male was out with a small tractor leveling a lot, and she was concerned he’d hit a water pipe or electrical device. An officer made contact with the subject, who reported he owned the property and was planning on building a stick home there. He was advised about seeking permits.

• **Golf cart complaint** — At 7:56 p.m. Aug. 11, LLPD responded to the 24000 block of East Desmet Road for a citizen contact. A complainant requested extra patrol in the area for golf cart violators, as two carts full of teenagers drove on the pathway without stopping for pedestrians.

• **Domestic violence** — At 10:29 p.m. Aug. 12, LLPD responded to the 22000 block of East Prestwick Place for domestic violence. A woman reported her boyfriend became enraged and choked her. Upon officer contact, the male had fled the scene. Charges were forwarded for assault domestic violence.

• **Vehicle theft** — At 7:39 a.m. Aug. 14, LLPD responded to a vehicle theft at the 1300 block of North Fairway. A woman reported her doors were locked and the key fob was inside of the vehicle when she left it parked outside. Someone reportedly took it sometime during the night. The estimated loss is \$20,000.

Keeping relaxation afloat

New LL spa built around health benefits of floatation therapy

By Treva Lind
SPLASH CONTRIBUTOR

Imagine floating weightlessly in water within a quiet, spa-like setting.

Such relaxation is what's described for customers of a new Liberty Lake-based spa, Float Spokane, expected to open Sept. 1. Many users of floatation therapy in individual tanks tout its health benefits that range from reducing pain to relieving stress.

Float Spokane's space at 1334 N. Whitman Lane is being prepared for a launch by two couples who are co-owners, Jerrod and Jen Riggan, and Eric and Crystal Freels.

Jerrod Riggan and Eric Freels, friends since grade school, have researched floatation therapy's overall advantages, including recent studies on how it's being used to help people suffering from post-traumatic stress disorder among other health issues.

The single-person tanks, also known as pods, are filled with highly-filtered, skin-temperature water and Epsom salt. People typically book an hour-long session in a pod to unplug.

"We're excited to do a business that will make a difference in people's lives," Freels said. "It's helping people with reducing stress, with relaxation. About one hour in a pod is equivalent to about four hours of really good sleep."

Athletes are using the therapy for post-injury recovery. Studies indicate some benefits for autistic children, Freels said, and for fibromyalgia pain relief.

Riggan admits he was a little unsure when he first tried floatation therapy, but that quickly dissolved.

"This may be a little different for people at first," Riggan said. "I was a little spooked the first time. But when I had my first session, I felt so completely relaxed. I felt like I had a 10-hour massage; it was amazing."

Other health-related information is posted on the spa's website, Floatspokane.com, or on its Facebook page. One study suggests float sessions decrease cortisol levels, Freels said. "That's a stress-related hormone the body releases."

Added Riggan, "We know stress can have a lot of detrimental effects on the body. With the magnesium in the pod, the body



SPLASH PHOTOS BY TREVA LIND

Co-owners Jerrod Riggan left, and Eric Freels pose with a Dreampod, which is used for the floatation therapy central to the new Liberty Lake spa, Float Spokane.

SPREAD
THE HEALTH



soaks some of that up. Lack of magnesium is a source of many health problems. It's great for your skin."

Epsom salt contributes to buoyancy and smooth skin, unlike an hour in the bath when fingers look like raisins, Freels said.

"You float like a cork," he said. "You just let the water do all the work. It takes away the effects of gravity and feels like floating in space. It's great for pregnancy, which puts lots of stresses on the body."

He first tried floatation therapy in Portland about a year and a half ago.

"I felt very relaxed and extremely alert and hungry," Freels said. "What I've read is that's a pretty normal experience. It almost has a way to kick-start your metabolism."

Float Spokane will open in about 2,100 square feet with four "pod" rooms, each having a Dreampod floatation tank that holds 215 gallons of water mixed with around 1,100 pounds of Epsom salt.

The owners plan hours of operation from 7 a.m. to 10 p.m., seven days a week. Float Spokane is offering a \$49 introductory one-hour session to first-time customers. After that, people can buy packages for visits of three-, five- or eight-float sessions.

A three-float package costs about \$179, while a five-float purchase is roughly \$280. Float Spokane also offers memberships as a lowest-price option.

"We're open to working on a custom package," Freels said, including business



FOR MORE Float Spokane

1334 N. Whitman Lane

The relaxation spa, with state-of-the-art Dreampods, is scheduled to open Sept. 1. Projected hours of operation are 7 a.m. to 10 p.m., seven days a week.

For more:
www.floatspokane.com or 670-7457

corporate packages.

With the pod's technology, the water for each session is repeatedly filtered and exceptionally clean, Riggan said. Small quantities of chlorine and hydrogen peroxide are added.

"The first question people ask is how clean are the pods," Riggan said, adding that the water's salt content is one sanitary level itself.

"We use a chlorine treatment and also UV lights, so it has three or four levels of protection after each float. Every drip of that water gets cycled three times through a filter which is 1 micron, smaller than a human hair."

Freels agreed. "That water is just pristine. It's clear, clean, safe."

Each pod offers soothing music for the first 10 to 15 minutes, to help people relax and clear the mind, and then typically rooms are kept silent. Some people like floating in their birthday suits, while others prefer a bathing suit, Freels said.

People turn off cell phones, part of removing interruptions or demands on the senses.

The owners say they selected Liberty Lake for Float Spokane as being near to Spokane and Coeur d'Alene while also serving clients here in a growing, thriving community.

While both couples have homes in Brewster, near Lake Chelan, usually one or more of them are in town to work on the opening. The owners said they'll be hands-on during early months of operation, and likely will hire three to five employees.

Freels and Riggan played college baseball together. Riggan went on to play professionally as a pitcher for the New York Mets and the Cleveland Indians, and also in Japan for two years.

Away from the business, Freels is employed helping manage a shipping dock for Gebbers Farms. He first talked to Riggan about the idea of float therapy business.

With today's noises and distractions, people find it more difficult to unplug, Riggan said. While hot tubs generally have noise because of the jets, floatation tanks are "absolutely silent and still," he added.

"You're not used to having noise all the time, but in the pod, it's just you and the water."

BUSINESS

In Biz



SUBMITTED PHOTO

Penn Brownlee and Shawn Poindexter recently were promoted to different positions at Gravity Jack.

Gravity Jack appoints new positions

At the end of July, Gravity Jack announced changes in two leadership positions. Shawn Poindexter was promoted to the role of Chief Technical Officer, and Pen-dergraf "Penn" Brownlee was promoted to the role of Director of Digital Production.

Poindexter, who has a doctoral degree in computational astrophysics from Ohio

State University, joined Gravity Jack shortly after the company's founding in 2010. He previously served as director of development. Brownlee joined Gravity Jack in May 2014 and served as digital producer. For more, visit www.gravityjack.com.

HUB announces promotions

The HUB Sports Center recently named Ryan Barbieri as program director and Mathew Plank as director of development and capital campaigns.

Barbieri has experience in recreation, education and coaching and has served as a facility supervisor for the HUB during the past two years. A graduate of Eastern Washington University, Plank has taught grant writing and Fundraising 101 Seminars and been involved in fund raising and marketing since his youth.

Family Home Care expands

Liberty Lake-based Family Home Care announced that Independent Services Corporation joined the company effective Aug. 1. FHC also stated that it will move

its Spokane operations from Liberty Lake to the ISC building, 1716 N. Union Road in Spokane Valley.

A press release said the combined organizations will employ over 325 and serve 500 families throughout the Inland Northwest with personal in-home care.

Weller to teach on resiliency

Liberty Lake resident Susie Leonard Weller will be offering several events on resiliency during the month of September. She will present at the Sept. 1 monthly Ostomy Support Group at Providence Sacred Heart Hospital on "Sweeten Your Life with P.I.E.S.: The 4 Dimensions of Resiliency." On Sept. 8, she will be the guest speaker for a national webinar on "The Q- Process Strengthens 4 Dimensions of Resiliency."

From Sept. 14 to Oct. 19, she will be hosting a six-week series on "Parenting with Greater Resiliency" at the Unity Spiritual Center in Spokane.

Since 2012, Weller has been a contributor for "Phoenix Magazine," a quarterly

national magazine for ostomates. Part 2 of an article she wrote on resiliency will be published in the December 2015 issue.

Weller has also begun writing a new book on resiliency and welcomes local residents to share their tips or stories by calling 255-6676 or emailing weller.susie@gmail.com.

LL man obtains local business

Swiss Tech Precision Inc., located in Post Falls, was purchased by Liberty Lake resident Chris Choate in June.

Since the transition, which included a name change to Swiss Tech Precision USA, the manufacturer of Fineblank Tooling and EDM-produced components has upgraded the company's software and sales tools. They also have plans for facility improvements, as well as working with local suppliers and hiring veterans. For more, visit www.swisstec.com.

In Biz features Liberty Lake-connected business items. Contact The Splash with business news at editor@libertylakesplash.com.

SPORTS

Sports Briefs

Mälinen sweeps summer races

Liberty Lake resident and professional race car driver Max Mälinen had a successful summer on the racing circuit.

He swept the weekend in Formula F at Kansas Speedway in June, backed that up in early July with the same performance at High Plains Raceway in Colorado, and repeated the drive at Pueblo Motorsports Park the end of July, a press release said. As a result of the wins, Mälinen won the 2015 the SCCA Mid-States Majors Championship.

Reduced soccer registration offered to teens

In an effort to increase participation among area teens, Valley Youth Soccer is offering a special \$10 registration for the fall co-ed recreational league for ages 14 to 16.

League play begins on Saturdays starting Sept. 19 and continues through Oct. 31. Registration is accepted until the start of the season, as space allows.

For additional information or a registration form, email info@vysoccer.org.



LL water skiers win at Regionals

Juli Kienbaum, 51, and her youngest daughter Genevieve, 11, brought home medals from the U.S. Western Regional Waterski Championships hosted at Warman Lake in Vancouver, Wash., July 21-25.

Juli received four medals

including 3rd place in slalom, 2nd place in jump, 3rd place in trick and 2nd place overall. Genevieve placed 2nd in jump and 3rd overall. These medals qualified them to compete in the U.S. National Waterski Championships held in August in West Palm Beach, Fla.

Prior competitive tournament scores qualified



SUBMITTED PHOTOS

Juli Kienbaum, left, and Genevieve Kienbaum, above, received medals at the U.S. Western Regional Waterski Championships in July.

several Liberty Lake skiers to contend in Regionals, which was comprised of the top skiers from nine western states. Local residents who also competed included Braden Clemson, Grant Cox, Sam Hislop, Paul Kienbaum, Charlie Kienbaum, Matt Kienbaum, Mary Kienbaum and Grace Kienbaum.

Scoreboard

COMMUNITY GOLF

7/15 Trailhead Ladies 9-Hole Club

Flight A: Gross, Bea Carroll and Susie Hanson, 48 (tie); Net, Mary Ellen Wall, 37

Flight B: Gross, Deanna Hauser and Diane Rudnick, 55 (tie); Net, Ann Parman, 35

Flight C: Gross, Nancy Wendelberg, 57; Net, Sharon Spear, 38

7/22 Trailhead Ladies 9-Hole Club

Flight A: Gross, Susie Hanson, 42; Net, Bobbie Larsen and Jeanne Hamacher, 32 (tie)

Flight B: Gross, Sherry Lopez, 52; Net, Ann Parman, 33

Flight C: Gross, Karen Schuemer, 50; Net, Sharon Spear, 28
Chip-ins: Hedy Longworth, Bobbie Larsen, Deanna Hauser, Shirley Roberts

7/23 Liberty Lake 9-Hole Club

First Flight: Gross, Sharon Woolf, 47; Net, Bette Devine, 37; Roxy Powell, Chip-in on #7

Second Flight: Gross, Sadie Rueckert, 56; Net, Vickie James, 38

Third Flight: Gross, Luana Hager, 64; Net, Rebecca Curry and Darlene Reilly, 40 (tie)

7/29 Trailhead Ladies 9-Hole Club

Flight A: Gross, Bea Carroll, 43; Net, Susie Hanson, 30

Flight B: Gross, Judi Hander, 51; Net, Ann Parman and Iness Walth, 32 (tie)

Flight C: Gross, Linda Kunstmann, 59; Net, Nancy Wendelburg, 35

7/30 Liberty Lake 9-Hole Club

First Flight: Gross, Sharon Woolf, 48; Net, Bette Devine, 37

Second Flight: Gross, Kathy Camyn, 56; Net, Sadie Rueckert, 39

Third Flight: Gross, Luana Hager, 67; Net, Margaret Chesley, 43

8/3 SV Women's Evening League

Flight A: Gross, Diane Perry, 51; Net, Shelly Van, 36

Flight B: Gross, Gail Bailey, 61; Net, Darcee Terhaar, 45

Flight C: Gross, Sandy Nowaski, 63; Net, Colleen Lynn, 42

Flight D: Gross, Teri McDaniel, 71; Net, Gerri Vance, 44
Chip-in: Caroline Wyatt, #6

8/5 Trailhead Ladies 9-Hole Club

Flight A: Gross, Sammie Fletcher and Bea Carroll, 47 (tie); Net, Bobbie Larsen, 31

See SCOREBOARD, page 46

SPORTS

Matured Bears look for breakthrough season

By Mike Vlahovich
SPLASH CONTRIBUTOR

As a junior, Tanner Sloan was the best quarterback not named Rypien in the Greater Spokane League. Even on one good leg, lineman Scott Peck was, like Sloan, a first-team All-GSL football selection.

They are just two of the reasons Central Valley coach Rick Giampietri — entering his 46th year as a coach, 33 at CV, where teams have 11 playoff appearances, including the state title in 1997 — can envision a rebound from last year's uncharacteristic 3-7 season and loss to rival University.

"We played a lot of sophomores last year," Giampietri said. "We had a good Border League camp, our offensive line has improved a ton and those juniors are playing well right now."

The Bears find out how big an improvement when they host Coeur d'Alene Sept. 4 and visit Lake City the following Friday, teams that outscored them 107-35 to begin the season a year ago.

"Last year, we were probably hoping to survive," Giampietri said of those games. "Their eyes were kind of wide open, instead of being focused on what was going on."

The team regrouped enough to come within seconds of reaching the postseason playoffs. With a year's learning experience under their belts and solid summer camp to buoy them, the Bears are optimistic. Six offensive and five defensive starters return. They



SPLASH PHOTO BY MIKE VLAHOVICH

Scott Peck, a 6-7, 292-pound lineman, blocks for fellow returning all-GSL football selection, quarterback Tanner Sloan. The duo are part of a dynamic returning group of Central Valley players who hope to rebound from last year's 3-7 season.

have the league's best kicker, Ryan (it's all in the family) Rehkov, brother of University of Idaho (and former CV) placekicker, Austin Rehkov.

But they also know, last year's GSL teams were young in general, so it's a matter of which of them improves the most.

Having experience at quarterback and massive linemen isn't a

bad way to start.

Sloan, a full-time starter after seeing spot duty the year before, threw for 1,924 yards and 15 touchdowns. But he also ran for his life at times and finished with negative rushing yards. He has a good mentor and genetics. His dad, Rick, himself a CV graduate, quarterbacked in college.

"He's really a smart kid and just

makes good heady decisions," said Giampietri of his field general. "I don't think he's close (to full development). He's faster than last year and maybe our O-line is good enough that he won't have to scramble as much."

That's where Peck and his mates come in. Peck stands 6-foot-7 and weighs 292 pounds. Major colleges are interested.

"He passes the eye test," Giampietri said.

Although he made first team in the GSL, he wasn't at full strength. A leg injury thought to be a stress fracture turned out to be a broken ankle that necessitated surgery and obviously limited his play.

"He was operated on in December and should have a great year," Giampietri said.

Fellow linemen Bodey Hawks at 285 pounds, Brandon Driscoll and junior Ryan Terriff are all seasoned, as is linebacker Adam Alvarez.

Wide receiver Rhett Foley, linebacker Travis Hawkins, 6-foot-3, 309-pound defensive lineman Jordan Talafili, defensive back Christian Williams and defensive end Terrell Harrison all got their feet wet as sophomore starters.

Foley, Talafili, Hawkins and Williams were honorable mention all-league.

"Hopefully they play like seniors," Giampietri said. "Tanner has a year under his belt. He had a good summer throwing and leading the team. Peck is healthy and been pretty much ready to go. The secondary's got to get experience, (but) defensively we could be really solid, too. They played really well in the Border League camp. Based on that, we've improved a ton."

And the best part, Giampietri said, is that this year the players believe they can beat teams, not just line up and hope they survive.

New coach hopes to keep good times rolling



By Mike Vlahovich
SPLASH CONTRIBUTOR

Laurie Quigley has a tough act to follow.

She replaces Central Valley High School volleyball coach Amanda Bailey, who guided the Bears to successive state trips and a seventh-place finish before resigning for family reasons.

But CV's new coach is no stranger to the sport. Quigley was a standout at Lewis and Clark, playing for her mother and current West Valley coach Julie Yearout, and at

Western Washington University.

After college, she spent two years as head coach at 2A Squalicum, where she had a state seventh place finisher.

"We want to use the experience of our returners to help teach our newcomers what it takes to be competitive in this league," Quigley said via email. "CV has had a lot of success under Amanda, and we are hoping to build on that success."

The team graduated power-hitter and GSL MVP Kazlynn Roullier which leaves CV with a hole to fill.

But third-year varsity players and All-GSL selections last year, Keann White and Jade Rockwood, plus eight other seniors

return. Quigley anticipates that the experience will help fill in for the loss.

Others from last year's roster are Meghan Rockwood, Hannah Reiman, Shelby Frank, Taryn Ungaro, Morgan Ness, Emma Smith and track state placer Sydney Johnson.

Turnbow's loss a blow

When the best player in the state and among the best in her age group nationally moves away, it has to be unnerving.

Such is the case for Central Valley's two-time state champion girls soccer team.

Kelsey Turnbow, a junior-to-be, has departed for Arizona due to family obliga-

tions, leaving a huge hole to fill.

"It's a tough loss," coach Andres Monrroy agreed. "Not just from a soccer perspective. She was a great person and a great teammate."

It also doesn't help that seven seniors graduated, three of them all-league performers.

Likely cushioning the blow for the Bears is the knowledge that Monrroy has a knack for melding players together and that 13 varsity players were likely to return, Erica Casey, Katie VanEtten and Natalie Cabiad among them.

See NOTEBOOK, page 45

SPORTS

Blissfully barefoot



SPLASH PHOTOS
BY DANI GUARISCO

Participants at Barefoot in the Park enjoy a game of Bubble Ball (above) on July 26. At right, the Pumas (white) battled Contaminated Feet (black) in the Barefoot 3v3 tournament. The Pumas consisted of Justin Tapak, Justin Stripe Brady Jones, Andrew Nava and Gunnar Jensen, while the 'Feet' included Taryn Baxter, Zoe Potter, Rianna Routson and Sailor Watson.



Team Buttered Toast took 2nd place in the girls U9 bracket at the Barefoot Soccer Tournament in July. Pictured are Jaycee Lawhead, Victoria Usab, Emmy VanLith, Roxanne Robinson and Ella Spraggins.



Team ShaToe won the U11 division at the same tournament in Pavilion Park. Pictured are Abigail Sicilia, Libby Awbery, Teagan Colvin, McKinley Ullman and Josie Miller.

SUBMITTED PHOTOS

The race is on!



SUBMITTED PHOTO

Liberty Lake residents Tami Christensen and Vicki Monsey joined James Lawrence for his race in Idaho Falls in July. Known as the Iron Cowboy, Lawrence completed the equivalent of 50 full Ironmans in all 50 states in 50 consecutive days to raise awareness for childhood obesity.



SUBMITTED PHOTO

Kathy Whybrew and Natalie Urbiha show off their race outfits for the inaugural Red, White & Brews Run held July 24 in Liberty Lake.



SUBMITTED PHOTO

Mathias and Stephanie De La Rosa did the Coeur d'Alene Race the River sprint triathlon in July.



SUBMITTED PHOTO

Bruce Andre and Lloyd Halpern completed the Coeur d'Alene Crossing 2.4-mile open water swim from Arrow Point to the Golf Course on Aug. 16. The race benefitted area non-profits.

Softball team catches title



SUBMITTED PHOTO

The SVGSA U10 girls team sponsored by Dicks Sporting Goods won the U10 league championship and U10 tournament championship. Pictured are Liberty Lake residents Coach Stacey Robinson, Kya Knudsen, Libby Awbery, Teagan Colvin, Jersey Measel, Kelsey McDevitt, Lucy Lynn, Caitlynn Davis, Ramona Robinson, Katelynn Fay, Breanna Sullivan, Emree Brantner and Coach Glen Payne. Not pictured is Izzy O'Reilly and Gracie Newell.

River City champs



SUBMITTED PHOTOS

The G03A Shadow team (U12) won the River City Cup tournament at Plantes Ferry in July. The U12 team scored 25 goals and had not one scored against it.

Pictured are (top row) Assistant Coach Kasey Robusky, Mercedes Cullen, Abby McClellan, **Chloe Richardson**, Kylie Stiles, Samantha Symmes, Emma Thielbahr; (bottom row) **Sydney Spraggins**, Olivia Moore, Isabella Strugarevic, Zoe Crockett, Janis Oliver, Kyah Le, Tabitha Koscielski and **Savannah Spraggins**. (Liberty Lake residents highlighted in bold.)

Respect has reciprocal effect

By Peyton Stark
SPLASH GUEST COLUMN



Respect can mean a lot of things in a lot of different situations. As an athlete, respect comes into play in every aspect of a sport. Playing in a game or match, practicing and communicating with your teammates and coaches all involve respect. Respect to me means that you treat everyone you come into contact with kindly and make them feel like they matter.

For example, say you are in the middle of a volleyball game. In volleyball, not only do you respect your own teammates, but the team across the net as well. Although you are playing a competitive game, it's just that—a game. While you want to be aggressive and intense, a good athlete knows how to treat a team with respect. You want to be as competitive as possible because that is showing your opponents that you respect them and the hard work they have put into this sport. But a respectful athlete never taunts or makes disparaging remarks.

As well as respecting the other team, you have to know how to respect the officials. They are there on their time to help you play your game, and that is something you should appreciate. When interacting with them, show them they are valued. Officials note when an athlete shows respect

on, and off, the court or field.

In some cases, an athlete will get the opportunity to play at a national level, allowing them to interact with more players, coaches, parents and officials. At a national level, athletes are expected to be respectful no matter what the situation. You want to show others, and yourself, that you can be held to a higher standard.

Respecting yourself and others is put to the test as you are being observed by other spectators, and not only them, but college coaches as well. Some people believe that college coaches only look for talent, but that isn't necessarily the case. Coaches watch how you interact with the people you play with, how you react to situations, and how you respect the people around you. Colleges want athletes and players who can represent their schools and programs in a positive way. What is one huge way to show good representation? Respect. Respect is having consideration for others by showing them that what they are doing and accomplishing matters, and isn't going unnoticed.

Respecting others is one thing. But you have to know how to respect yourself as well. You can respect yourself in many ways. Making good decisions, getting good grades, and surrounding yourself with good influences are all prime examples. Every athlete should want to respect themselves in a manner so, at the end of the day, they can be proud of themselves. They can be proud of the way they conducted themselves, the way they performed in an athletic event, and the way they treated others.

Respect is more than just wanting to do it for others; you should want it for yourself. Because if you show respect to others, you will get respect back. We all need respect to make the world go round. I'm doing my part, and I challenge all of you to do the same!

Peyton Stark is a sophomore at Cheney High School. She is an honor roll student who plays varsity basketball and volleyball. Also a club volleyball player, she attended the Girls Junior National Championships for volleyball this summer in New Orleans, La. She volunteered her time to be the PACE columnist for the month of September.

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THE
Splash

Letter to the Editor

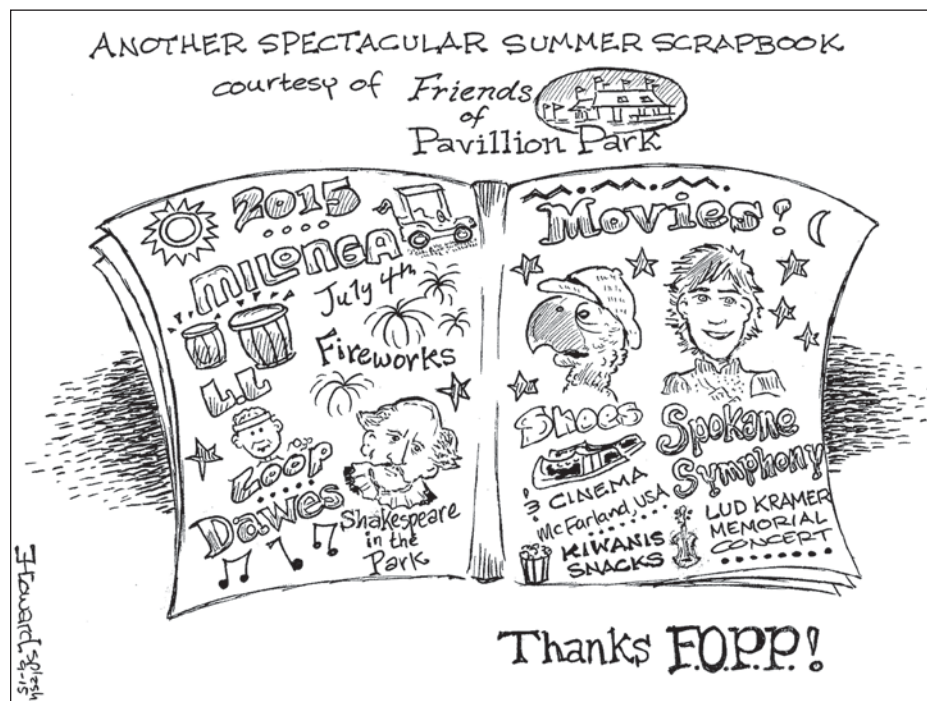
Grateful for a great race

The Baddlands Cycling Club thanks our River District neighbors, Greenstone Homes, the city of Liberty Lake and Home Depot for supporting the 8th annual River District Criterium bicycle race held on July 28. Greenstone Corporation provided event marketing, kids' race registration and invited vendors. Home Depot lent

barriers to protect racers from hazards along the course. Special thanks to Leonard Urgeleite for contacting his neighbors who live on the race course. Finally, thanks to the residents of the River District for supporting the race and allowing us to use your streets and park.

Mark Bitz

Baddlands Cycling Club



ADVICE

Continued from page 27

an hour. That beats any minimum wage job I could get with only a high school diploma.

"I think that every student has the potential to be successful," Brown said.

And with this book, you'll definitely be on track.

Brown said it starts with keeping your eyes open. Scholarship opportunities are everywhere. Brown says she has come across scholarship opportunities from everywhere from the usual places (the internet) to a banner at a high school basketball game.

"What surprises most people is that you can find a lot of them locally — a lot of corporations and nonprofits right here in our own community (offer scholarships)," Brown said.

It all starts with setting a goal, and like everything to achieve that goal is going to take hard work, dedication and time — even working over Christmas and Thanksgiving break.

Once again, however, Brown emphasized that the earlier you start, the less

stressful the process will be. Her tips include writing everything down, making a list and saving everything because later you're going to need it, and it's going to be a lot easier on you, too. There are several aspects to the college application process that will appear time and time again.

"By the end of the application process, you're most likely just copying and pasting essays and recommendations, you name it," Brown said.

This sounded good to me. I have no desire to fill the rest of my high school years with additional stress and anxiety. Brown's book has lots of tips that will help keep me from piling up all the work for the very end.

"When it's all done and you get accepted into the college of your choice, and have scholarships to pay for it, all that work will pay off," Brown said.

Although I'm still not proud of that D in sixth grade, as we wrapped up our conversation, Brown assured me there is hope for me yet.

Dani Guarisco is beginning her junior year at Central Valley High School. Over the summer, she worked on several assignments for The Splash and The Current as an intern.

About the Opinion Page

The Splash opinion page is intended to be a community forum for discussing local issues. Please interact with us by sending a letter to the editor or Liberty Lake Voices guest column for consideration.

Letters to the editor of no more than 350 words or guest columns of about 700 words should be emailed to editor@libertylakesplash.com or mailed to P.O. Box 363, Liberty Lake, WA 99019. A full name and telephone number must be included for purposes of verification. A photo of the author must be taken or provided for all Liberty Lake Voices guest columns.

The Splash reserves the right to edit or reject any submission. Business complaints or endorsements will not be accepted, and political endorsement letters will only be accepted if they interact with issues of a campaign.

Views expressed in signed columns or letters do not necessarily reflect the views of this newspaper or its staff. Editorials, which appear under the heading "Splash Editorial," represent the voice of The Splash and are written by Editor/Publisher Josh Johnson.

THE

Splash

Volume 17, Issue 9

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About
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Announcements, obituaries, letters to the editor and story ideas are encouraged. Submit them in writing to editor@libertylakesplash.com or bring them by The Splash office. Submissions should be received by the 15th of the month for best chance of publication in the following month's Splash.

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SPORTS

NOTEBOOK

Continued from page 42

Girls reload, boys rebuild
Like the U.S. Postal Service, neither rain, nor snow, nor gloom of night can keep Bears girls cross country from its annual state appearance.

Since 2002, they've made 10 trips to Pasco in November, and little is likely to change.

The girls placed sixth last year, return intact and would like to be in the trophy hunt this season.

Remarkably, less than a minute separated the seven runners at state last season, led by **Briegan Bester**. **Ashley Beard**, **Kayla Boyer**, **Kearan Nelson**, **Brielle Crump**, **Anna Fomin** and **Gabrielle Ford** completed the lineup.

"We have everyone back and it looks like the young kids will be pretty good," coach **Dennis McGuire** said. "No matter what, we're going to be really solid."

Rather than lust after a state berth, CV's theme, he said, is to let goals come to them.

"By that I mean we're going to work on being the best team we can be and what comes out of that comes out," McGuire explained.

Bester returns as the No. 1 runner and placed high nationally in track. She placed in the 800 and 1,600 at state. Fomin is unique in that although running 5,000 meters on the cross country team, she was a sprint placer in two events at state.

"We want to get into that top three and get a trophy," McGuire said.

The boys are starting over. Gone is third-place state standout **Briton Demars** and most of last year's state fifth-placing team. **Isaac Nichols** and **Gabe Romney** return for the Bears.

So coach **Kieran Mahoney** must find replacements from the army of runners who dominated Greater Spokane League junior varsity races through sheer numbers.

Clarification

In the story, "500 more miles in life's winding journey," in the August issue of The Splash, a breakout box was unclear about what funding in support of Cindy Esch's efforts with Childhood Saved would go toward. All money raised will go to therapy for survivors of childhood sexual abuse who otherwise could not afford to get the help they need. No funding goes toward administrative expenses or the costs associated with the 500-mile bike ride.

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THE

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COMMUNITY/SPORTS

FALLEN HEROES

Continued from page 20

“The advisory committee members have all contributed ideas, labor, creativeness and time to the project,” Wiese said. “It’s been one of the most rewarding projects I have ever been a part of.”

Wiese also expressed gratitude to the City Council, municipal staff (singling out Planning and Building Services Manager Amanda Tainio) and Mayor Steve Peterson for “their efforts, vision and professionalism.”

“They’ve been a huge part to the success and popularity of this course,” Wiese said.

Usab, a local attorney, initially became involved with the Fallen Heroes committee to offer legal assistance. She led the effort to select Miniken as the latest honoree.

“I have truly enjoyed getting to meet the families of the heroes that we have honored and to learn about each hero on a more personal level,” Usab said. “These heroes were amazing people, each of whom touched the lives of everyone who knew them. I feel privileged to be a part of this organization and to show a small token of gratitude to these families for the personal sacrifices they have made for our country.”

Like the other Fallen Heroes installments, the Coast Guard site features a variety of exercise equipment including an elliptical cross trainer, back extension, stretching polls, spring balance and stations for pull-ups and situps. The floor consists of the same recycled rubber matting that is part of the Town Square Park location.

“I think the Fallen Heroes Circuit Course Stations give the residents of Liberty Lake an opportunity to get some exercise while enjoying our community and reflecting upon the sacrifices that others have made

to make our country and our community so great,” Usab said.

While the initial plan was to wrap up the project with the five branches of the military, Wiese said the committee has received input from the city about expanding the course to the River District on the north side of town with stations honoring fallen firefighters and police officers.

“The idea has gained momentum and will be presented to the City Council for budget approval,” Wiese said. “We fully support this concept and are grateful the community has rallied so strongly behind the project that an expansion is on the table.”

Mayor Peterson said the Fallen Heroes project has been defined by “great leadership, good, concise direction of what the mission was and asking for the city’s help in ensuring it gets done in a timely manner.”

“We want to honor our servicemen in our community and this is how,” Peterson said. “The city realized that the projects would take a great deal of time for fundraising the total amount, so we said, ‘Let us help with the core cost, do what you can and we will get started.’ We could not be prouder to have participated.”

Peterson has led a campaign to place wreaths at the various sites on Memorial Day, July 4th, Veterans Day and Christmas. He also sends cards to the families of the respective Fallen Heroes in observance of the holidays.

“They really appreciate our community honoring their son or daughter,” Peterson said. “We are free to enjoy life in our parks and safe community because of the sacrifice of these heroes. Our community has a face, a reason identified on the plaque and an area full of life in which to remember them.”

SCOREBOARD

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Flight B: Gross, Iness Walth, 47; Net, Joyce Jacobs, 32
Flight C: Gross, Karen Canfield, 62; Net, Bunny Devenere, 34

8/10 SV Women’s Evening League

Flight A: Net, Marie Neumayer, 39
Flight B: Gross, Laurie Stewart, 53; Net, Evalene Meltingtallow, 39
Flight C: Gross, Sandy Nowaski, 64
Flight D: Gross, Gerri Vance, 69; Net, Patty Bordelon, 39
Birdie: Diane Perry, #2
Team Best Ball: Marie Neumayer, Evalene Meltingtallow, Sandy Nowaski and Diane Perry, 42

8/12 Trailhead Ladies 9-Hole Club

Flight A: Gross, Kathie Krestyn, 47; Net, Bobbie Larsen, 30
Flight B: Gross, Diane Rudnick, 53; Net, Ann Parman, 32
Flight C: Gross, Nancy Wendelburg, 63; Net, Hedy Longworth, 45

Chip-in and Birdie: Susie Hanson

8/17 SV Women’s Evening League

Flight A: Gross, Diane Perry, 53; Net, Shelly Van, 41
Flight B: Gross, Laurie Stewart and Sandy Saty, 55 (tie); Net, Darcee Terhaar, 40
Flight C: Gross, Colleen Lynn, 55; Net, Sandy Nowaski, 37
Flight D: Gross, Gerri Vance and Elaine Edwards, 63 (tie); Net, Patty Bordelon, 36
Longest Drive
Flight B: Darcee Terhaar
Flight C: Colleen Lynn
Flight D: Patty Bordelon
Birdie: Sandy Saty, #5

8/19 Trailhead Ladies 9-Hole Club

Flight A: Gross, Susie Hanson, 45; Net, Gloria Sawyer, 29
Flight B: Gross, Kay Sharp, 44; Net, Sherry Lopez, 30
Flight C: Gross: Nancy Wendelburg, 57; Net, Bunny Devenere, 31
Chi-ins: Jeanne Hamacher, Kathie Krestyn
Birdie: Kathie Krestyn

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4 at 40

Goals to launch into my next four decades



By Chad Kimberley
SPLASH COLUMN

In the famous words of Rafiki from the Lion King, "It is time."

On the eighth day of this month I am turning 40. I have officially crossed over into the second half of my life. While the way I eat and my at-times lack of exercise might indicate I crossed this threshold about five years ago, I have always seen 40 as the halfway point.

Let me make something clear: I am not about to hit a mid-life crisis. In fact, I would say that I have greatly enjoyed my first 40 years. I married exceptionally above my personal rank. I have three kids who have caused me

nothing but joy and great memories. I have spent the last 20 years serving in nonprofit settings that have granted me extremely fulfilling moments and relationships.

Yet I am turning 40, and it has caused me to do some soul searching. What is next? What goals should I have? What experiences do I want to pursue? How do I manage to live another 40 years?

I came up with four.

No. 1: Use my passport

I am saddened to say I have never used a passport or needed a passport. Through the first 40 years of my life my traveling has been throughout the North American continent which has included stops in Canada and Mexico but never a non-continental location.

So in this 40th year of life, I plan to travel via passport, although I do not know where I am heading yet. I have always dreamt of visiting a lot of the locations in the world that I have taught about as a history teacher. I would love to walk the grounds of the Roman Colosseum or see with my own eyes the Great Barrier Reef.

I may not know where I am going, but in this fortieth year I am ready to experience a new culture, a new part of the world, and get my first passport stamp.

No. 2: Watch the AFI top 40 movies

Movies have been a staple from my earliest memories till now. My dad made me watch "Jaws" before going on our first vacation to California (and, yes, it scarred me greatly). My mom tried to get me and my sister to watch "Gone with the



SUBMITTED PHOTO

Chad Kimberley and Jay Rivera pass supporters at the Windermere Half Marathon. Kimberley plans to log 1,000 miles during his 40th year of life.

Wind" (still haven't seen the whole thing). "The Lion King" was the first movie I saw with my wife (hence the quote nod at the top of this column). "Field of Dreams" was the first movie I shed a tear while watching. "E.T." gave me a love for Reese's Pieces, and the more recent superhero movies have become a staple in my families DVD collection.

As you can see, a lot of my movies have been your blockbuster hits, your popcorn movies, your family friendly fare, your less-than-artsy type of movies. Going into my 40th year of existence, it is time to become a bit more cultured. Since I love movies, I figure the American Film Institute's top 100 movies would be a great place to start.

My original idea was to tackle the top 100, but the wife helped me see the folly in that one-year pursuit, so I settled on the Top

40 American movies to watch. This list includes only five movies I have ever seen before, so this should be an enlightening experience, and I have a feeling I am going to get to know the public library's reserve/request system extremely well.

No. 3: Collect the 2016 Topps set

Baseball cards kept me going as a kid. Some of my greatest joys were buying a wax pack of cards (off the shelf), chewing up the cardboard gum and then going through the cards that followed. I started collecting in 1985 and would get several packs a year for the next couple of years until 1990, when I attempted to collect a full 792-card set by buying tons and tons of packs.

I came up short. It left these Grand Canyon-sized holes in my official three-ring binder where I kept all my cards.

Now in my 40th year, my son — who recently got hooked on baseball (yes I am going to raise a glutton-for-punishment Cubs fan) — and I are going to collect the whole 2016 Topps set via buying packs at stores, just like my good ole days. Yes, I realize this is a silly goal, and yes, I realize I could buy a complete set for much, much less than I will spend per pack, but for me it is a chance to connect my childhood to my son's and gives us the opportunity to share those excited moments when you rip open a pack and find either a Cub or a card you are missing.

No. 4: Run/jog/walk 1,000 miles

I originally had a different plan for No. 4. I wanted to run the half-Ironman next summer. Then I started looking at the times and the costs involved in completing a half-Ironman, and I discovered that I probably a) wouldn't be able to complete the swim in 1 hour, 10 minutes, and b) would hate to spend the money on a road bike to only be disqualified before I could ride it. Not to mention that I am sure no one out there wants to see me in a wetsuit.

So instead I decided to set a goal to cover 1,000 miles over the next year. I figure I need to cover an average of roughly 3 miles a day over the course of my 40th year of life. Now, of course, my natural fear is that come next August I am going to have to cover like 7 miles a day, every day, to reach my goal. But by doing this I am confident this will be a nice step along the way toward making it to 80.

Chad Kimberley is a local teacher and coach. He lives with his family in Liberty Lake.

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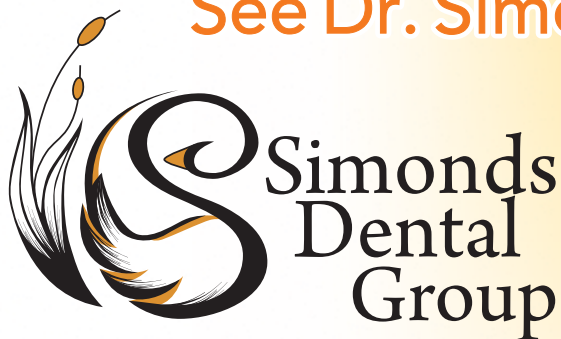
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