

The Times

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SERVING WAITSBURG, DAYTON AND THE TOUCHET VALLEY

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ONE DOLLAR



Photo by Bill Rodgers
This dramatic photo, by Waitsburg Photographer Bill Rodgers, was taken following last Thursday's fire off of Preston Ranch Road. Multiple agencies responded to the blaze that threatened the Smith Family Homestead.

Wheat fire threatens Smith homestead

Jake Adams sees value in volunteer experience firsthand

By Dena Martin | THE TIMES

WAITSBURG—On the afternoon of Aug. 8, Jake Adams got the phone call no one wants to receive. The Papé territory manager was working near Minnick Hill when his wife called to say there was a wheat fire and flames were heading toward their home. Moments later, the Fire District No. 2 volunteer received a call from dispatch.

"The fire was initially toned for Miller Road, which is just over the hill. The house wasn't even in the picture yet. When I heard that, I called dispatch and let them know the fire was heading toward my home and we needed structure protection immediately at Preston Ranch Road," Jake said.

Jake said his wife, Angela, was home with their daughters, Oaklee, 5, and Ember, almost 2, when she thought she saw dust out the open window. She looked closer, realized it was smoke, and then saw flames. Angela grabbed the girls and the house phone (the homestead is out of cell reception range) and drove away from the house to call Jake.

The fire, which began in freshly cut stubble, surrounded the Smith homestead, owned jointly by Perry and Darleen (Smith) Dozier and Glen and Adelle Smith, where Jake and Angela live.

Jake rushed home and made sure his family was safe. With the fire just 20 to 30 feet from the house, he immediately set the sprinklers running and began hosing things down. It was several minutes before District 8 Fire Chief Bob Clendaniel arrived, alone, out of Dixie with a grass engine.

Adams is grateful for his volunteer firefighter experience and knowledge which helped in saving the day.

"I was able to take all I've learned and put it to work to pay off. Being on the fire department I was able to get directly on the radio and tell dispatch who I was and that we needed as many tenders as we could get. I knew what to call for and what to tell them," he said.

As an experienced firefighter, Adams was able to jump on the back of the grass engine with Clendaniel and the two men knocked down the fire and got it back away from the house.

"I swear that the reason the house didn't burn is that I've spent the last

couple of years making a defensive space around it. When I moved out there, there were dead and dried poplars on the back side and tall, overgrown dried grass. Where the fire stopped, was in that grass that I'd just watered and kept it short, and I'd cut the trees down," Jake said.

Jake said that Walla Walla County Fire District No. 4 Chief Rocky Eastman complimented him on the defensive space around his home.

"That's one thing I really want to bring home to people. It's very important to keep the space around your home defensible," Jake said.

He said the fire did go into standing wheat owned by Howard and Glen Smith, but he was unsure how many acres were lost.

"The fire started in stubble in McCaw's field where someone had just gone through and cut. Someone happened to turn around and notice we had a raging fire headed up the canyon," Jake said.

When asked about possible causes, Jake said it could be a multitude of things.

"It could be the combine that had something on the exhaust that fell off,

it could be a hot bearing, it could have been one of the tractors. There are so many things that can go wrong in a harvest field. That's part of harvest," he said.

While he's usually the one responding to a fire, Jake said it was a good feeling seeing and knowing the people that responded when he was the one in need.

Responders from Fire Districts No. 2, 4, 7, and 8 out of Walla Walla and No. 3 out of Columbia County all responded to the fire. Farmers Glen Smith, Ed Stonecipher and Jesse McCaw showed up with discs to make fire lines and McGregor's sent a water truck.

"Farmers will stop what they're doing and get a disc going if the fire is close and they have one available. Everyone helps everyone else when they can. If a farmer has a water truck, he'll bring it out," Jake said.

"This was a wake-up call for myself. Just because it's a wheat fire doesn't mean lives aren't in danger. We've got to remember that 99 percent of the time we're working our butts off to help others but that one percent of the time that it happens to you, you want that same response everyone else wants. And without people, without volunteers, you won't have any protection. That really hit home," Adams said.

Dayton Chamber director resigns

Assistant director gives notice as well

By Dena Martin
THE TIMES

DAYTON—The Dayton Chamber of Commerce announced the resignation of Executive Director Melissa Bryan in an Aug. 12 in a Chamber press release. Bryan, who served as assistant direc-

tor prior to stepping into the role of executive director in March of 2018, will leave her position effective Aug. 31.

"Melissa has worked hard to keep the Chamber office looking professional and welcoming. Many improvements have taken place under her direction," said Chamber President Brian St. Clare.

Assistant Director Caitlyn Robins has also given notice and will join

the staff of the Dayton Memorial Library in September.

"We wish them both the best and thank them for their efforts," St. Clare said.

When asked about plans for operating the Chamber until a new director is hired, Chamber Board Member Ginny Butler said the board had just received notice of the resignation on the afternoon of Aug. 12.

"We are working on a



Times File Photo
Melissa Bryan

plan as fast as we can," Butler said.

WALLA WALLA CO. EMERGENCY MGMT. ADDS TEXT NOTIFICATION

WALLA WALLA County—Walla Walla County Emergency has made keeping abreast of emergency updates even easier with a new feature on its emergency notification system. Citizen Alert enables residents to sign up for notifications using their mobile phone.

To sign up for notifications, text your Walla Walla County zip code to 888777. You will receive a reply with an option to select Spanish language and will be signed up for mobile phone notification. You will also be notified if you travel in another region that uses Everbridge Emergency Notification System.

"We're excited about the opportunity to get more people connected to critical information during an emergency. If we can't reach you, we can't inform you," said Walla Walla County Emergency Management Director Liz Jessee.

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TOUCHET VALLEY LIFE

AFTER THE CUT



Photos by Lane Gwinn
Freshly cut fields of wheat and rolling hills merge to create a unique artistic display in these photos captured by Times Publisher Lane Gwinn.



Touchet Valley Weather

Aug. 14, 2019

Waitsburg's Seven Day Forecast

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Mostly Sunny	Partly Cloudy	Partly Cloudy	Sunny	Sunny	Partly Cloudy	Mostly Sunny
High: 91 Low: 58	High: 89 Low: 57	High: 86 Low: 58	High: 90 Low: 60	High: 89 Low: 58	High: 88 Low: 57	High: 97 Low: 72

Weather Trivia

When did the National Weather Service begin?
Answer: Feb. 7, 1870 with President Ulysses S. Grant.

Local Almanac Last Week

Day	High	Low	Normals	Precip	Precipitation
Tuesday	104	68	91/62	Trace	0.30"
Wednesday	101	74	91/62	0.00"	0.11"
Thursday	92	72	90/62	Trace	+0.19"
Friday	88	66	90/62	0.04"	77.7°
Saturday	82	62	90/62	0.00"	76.1°
Sunday	78	59	90/62	0.26"	+1.6°
Monday	83	59	89/62	0.00"	

Data as reported from Walla Walla

Weather History

Aug. 14, 1987 - Slow-moving thunderstorms deluged northern and western suburbs of Chicago with torrential rains. O'Hare Airport reported 9.35 inches in 18 hours, easily exceeding the previous 24-hour record of 6.24 inches. Flooding resulted in 221 million dollars damage.

Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset
Wednesday	5:51 a.m.	8:03 p.m.	8:03 p.m.	4:47 a.m.
Thursday	5:52 a.m.	8:02 p.m.	8:33 p.m.	5:48 a.m.
Friday	5:53 a.m.	8:00 p.m.	8:59 p.m.	6:50 a.m.
Saturday	5:54 a.m.	7:58 p.m.	9:22 p.m.	7:51 a.m.
Sunday	5:56 a.m.	7:57 p.m.	9:44 p.m.	8:53 a.m.
Monday	5:57 a.m.	7:55 p.m.	10:05 p.m.	9:54 a.m.
Tuesday	5:58 a.m.	7:53 p.m.	10:28 p.m.	10:56 a.m.

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PIONEER PORTRAITS

Ten Years Ago August 29, 2009

Wheat harvest should be done by early next week. Several farmers around Waitsburg reported some fields yielding 100-plus bushels per acre, McCaw added. Yield and quality reports- quite good yields and good test weights with low dockages-remain as previously reported. "It appears the rains did not hurt the quality in the area," he said.

Photo caption: Waitsburg High School student Alex Leathers spends some of his summer vacation on Dan Leathers' "The Kisutch" a 35-foot fishing/sightseeing boat based out of Ketchikan, AK. Alex was reading the Times and hoisting one of the day's catch-trying figure out why a fine paper such as The Times won't wrap an Alaska-sized fish.

Twenty-Five Years Ago August 11, 1994

Wearing a campaign-style button saying, "Call me Madam," Councilwoman Bette Chase was ready to vote on what she called the "wall" at last week's City Council meeting. The wall was really 50-foot long fence-8 feet tall- that a resident on Preston Avenue wanted to build to provide privacy from the next door neighbors. The resident, Dona Little Wolf and her daughter, Markita, has asked the council to approve a permit to allow them to put up the fence, which they wanted to build three feet above the city's backyard fence maximum height of five feet.

The 1994 wheat harvest is almost history. Overall, the consensus is yields are down about 40 percent from last year in Walla Walla and Columbia counties. Winter wheat yields in the Waitsburg-Prescott areas, according to J. E. McCaw, assistant manager of Touchet Valley Grain Growers in Waitsburg, ranged from around 40-70 bushels per acre. In the same locations are anywhere from 60-80 bushels an acre, he said. Last year's bountiful crop produced ranges in the two vicinities from 70 to 100-plus bushels per acre.

Fifty Years Ago August 14, 1969

Glen Hofer reports: Dear Wheatgrower, It takes a very keen and optimistic eye to find any ray of light shining on the wheat scene this first day of August. The world wheat exporters appear to be trembling on the verge of an all-out price war, movement of wheat has virtually stopped in both the export and domestic markets, allotment announcements are six weeks overdue and still hung up in the bureaucratic maze across town and the Sept. wheat future in Kansas fell to its lowest point since 1942.

Photo caption: The top photo shows the rock hill north of town as the first blast of the explosive lifts the rock and dirt about 6 feet into the air. At left in the pickup is County Engineer B. Loyal Smith while Times photographer Charles Baker is at the right of the pickup. The blast, which felt to many in town like an earthquake, took place at about 3:30 last Friday afternoon.

Seventy-Five Years Ago August 18, 1944

Waitsburg Schools will start Tuesday, Sept 5 with a full teaching staff. The faculty includes Homer Reed, Myron Colburn, Mary Dion, Mrs. J. W. Carson, Ruth Gray, Ruth Lampharter, Josephine Gordon, Cal Malone, Paul Koper, Henry Reimers, Daisy Wale, Margaret Ward, Mildred Minnick, Gladys Williamson, Gladys Keve, Miss Kingsman and Aleta Combs.

Helen Lloyd was honored at a surprise birthday supper Monday night when a group of her friends arrived at her country home for a hamburger and watermelon feed. Guests were Pat Hirsch, Mary Frances Dunn, Maxine Attebury, Hazel Harkins, Elizabeth Sutton, Thelma Webber, Erma Crall and Frances Craig.

One Hundred Years Ago August 22, 1919

A fire started about 12 o'clock Saturday in the field belonging to Hollis Conover and burned about 350 acres of grain, some threshed, but most of it standing and nine head of good work mules.

The season on blue grouse and native pheasants opened in Walla Walla county Friday and will be open until Oct 1.

The new Adventist College in College Place, which is nearing completion, is one of the handsome buildings of the county and adds distinction to a group of attractive buildings which comprise the institution.

Mr. and Mrs. Smith Hoops left Tuesday for Barnesville, Ohio for an extended visit to visit relatives and friends. They expect to be absent until the first of October.

One Hundred Twenty-Five Years Ago August 17, 1894

While working about a threshing machine near Walla Walla on Saturday last, Teen Mikkelsen got his left arm caught in the machinery in such a manner as to break it just below the elbow.

Adelle Morgan and Maud Johnson had a narrow escape from a watery grave on Monday. They were swimming in the Touchet and got beyond their depth. Fannie Weller, who was on the bank had the presence of mind to extend some willows to the sinking girls and thus aid them to shore, which they reached in a semi-conscious condition.

W. B. Shaffer and wife celebrated their fifth wedding anniversary at their mountain camp last Sunday night. A pleasant time is reported and 'tis said their presents were numerous and unique.

Events Calendar

THURSDAY AUGUST 15

Dayton Senior Round Table
Senior Center (403 E. Patit St.)
12 p.m.
Tuesdays and Thursdays.

Health & aging event
Starbuck Community Church (110 Main St.)
1-2:30 p.m.

Waitsburg Resource Center
106 Preston Avenue (side of Banner Bank)
2-4 p.m.

Waitsburg School Board
(Third Thursday)
Preston Hall
6 p.m.

Waitsburg Parks & Rec
(first and third Thursdays)
High School Band Room
6:30

Family Summer Reading Moon Party
Dayton High School football field
6:30-9 p.m.

Dayton Friends of the Fairgrounds (second and fourth Thursdays)
American Legion
7 p.m.

FRIDAY AUGUST 16

BINGO (every Friday)
Eagles-222 E. Main, Dayton
Doors open 4 pm, Bingo 6pm

SATURDAY AUGUST 17

Waitsburg Block Party
On Orchard, between 6th St. and 7th St.
5-9 p.m.
Bring a dish to share, chairs and B.Y.O.B. Games, music by Walla Walla DJ and fun.

Book Chat
Dayton Memorial Library
6ish-8ish p.m.

MONDAY AUGUST 19

Columbia County Commissioners Meeting
(Third Monday)
Commissioners' Chambers
311 E. Main St., Dayton
9 a.m.

Waitsburg Story Time
Weller Public Library
10:30 a.m.

Waitsburg Christian Church Youth Group (first and third Monday)
Waitsburg Christian Church
6:30-7:30 p.m.

DW Combine Meeting
Waitsburg Elementary School library
6:30 p.m.

Dayton Memorial Library Board (third Monday)
Delany Building
7 p.m.

TUESDAY AUGUST 20

Waitsburg Senior Round Table
Waitsburg Presbyterian Church
11:30 a.m.
Join local seniors every Tuesday for lunch. \$4 suggested donation for those over 60. \$7 charge for guests under 60. Meals on Wheels are available. Call 337-8541 for more info.

Dayton Senior Round Table
Senior Center (403 E. Patit St.)
12 p.m.
Tuesdays and Thursdays.
Call 382-2836 to RSVP by the day prior.

DW Fall Sports Clearance
WHS auditorium
6:30 p.m.

Trivia Tuesday
Location to be announced
6-8 p.m.

WEDNESDAY AUGUST 21

Discovery Kids
Dayton Memorial Library
10 a.m.

First Day of DW High School Cheer & Football

Practices

Dayton School Board
(Third Wednesday)
School Admin. Building
6 p.m.

Celebrate Recovery, Dayton
Catalyst Church (311 S. 4th)
6:30 p.m.

Celebrate Recovery, Waitsburg
Waitsburg Christian Church
6:30 p.m.

THURSDAY AUGUST 22

Dayton Senior Round Table
Senior Center (403 E. Patit St.)
12 p.m.
Tuesdays and Thursdays.

Dayton Kiwanis (second and fourth Thursdays)
Delany Room
Noon

Waitsburg Resource Center
106 Preston Avenue (side of Banner Bank)
2-4 p.m.

Prescott School Board
(Fourth Thursday)
District Boardroom
6 p.m.

Columbia-Walla Walla No. 2 Commissioners' Meeting
Waitsburg Fire Department
7:30 p.m.

DAYTON SENIOR ROUND TABLE LUNCH MENU

Dayton Senior Center
403 E. Patit St.
12 p.m.

Thurs., Aug. 22
Salisbury Steak
Mashed & Gravy
Capri Veggies
Salad/Wheat Bread
Oranges/Milk

Tues., Aug. 27
Spaghetti
Mixed Veggies
Salad
Garlic Bread
Peaches/Milk

Thurs., Aug. 29
Pork Chops
Au Gratin Potatoes
Carrots
Broc Salad/Roll
Pudding/Juice/Milk

WAITSBURG SENIOR LUNCH MENU

Waitsburg Presbyterian Church
504 Main St.
11:30 a.m.

Tues., Aug. 20
Meatloaf
Mashed Potatoes
Vegetable
Cookie/Bread
Milk

MEETINGS & GATHERINGS

Alcoholics Anonymous - Dayton: Tuesdays and Thursdays, 7 p.m., Dayton First Congregational Church-UCC dining room, 214 S. 3rd St.

Alcoholics Anonymous - Waitsburg: Saturday, Monday and Friday, 9 p.m., Presbyterian Church basement, 504 Main St.

American Legion Post #35: First Monday, 6 p.m., Waitsburg Town Hall, 121 Main Street.

American Legion Post #42: Second and fourth Wednesdays, 7 p.m., American Legion Building, 211 E. Clay St., Dayton.

Bingo: Every Friday, doors open at 4 p.m. Bingo at 6 p.m. Dayton Eagles, 222 E. Main

Blue Mountain Heritage Society: Second Thursday, 9 a.m. Delany Building, 111 S. 3rd St., Dayton.

Blue Mountain Station: Tues - Sat. 10 a.m. - 6 p.m., 700 Artisan Way, Dayton.

Book Chat: Third Saturday, 6ish-8ish, Delany Room, 111 S. 3rd St., Dayton.

Celebrate Recovery - Dayton: Wednesdays, 6:30 p.m., Catalyst Church, 311 S. 4th, Dayton.

Celebrate Recovery - Waitsburg: Wednesdays, 6:30 p.m., Waitsburg Christian Church, 604 Main St.

Columbia County Commissioners: First and third Mondays, 9 a.m., Commissioner's Chambers, 311 E. Main, Dayton. (Work sessions are

the first and third Wednesday of each month.)

Columbia County Health System Board: Fourth Wednesday, 1:30 p.m., Dayton General Hospital board room, 1012 S. 3rd St., Dayton. (May and Sept. meetings will be held at Waitsburg Town Hall.)

Columbia County Planning Commission: Second Monday, 5:30 p.m., 114 S. 2nd St., Dayton.

Columbia-Walla Walla No. 2 Fire Commissioners' Board: 7:30 p.m., Waitsburg Fire Department, 234 Main Street.

Columbia County Rural Library Board: Third Monday, 7 p.m., Delany Building, 111 S. 3rd St., Dayton.

Dayton City Council: Second Wednesday, 7 p.m., Dayton City Hall, 111 S. 1st. St.

Dayton Friends of the Fairgrounds: Second and fourth Thursdays, 7 p.m., American Legion Building, 211 E. Clay St., Dayton.

Friends of the Dayton Dog Park: First Monday, 6 p.m., Chief Springs, 148 E. Main, Dayton.

Dayton Friends of the Library: Second Friday, 10 a.m. Dayton Memorial Library, 111 S. 3rd St.

Dayton Kiwanis: Second and fourth Thursdays, Noon, Delany Building, 111 S. 3rd St.

Dayton Parent-Teacher School Association: Second Tuesday beginning in September, elementary school multipurpose room, 7 p.m.

Dayton Planning Commission: Third Tuesday, 6:30 p.m., Dayton City Hall, 111 S. 1st St.

Dayton Senior Round Table: Tuesdays and Thursdays, 12 p.m., Dayton Senior Center, 403 E. Patit St. Tuesdays and Thursdays. Call 382-2836 to RSVP by the day prior.

Dayton School Board: Third Wednesday, 6 p.m., School Administration Building, 609 S. 2nd St.

Discovery Kids: Wednesdays, 10 a.m., Dayton Memorial Library, 111 S. 3rd St.

Friends of the Dayton Community Center: Last Tuesday, 5:30, Delany Building, 111 S. 3rd St., Dayton.

Memory Care Cafe: Second Wednesday, 10 a.m. - noon, Moose Creek Cafe, 330 E. Main, Dayton.

Narcotics Anonymous - Dayton: Sundays, 7 p.m., Dayton First Congregational Church-UCC prayer room, 214 S. 3rd St.

Prescott City Council: Second Monday, 7:30 p.m., Prescott City Hall, 108 S. "D" St.

Prescott School Board: Fourth Thursday, 6 p.m., District Boardroom, 207 S. "A" St.

Soup for the Soul: Last Friday, 5:30 p.m., Dayton First Christian Church, 410 S. 3rd St., Dayton.

TOPS (Take off Pounds Sensibly): 8:30 a.m., United Methodist Church, 110 S. 3rd St., Dayton.

Waitsburg Christian Church Youth Group: First and third Mondays, 6:30 p.m., Waitsburg Christian Church, 604 Main Street.

Waitsburg City Council: Third Wednesday, 7 p.m., Don

Thomas Building, Fairgrounds. Waitsburg Commercial Club: Fourth Thursday, Noon, Waitsburg Town Hall, 121 Main St.

Waitsburg Commercial Club: Last Thursday, Town Hall, Noon

Waitsburg Park & Rec. District Board: First and Third Thursdays, 6:30 p.m., WHS band room, 421 Coppei Ave.

Waitsburg Resource Center: Thursdays, 2-4 p.m., 106 Preston Ave. (side of Banner Bank).

Waitsburg School Board: Third Thursday, 6 p.m., Preston Hall, 605 Main.

Waitsburg Story Time: Mondays, 10:30 a.m., Weller Public Library, 212 Main St.

Waitsburg Senior Round Table: Tuesday, 11:30 a.m., Waitsburg Presbyterian

Church, 504 Main St. Join local seniors every Tuesday for lunch. \$4 suggested donation for those over 60. \$7 charge for guests under 60. Meals on Wheels are available. Call (509) 527-3775 for more info.

Weller Public Library Board Meeting: First Tuesday, 7 p.m. Weller Public Library, 212 Main St., Waitsburg.



Fruits & vegetables, nonfat chocolate and 1% white milk are offered with every meal.

Summer Food Program

Mondays - Fridays
June 17 - August 16
(no meal service July 4 & 5)

Breakfast: 8-8:30 a.m.
Lunch: 11:30 a.m. - noon

Brought to you courtesy of **Lloyd's Insurance, Inc.** Walla Walla 525-4110

Church Directory

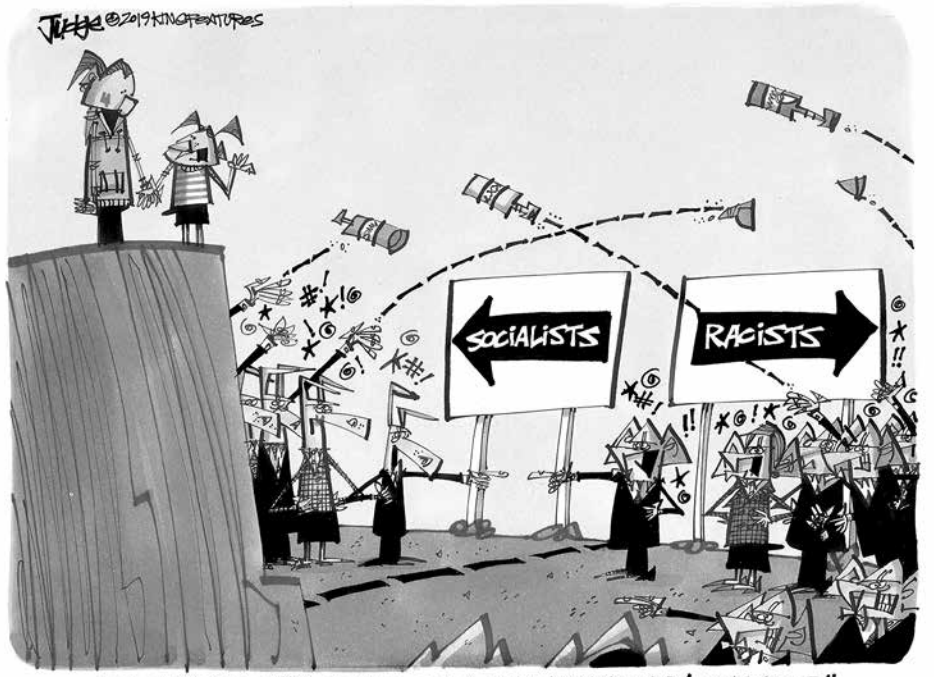
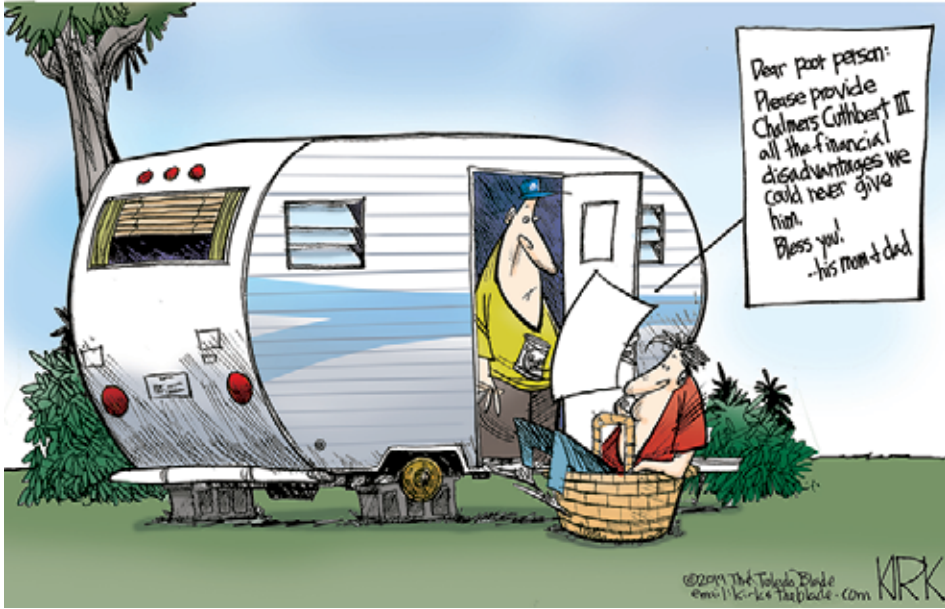
Waitsburg Presbyterian Church
504 Main
Sunday School 9:30 a.m.
Worship 11 a.m.
337-6589
Pastor Stan Hughes

Waitsburg Chapel
320 W. 2nd
Sunday School 9:45 a.m.
Worship 11 a.m.
Evening Worship 6 p.m.
Bible Study
Wednesdays 7:30 p.m.
337-6235
Rev. Jimmie Daves

Waitsburg Christian Church
604 Main St
Worship 10:00 a.m.
Each Sunday
337-8898
Rev. Matthew Wyatt

COMMENTARY

ITEM: PARENTS ARE GIVING UP CUSTODY OF THEIR CHILDREN TO HELP GET NEED-BASED COLLEGE FINANCIAL AID.



Battery-operated locomotives coming

By Don C. Brunell

More battery-operated cars and trucks are making their way onto streets and highways, so why not trains? That may not be too far off if BNSF tests are successful.

BNSF Railway and Wabtec (formerly GE Transportation) are developing a battery-electric high-horsepower road locomotive--the type that moves freight trains between Seattle and Chicago. Once all the equipment and support systems are in place, the plan is to run tests between Stockton and Barstow, California, (350 miles) beginning in late 2020.

BNSF and other railroads are already using low-horsepower battery-electric locomotives in urban rail yards. Newer diesel hybrid switchers save fuel and reduce greenhouse gas emission by shifting power to banks of batteries while idling. That technology is particularly important because cities have high concentrations of noxious air emissions.

"What's different about today's batteries is that they are significantly more powerful than before, and manufacturers have improved battery quality, reliability and technology so we're able to test their power for our road locomotives," said BNSF's Michael Cleveland, senior manager, emerging technologies.

Last year, BNSF and Wabtec, aided by a \$22.6 million grant from the California Air Resources Board, joined forces to begin developing a 100-percent battery-electric road locomotive prototype that works with conventional diesel locomotives to make a battery-electric hybrid "consist." (Consist refers to when two or more locomotives are coupled together).

BNSF's prototype will use a battery cell similar to what you might find under the hood of an electric car. It is a lithium-ion energy storage unit with cells that contain a combination of nickel, manganese and cobalt. In terms of size and packaging, however, it's on a totally different scale.

Once fully developed, the battery-electric locomotive is expected to significantly reduce greenhouse gas emissions. It will have a battery with approximately 20,000 cells and future versions may have as many as 50,000 cells.

While in the rail yard, "the consist" will shut down diesel engines when possible. It will change over to a battery-electric locomotive unit which also reduces noise. Once on the road, they can "graze" on battery power when the train is cruising through open landscape, saving hundreds of gallons of diesel.

The question arises: Why not just install overhead power lines and bring back the old Milwaukee "Little Joe" electric locomotive? Many trains in Europe and in the northeastern U.S. still draw power from over-

head electric lines.

In the Pacific Northwest, the Milwaukee Road, the last transcontinental line to be built, electrified its lines across the Rocky Mountains and to the Pacific Ocean starting in 1915. However, the Milwaukee Road replaced electric locomotives completely in 1974 before it ended service in 1980.

The chief disadvantage of electrification is the high cost for infrastructure: overhead lines or third rail, substations, and control systems. Those costs were particularly high in the sparsely populated western part of our country which has lower volumes of freight and passenger traffic.

Today, battery-operated trains are a key component of the railroads "green strategy."

According to the American Association of Railroads (AAR), in 2017 alone, U.S. freight railroads consumed 732 million fewer gallons of fuel and emitted 8.2 million fewer tons of carbon dioxide than they would have if their fuel efficiency had remained constant since 2000.

AAR said U.S freight railroads, on average, move one ton of freight 479 miles per gallon of fuel. By comparison, a tug pushing a barge on the Columbia and Snake rivers can haul a ton of wheat 576 miles on a single gallon of fuel.

Hopefully, BNSF's new hybrid system comes to fruition. It is a way to save fuel, reduce air contaminants, provide family-wage jobs and keep America's economy moving.

Don C. Brunell is a business analyst, writer and columnist. He retired as president of the Association of Washington Business, the state's oldest and largest business organization, and now lives in Vancouver. He can be contacted at theBrunells@msn.com.

THANK YOU

Dear Editor,
Our heartfelt thanks to all who helped put our wheat fire out last Thursday afternoon.
The McCaws

Dear Editor,
Heartfelt thanks go out to fire districts and local farmers who responded to our fire this Thursday off the middle Waitsburg Road. With winds and wheat crop fueling the fire, our ranch homestead and buildings were surrounded by flames, and the selfless actions of the volunteer fire crews and farmers are the only reason the homestead was left unscathed. Fire districts in Walla Walla and Columbia counties as well as area farmers, please know how much we appreciate you and the time and effort you dedicate to this area to keep us safe.

Many Thanks from Jake and Angela Adams, Glen and Adelle Smith and Perry and Darleen Dozier

PERFECTON REQUIRES RISK

Dear Editor,
Last week's column by Don Brunell tries to address the challenges we share in providing adequate energy supplies but is a disservice to the aggressive efforts of Washington state citizens, businesses and elected officials in developing efficient lasting solutions. By rewriting selected negative news reports on recent legislative decisions in Sweden and ignoring numerous other factors relevant to our very difficult energy choices, he feeds the often promoted attitude that industrialized countries must simply stop progressive policies or suffer chaos. That is wrong on many levels. Business and energy experts worldwide, including those in Sweden, acknowledge that we must act now to put into place energy policies based on science and new investments that will produce sufficient energy in coming decades. Brunell also throws in brief confusing references to China and electric car production that contribute nothing to a reader's understanding of the world's new dynamic mix of energy resources and ways to use them. Yes, our situation is bewildering and, depending on what one chooses to know, terrifying. The way we think about material resources, including energy, absolutely must change immediately. There are excellent reasons for the well thought out strategies moving rapidly into place in Sweden and elsewhere and they are not derided as "spontaneous ideas" that Brunell falsely claims they are. He somehow manages to dismiss the extraordinary track records of Nordic countries—Sweden, Norway and Finland, including Baltic nations—in furthering policies that are recognized as successful. Are they perfect without risk? Nobody gets perfect without risk any more. His column illustrates the fear mongering that no change is best and is consistent with a certain economics philosophy that prefers de-regulation in government and a reduction in taxes, maximum private sector profits and diminished or elimination of investments in crucially needed public sector projects. Our children are demanding changes that allow them to have a future and those changes need investments. Our own parents and grandparents invested in our needs giving society the comforts and conveniences we enjoy. Don't our children deserve smart strategic planning and implementation of that planning? Let's achieve even more, and even faster, than what is taking place in Sweden.

Sincerely,
Terry Lawhead, Waitsburg

Reader's Forum

The Times welcomes Letters to the Editor and invites readers to share their ideas, concerns and thoughts on matters of importance on our Opinion Page. Letters to the Editor can be emailed to editor@waitsburgtimes.com, or mailed to The Times at P.O. Box 97, Waitsburg, WA 99361. Letters can also be hand-delivered to our office. Deadline for letters is Tuesday at noon.

Letters may be no more than 400 words long. All letters must be signed by the writer(s) using their actual name, and complete contact information for each writer, including address and phone number must be included.

We reserve the right to decline to publish any letter that we deem inappropriate for our readership. Letters may be edited for libel and objectionable material.

Americanisms



"Anyone can make the simple complicated. Creativity is making the complicated simple."
— Charles Mingus

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The Times

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The Times was founded in 1878 by C.W. Wheeler and has been produced every week since then. It is one of the oldest newspapers in the state of Washington.

The Times publishes news and information about Walla Walla and Columbia counties and their communities. We have offices located in both Waitsburg and Dayton.

The newspaper welcomes news tips and information about community activities. An independent newspaper, The Times welcomes expressions of opinion and commentary in Letters to the Times column.

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QUICK READS

3RD ANNUAL WAITSBURG BLOCK PARTY IS SATURDAY

WAITSBURG—The Third Annual Waitsburg Block Party will take place on Orchard Street between Sixth and Seventh Streets from 5-9 p.m. on Sat., Aug. 17.

Bring a side dish to share, chairs and your own beverages. Music will be provided by Walla Walla DJ. Enjoy an evening with family, friends and neighbors.

WAITSBURG SCHOOL REGISTRATION

WAITSBURG—Students can register for school in Waitsburg Aug. 19-22 from 8 a.m. -4 p.m. On Thurs., Aug. 22, Waitsburg School District offices will remain open until 7 p.m.

High school students will be able to pick up class schedules, get locker combinations and Skyward and school district passwords.

DW FALL SPORTS CLEARANCE, AUG. 20

WAITSBURG—Fall athletes and their parents are encouraged to attend a fall sports clearance night in the Waitsburg High School auditorium on Tues., Aug. 20 at 6:30 p.m. Meet the coaches and complete paperwork for volleyball, football and cheer.

CUP OF JOE IS AUG. 21

DAYTON—The August Cup of Joe will take place at the Smith Hollow Schoolhouse (113 N. Front St.) on Wed., Aug. 21 at 7:30 a.m. School representatives will welcome the new school year by sharing upcoming plans, providing budget and sports combine updates and more.

Coffee and breakfast provided. Free and open to the public.

SEE SMOKE? CALL 911

The Department of Natural Resources (DNR) asks citizens who see smoke in their area, that may be a possible wildfire, to gather as much information as possible and call 911 immediately.

“We would rather check out false alarms or the same incident multiple times than have something go unreported. We need the public’s help to detect and notify us of fires,” said DNR Communications Manager Janet Pearce.

Reader Photos



Banner Bank Customer Services Representative Kim Julian took these “red sky at night” photos from her backyard on Aug. 7. Thanks, Kim! Please send your beautiful, funny, interesting or strange photos to dena@waitsburgtimes.com.

WWCSO

WALLA WALLA COUNTY SHERIFF’S OFFICE DAILY PRESS BOARD

August 12

Violation of Protection Orders: A woman was arrested on “D” Street in Prescott for violation of a court order and trespassing.

August 11

Found Property: Property related to ongoing cases was located on Middle Waitsburg Road.

August 10

Theft: A man reported gas theft on W. 3rd in Prescott. Malicious-Criminal Mischief: Damage was discovered to a gas tank on a pickup on W. 1st Street in Prescott. The fuel was drained and a sprayer was taken.

July 31

Fraud – Credit Card/ATM: Waitsburg victim’s credit card was used fraudulently twice at two different companies.

SWIM THE SNAKE



Courtesy Photo

Weekend storms spared paddlers and swimmers who participated in the 7th Annual Swim the Snake event at Lyons Ferry on Saturday. The swim and paddle event is a fundraiser for local youth swim teams and the Blue Mountain Resource Conservation and Development Council. It is sponsored jointly by BMRC&D, the Port of Columbia and the Waitsburg Commercial Club. The event is held annually, on the second Saturday in August.

BIRTHDAYS

August 16: Roberta Long, Jerry Hall, Tammy Pauley, Patty Froke, Maita Hagedorn.

August 17: Addisen Ford, Pauline Stanton, Kenneth Leaverton, Casey Davison, Lance Munden, Larry Williams, Ken Graham.

August 18: Kay Pettichord, Wiley Miller, Angela Hopkins, Clark Hulce, Nicole Page, Levi Fluharty, Paula Cooper, Jeanie White, Keith Williams, Alex Dill, Janell Groom, Chris Wood, Vincent Wright, Madison McCav.

August 19: Nicki Johnson, Steve Barr, Lucas Mohny, Georgia Rose Leisure, Brandon Crawford, Christopher Rohlfing.

August 20: Deric Davidson.

August 21: John Largent, Jennifer Clifton, Rick Reedy, Adelaide Johnson.

August 22: Randy Farley, Peggy Stedman, Lynn Baker, Mindy Nordheim, Raylene Scott, Richard Beckel, Luke Alexenko.

Winter recreation advisory positions open

Motorized and non-motorized reps are needed

THE TIMES

OLYMPIA—The Washington State Parks Winter Recreation is in need of winter sports enthusiasts to serve on the Winter Recreation Advisory Committee (WRAC) or the Snowmobile Advisory Committee (SMAC).

Committee members review vital issues and advise the State Parks Commission and staff on program policy and funding priorities for snow removal, trail grooming, sanitation, education and enforcement.

Members are appointed by the commission and may serve up to two three-year terms. The committees meet at least two weekends each year, once during the winter and once during the summer. Travel, lodging and meal costs for meeting attendance is reimbursed.

There are currently five openings, two of which can be filled by Walla Walla or Columbia County residents.

The WRAC is in need of a non-mo-

torized winter recreation representative from Area 6 (Adams, Whitman, Franklin, Walla Walla, Columbia, Garfield or Asotin counties) and an at-large motorized (snowmobile) representative.

THE SMAC has an opening for an Area 6 snowmobile representative and an at-large non-motorized representative.

The Winter Recreation Program manages more than 3,000 miles of groomed snowmobile trails, 300 miles of groomed cross-country ski trails and more than 120 Sno-Parks (plowed parking areas near snowmobile and cross-country ski trails). The Winter Recreation Program is supported entirely by user fees, snowmobile registrations and a percentage of the state fuel tax.

Advisory committee members can be nominated or apply to serve. Nominations and applications must be received by Aug. 30 with new appointments beginning Oct. 1. To send nominations or request an application, contact the Winter Recreation Program at winter@parks.wa.gov, P.O. Box 42650, Olympia, WA 98504-2650, or (360) 902-8684.

Heritage Barn Grant applications are being accepted

Grant workshop will be held in Walla Walla on Sept. 30

THE TIMES

OLYMPIA—The Washington State Dept. of Archeology & Historic Preservation (DAHP) recently announced that applications to request funds through the Heritage Barn Rehabilitation Program are now available. The program, established in 2007, assist with rehabilitation projects to stabilize and preserve designated Heritage Barns across the state.

“The Heritage Barn Preservation Initiative has achieved the objectives of saving historic barns while raising awareness and educating the public about the critical role of agriculture in our economy and heritage tourism,” said Dr. Allyson Brooks, director of the State Department of Archaeology & Historic Preservation.

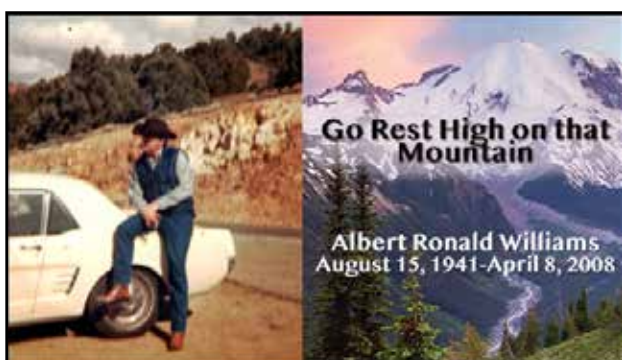
Only historic agricultural structures listed in the Heritage Barn Register, the Washington Heritage Register, or the National Register of Historic Places, are eligible to receive grant funds. To be eligible for listing in the Heritage Barn Register, barns must be over 50 years old and retain a significant degree of historic integrity.

Questions about eligibility or if a barn is listed may be directed to Michael Houser at (360) 586-3076 or michael.houser@dahp.wa.gov. The next deadline to nominate a barn to the register is Sept. 27.

Visit <https://bit.ly/2H3bf7d> to learn more about the grant initiative and requirements. A Heritage Barn Grant Workshop will be held in Walla Walla on Mon., Sept. 30 at the Downtown Walla Walla Foundation (109 E. Main) from 7-8 p.m. A Historic Cemetery Grant workshop will be held from 6-7 p.m. that same day.



Icons made by Freepik from www.flaticon.com



ARTS & ENTERTAINMENT



Photos by Dena Martin

Above left: The MCT Pinocchio crew rehearses the big finale last Thursday. Director Shiana Tyler watches from house left as Mike Ferrians provides accompaniment. Above right: Pinocchio (Bella Zanger) and Gepetto (Kourtney Ellis) survive a whale sneeze.

Missoula Children's Theater visit boosts self-esteem

The Touchet Valley Arts Council uses grant funds to provide the annual summer workshop

By Dena Martin | THE TIMES

DAYTON—Fifty-three Touchet Valley kids enjoyed performing live on stage in the Missoula Children's Theater (MCT) adaptation of Pinocchio last week. Of those, about a dozen were new to the stage according to Liberty Theater Manager Mike Ferrians.

Ferrians said the MCT visits began taking place shortly after the theater's remodel in 2001. For many children, a part in an MCT production is the first step towards participating in Touchet Valley Arts Council (TVAC) live productions.

The MCT, a "well-oiled machine" according to Tour Director Shiana Tyler, has been touring from Montana to Japan for nearly 50 years and will visit 1,100 communities this year. A tour team arrives in their "little red truck" with set, lights, costumes, props and make-up; everything needed to put on a play except the cast.

This year's tour directors are Shiana Tyler and Kourtney Ellis. Tyler, 22, hails from the Midwest and holds a Bachelor of Arts degree from Kansas State University in theater. Ellis is 24 and graduated Alabama State University with a degree in interdisciplinary studies with a double concentration in music and theater.

This is the first year for both girls to work with MCT and their eighth week on tour. So far, they have traveled through Montana, Colorado, Wyoming, Washington and Oregon. The directors some-

times stay in hotels, but more often, stay in local homes.

The directors agreed that getting into MCT is a somewhat difficult and long process that includes auditions, interviews and recommendations. Tyler said she hopes to renew her contract for another year "if they'll have me." Ellis said she may renew for a season but is also considering a return to school.

The MCT tours throughout the year, sponsored by organizations such as schools, parent-teacher organizations, youth centers, Boys & Girls Clubs, Girl Scouts, service groups, homeschool co-ops, and performing arts centers.

Ferrians said that TVAC-sponsored visits are funded each year through grants. This year's funding came through grants from the Community County Fund and the Warren Community Fund through the Blue Mountain Community Foundation and the Columbia County Children's Fun through the Innovia Foundation.

Tyler and Ellis have toured in both small and large towns.

"We've been to places that have one school, so we're bringing an experience they won't have otherwise. And in larger schools, we are there for kids that can't get into the elite groups that offer theater," Ellis said.

When it comes to directing, Ellis estimates that 40 percent of their time is spent on the acting and the rest is teaching. She said MCT trains directors in how to talk and work with the children, almost providing them with a script.

"We're telling kids they can do it and it's not an option that they can't. We just say, 'you're going to do this - thank you,' it's never 'try.' They respond well to that," Ellis said.

The directors address the actors with contagious energy and enthusiasm, with a bit of fun

mixed in. Ellis gives a direction, followed by, "Capisce?" and the children respond immediately with "Caposh!"

The goal of MCT is to promote life skills such as creativity, social skills, goal achievement, communication and self-esteem in children through performing arts.

Tyler said she loves seeing children realize that they really can learn and put on an entire show in a week - a feat that seems almost impossible. For Ellis, watching children explore and develop their characters and experience growth themselves throughout the week brings satisfaction.

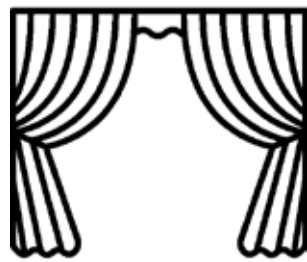
"The social aspect is really important, meeting each other, working together, finding new friends. That development of themselves; owning themselves, coming into their bodies and discovering their voices," Ferrians said.

Last week's production included 53 local children, including three assistant directors, regulating props, prompting and helping actors get off-book. Pinocchio was played by Bella Zanger.

Both directors say they have enjoyed their experience in Dayton.

"The kids are super, super happy to be here. They want to learn so that's always encouraging to us. A lot of kids are familiar with the program, having done it before, so there are a lot of leaders helping out," Ellis said.

"The people in this town are awesome! At National Night Out I met some people and I went to a movie and talked to some people. Everyone is so wonderful," Tyler said.



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Missoula Children's Theater tour directors Kourtney Ellis (l) and Shiana Tyler spent last week working with local children.

CAST OF CHARACTERS:

- Pinocchio**-Bella Zanger
- Jiminy Cricket**-Sarah Shutters
- Blue Fairy**-Grace Trump
- Fox**-Denver Hutchens
- Cat**-Sydney Peters
- Candlewick**-Lila Hutchens
- Candlewick's Crew**-Melissa Elder, Brenna Sinkbeil, Z'Khari Bridges, Georgia Reser, Griffen Hinchliffe, Miya Putney, Sydney Meier
- Stromboli**-Makenna Barron
- Urchins**-Jayce Cox, Skylar McCann, Gianna DeSomber, Quincy Boggs, Zenobia Burges, Katie Elder, Miriam Hutchens, Julian Butler, Teagan Cullen, Anna DeSomber
- Harlequin**-Madison Ortuno
- Columbine**-Moriah Haag
- Scaramouche**-Alexa Jones
- Pleasure Isle Kids**-Carter Barron, Kyla Thurston, Nina Jaech, Calliope Sweatt, Alia Mundy, Jack Zanger, Kellen Hutchens, Jemma Anderson, Makenzie Eaton, Delayne Cox, Rita DeSomber, Abbie Lork, Mikayla Close-John
- Toys**-Franny Pickles-Martinez, Ryleigh Jo Fabian, Reagyn Sheri Fabian, Penelope Sweatt, Isaiah Eaton, Natalie Beth Lewis, Lily Smith, Paul DeSomber, Abigail Corey-Boulet, Claire Culley
- Assistant Directors-Brooklyn Butler, Dominic DeSomber, Isaac Jaech
- Accompanist**-Mike Ferrians
- Lights & Sound**-Joe Huether
- Gepetto**-Kourtney Ellis
- Director**-Shiana Tyler

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ARTS & ENTERTAINMENT

MOVIE REVIEW

YESTERDAY: A ROMANTIC COMEDY IN A WORLD WITHOUT THE BEATLES

By Lane Gwinn

Yesterday is such a charming movie with an (almost) all-Beatles soundtrack that is hard to be too tough on it. So as long as you aren't a stickler for logic, it is fun ride with an interesting premise. After a worldwide blackout, the Beatles and their music are completely wiped from existence, except in the memory of one man.

Singer songwriter, Jack Malick (Hamish Patel) has been struggling to make a career in music by playing to less than enthusiastic, local audiences while working part-time in a big-box discount-store. Despite the unflagging support from his lifelong friend and manager, Ellie (Lily James), the grumpy musician finally calls it quits after yet another dismal performance to a near-empty venue.

As he is riding his bike home that night, he is hit by a bus when he is distracted by what turns out to be a 12-second, global blackout. Waking up in the hospital, battered and bruised, missing his front teeth, he slowly comes to the realization that he is the only person on earth who knows the Beatles and their music. The rest of the world did not forget, in this post blackout reality, the band never existed.

His friends don't get his Beatles references, the Internet auto corrects his searches to show him bee-

gles, not the Fab Four, and his own music collection is missing all of their music. To test the theory further, Malick plays 'Yesterday' to his friends, including Ellie, and they act as if they've ever heard the song and are impressed that he has composed it.

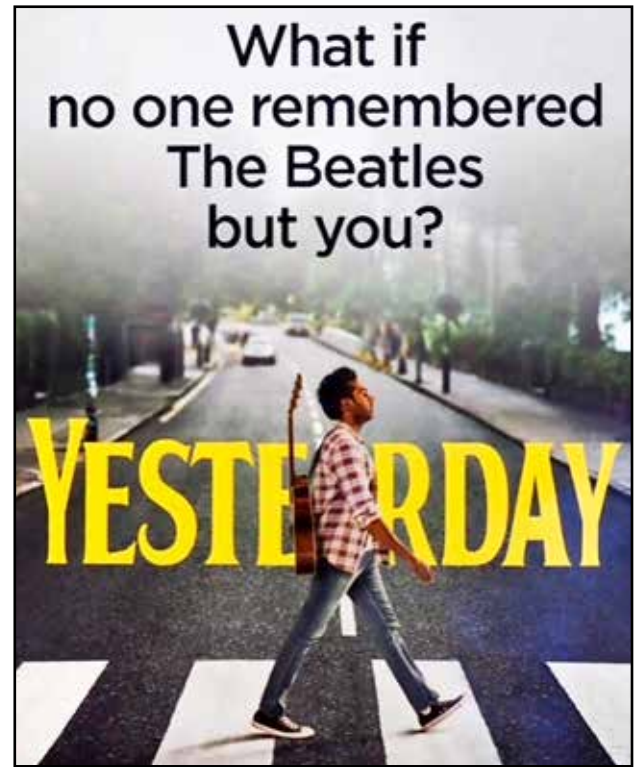
He is finally convinced that no one else has memories of the Beatles or their songs so he decides to use this advantage to restart his career. He feels a responsibility to get the Beatles' music back out into the world though he presents them as his own.

With the help of Ed Sheeran (appearing as himself) who asks Jack to open for him on tour and Debra Hammer (Kate McKinnon) a shark-like, Hollywood manager, Jack's career takes off and, sadly, Ellie is left behind. Of course, this is a rom-com and it is only a matter of time before Jack realizes a world with the Beatles is still not complete if it is without love.

British director Danny Boyle (Trainspotting, Slumdog Millionaire) and screenwriter Richard Curtis (Four Weddings and a Funeral, Love Actually) managed to secure the licensing for 16 of the most well-known McCartney/Lennon compositions which are the basis of the movie. The songs are convincingly performed by Patel who has a lovely voice.

Besides the songs Jack performs, there are many other songs referenced. Before he is hit by the bus you hear the crescendo from "A Day in The Life." Jack jokes about Ellie still helping him "when he's sixty-four." He also asks that the guitar "weeps" at a recording session.

The music also echoes Jack's journey throughout the movie. He sings "Carry That Weight" as his guilt increases over his popularity and fame. He is disillusioned when Sheeran suggests an unfortunate song change to "Hey Dude." He reaches his limit singing "Help" from a roof top and then comes clean to his fans as he also professes love to Ellie by performing "All You Need Is Love."



Like love, anything worth having must be appreciated and cared for. By the time the movie was over I found myself wanting to go home and listen to all my Beatles albums, thankful I'm not living in a world where The Beatles never existed.

Oil painting and a safe studio

By Lane Gwinn | THE TIMES

Artists have always found a way to make beautiful art out of the most toxic materials. Traditionally, oil paint not only used toxic pigment like cadmiums and colbalt, it was also common to use hazardous solvents like turpentine or mineral spirits to thin paint and clean brushes.

Over the last few decades, paint manufacturers have worked to replace or modify toxic pigments in their products. This was done for economic and liability reasons, but the result has made oil paint one of the safest artist materials to use.

It is the solvent used for clean-up that is still hazardous and can cause sensitivity over prolonged use. Odorless solvents helped minimize the strong smell, however, fumes still exist and, like turpentine and mineral spirits, odorless solvent should not be inhaled. This problem is compounded if the artist is working with solvent in a small or at-home studio.

In the early 2000s, Grumbacher, Windsor Newton and others introduced water soluble oil paints to eliminate the need for solvent. These are "real" oil paints, formulated with the exact same pigments as traditional oils. They are NOT water-based, the oil has been modified making it possible to clean up with soap and water. No solvents are needed.

The oil binder in water-mixable or water-soluble oil paints is modified through an emulsion process to load more hydrophilic particles in the oil binder than hydrophobic particles. It is still oil, but it will not repel water, allowing the artist to clean brushes with soap and water.

One complaint about water-soluble oils is that they become flat or break down when using water to thin them for transparency. Any time oils are thinned with traditional or water-mixable oils, it should be done with linseed or walnut oils or specialized mediums. Using turpentine to thin traditional oil creates the same cloudy or matte effect that water does, thinning water-mixable oils.

There are several reasons to consider water-mixable oil paint. The most obvious is the health factors; eliminating solvents is a wonderful thing. They also tend to be more economical, costing less than com-



Courtesy Photos

Water mixable oil paints like these (above left) from Windsor Newton and walnut oil (above right) as an alternative to solvents make for a safe artist's studio.

parable traditional oils and being kinder and gentler to brushes as it is longer necessary to clean with solvents.

They are also a great introduction to oil painting for beginners or artists who want to try a new medium. Most of the major manufacturers are producing water-soluble lines so it is good to compare them as artist will have personal preferences.

The basics to remember when using water soluble oils:

- Clean up with soap and water.
- Avoid natural boar bristle brushes; synthetic work best.
- Don't thin paint with water for transparency, it dulls the shine.
- Use a medium to thin paint; there are specific to water-soluble oils, but linseed, walnut and spike lavender oils work as well.
- Use wood or glass palettes; paper palettes pull moisture from the paint.

Overall, the water-mixable paints are a fun and

easy way to get into oil painting and, for painters who have a sensitivity to solvents, they provide a great alternative to traditional oils.

Another option for solvent-free oil painting is the use of walnut oil and other natural oils used by the Renaissance masters. M.Graham & Co. is a company in Oregon that produces high quality oil color made with pure walnut oil. It is free of solvents, fillers or additives and has exceptional brilliance and texture. They set out to make paint Da Vinci would use. It is high quality and, because it does not use filler, it is high value.

Since solvent-free paints were introduced there has been a debate as to whether they are actually oil paint. Many educators relegated these products to beginners and discouraged serious students to use them. This has changed some over the years, but be prepared that someone might receive a little grief over choosing water-mixable over traditional oil. All one can do is carry on and take a nice deep breath.



Do you have an event that you would like to see on our calendar?

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Photos by Lane Gwinn

Dayton's dog park (top left), which was opened in late 2017, continues to add new amenities to meet the needs of its visitors. Top right: Mike Ellsworth, is a Friends of the Dayton Dog Park member who has been involved since day one. He and his Golden retriever, Nelson, visit the park nearly every day. Here, he relaxes at a newly-installed picnic table.

DAYTON'S DOG PARK IS A HIT WITH FOUR LEGGED FRIENDS (AND THEIR OWNERS)

Celebration barbeque is Aug. 24

By Michele Smith
THE TIMES

DAYTON—The Dayton Dog Park has been a godsend for Dayton's four-legged friends and their owners, since it officially opened in Sept. 2017.

The early morning hours, and the hours after supper are a testament to its popularity, said Charlie Oribio, the Friends of the Dayton Dog Park's (FDDP) board chairman, who is also a happy Labrador owner.

Oribio said during the summer months it is common to see four or five people, and their dogs, in the park, on any given day.

Since its inception in 2017 good things continue to happen for dogs and dog-lovers. Dogs now have their very own swimming pool and dog owners can relax at two new picnic tables.

The tables could get a workout during the upcoming dog park celebration barbeque which is planned for Aug. 24, from 4-6 p.m.

The FDDP and the Day-



Left: A German shepherd gives chase to Tank as the pair work off some energy.

Above: Australian shepherd, Wrecks, takes a dip in the new pool.

ton Kiwanis will provide the food, and local veterinarian Kennie Reeves, staff from the Blue Mountain Humane Society, dog groomer Darbi Yates, and City of Dayton Mayor Zac Weatherford will be on hand with information to share. Darcy Bell will provide dog training demonstrations, as well. The FDDP are also giving away one hundred toys for

dogs.

Volunteers have contributed mightily to creating the park, and the city has played a major role, Oribio said. The city originally supplied dirt for the site, and the city crew levelled it, installed the irrigation system, and planted the grass. "They do a lot for us," he said.

The park was funded

through grants, private donations, and fundraisers. Oribio said the FDDP hosts an annual Puppy Photo Shoot, which yields around \$500 each year, and they get paid to be ticket-takers at the Demolition Derby during All Wheels Weekend, which yields another \$400 annually.

Oribio said the Broughton family donated \$500 this year.

Donations will be accepted during the BBQ celebration, as well.

Oribio wants to remind people that dogs must be on leashes going from cars to the park, and owners are required to clean up after their dogs.

Otherwise, come with your furry friends and enjoy the evening!

Talk about art

A column Carolyn Henderson

Treasure hunting doesn't have to involve sunken Spanish galleons and buried chests of gold doubloons. Today, we encounter treasures in vintage stores, second-hand shops, yard sales – and people with an eye out for repurposing the past into art for the present get really excited about their finds.

"I collect all sorts of objects," says Jennifer Schock, a Dayton artist who creates both jewelry and hand-crafted cards using unique vintage elements.

"These collected things wait in the closet until I look at them and decide that today is the day that they begin morphing into something else – something useful, or maybe just for fun."

The magic happens at her work table – a scratched and nicked dining room table purchased by her parents at their marriage in 1945.

"Shelves surround me, holding jewelry tools, semi-precious stones, beads, sterling and other stuff I may decide to pick up and create with," Schock says. In a nearby closet are more tools, paper, copper, scraps, "junk" collected, all awaiting the day that they are chosen to become something.

What she makes, in addition to one of a kind jewelry and hand doodled cards of intricate design and colorful array, is a statement counteracting the impersonality of the modern world: its fascination with technology that threatens to eclipse its appreciation of humanity.

"We live in a text, email and social media world," Schock says. "Maybe my cards will bring a moment of laughter, joy, gratitude, healing tears, reflection to the recipient."

"It's cool to think that the person purchasing a card will write a note thus making a statement, with my card only the vehicle . . . love, sympathy, birthday, missing you, just a plain old fashioned thought to another human being."

If we're on the hunt for treasure, maybe that positive interaction with other human beings is the thing to be looking for . . .

Through September 7, Wenaha Gallery (219 E. Main, Dayton) is showcasing the nostalgic collage and doodled cards of Jennifer Schock, as well as her treasure-inspired jewelry. The gallery is open from 9 a.m. to 6 p.m., Monday through Saturday.



Courtesy Photos

Far left: Dayton artist Jennifer Schock will have her handiwork on display at Dayton's Wenaha Gallery through Sept. 7.

Left: A display of Schock's jewelry and cards.

Below: Schock enjoys making hand-doodled, intricate cards with intricate designs and plenty of color.



Weatherford takes mayoral primary by a landslide

Weatherford and Bailey advance to general election

By Dena Martin and Michele Smith | THE TIMES

DAYTON—Incumbent Dayton Mayor Zac Weatherford received a strong show of community backing in last week's primary elections for city mayor, with a 66 percent support vote.

Weatherford garnered 504 of the 759 preliminary votes cast with Mayor Pro-Tem Delphine Bailey receiving 168 votes, or 22 percent.

Both Bailey and Weatherford earned spots on the November general election ballot.

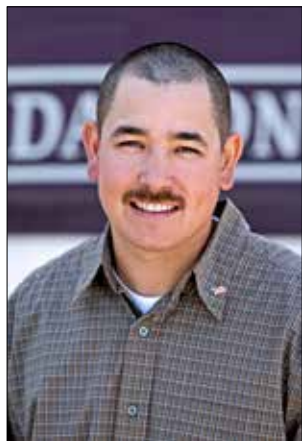
Third candidate, city council member Michael Paris, received 10 percent support with 82 votes and has been eliminated. There were five write-in candidates.

Weatherford, who was appointed mayor in May, following the resignation of Mayor Craig George, was thankful for strong community support but expressed concern at the low voter turnout.

"I would like to stress the importance of being an informed voter and turning in your ballots. This next year will come with lots of changes in City Hall, with the hiring of a new planning director, a new mayor and at least one new council member. Please everyone vote," he urged.

Weatherford said that, during his campaign, he has been informed of citizen concerns that he plans to address while finishing out his term as mayor.

"Even though change doesn't happen overnight, I am continuously working on projects to help im-



Zac Weatherford



Delphine Bailey

COLUMBIA COUNTY HAS SECOND HIGHEST VOTER TURNOUT IN STATE

Auditor urges voters to update address info.

By Dena Martin | THE TIMES

Columbia County Auditor Anne Higgins said that out of the 1627 ballots mailed, 868 had the potential to not be counted as they were either not returned or returned as undeliverable. Columbia County still had the second highest voter turnout in Washington State at 46.65% on election night, Higgins said.

Higgins said eighty-five of the ballots were returned with a forwarding address and she was able to mail them on. An additional 24 ballots were returned with no forwarding information.

"These 109 voter registrations will be inactive after the certification of the primary election on August 20th if we do not receive voter registration updates. I can't stress how important it is for voters that have recently moved, even if within Columbia County, or had any other change that may affect their voter information, to update their registration cards with their local county auditors," Higgins said.

Individuals can check their status at <https://voter.votewa.gov> or stop in at the auditor's office.

Higgins said approximately 100 ballots have not yet been counted that were post marked on time and will be added to the final count. Elections will be certified Aug. 20.

prove our community," Weatherford said.

Bailey echoed the need for the public to be informed and involved.

"If you have questions or concerns about the way the City operates, I encourage you to attend council meetings which are on the second Wednesday of every month at City Hall, at 6 p.m.," Bailey said.

FIREFIGHTER FOCUS

By Dena Martin | THE TIMES

As longtime volunteer firefighters are retiring, the local volunteer pool continues to dwindle. With less than 20 active volunteer firefighters and four EMTs, Columbia-Walla Walla Fire No. 2 is actively recruiting new volunteers.

Over the past few weeks, The Times has profiled some current department volunteers to learn about their experience and how they work volunteering around their other responsibilities.



JAKE ADAMS

This week we check in with Jake Adams who, just last week, got to see firefighting from the opposite side, when his own home and family were threatened by fire. (See sto-

ry on Page 1.)

Adams, wife of Angela, and dad of Oaklee (5) and Ember (1) began volunteering with Columbia-Walla Walla District No. 2 about six years ago.

"I wanted to be able to help out the community and I picked the fire department. It's really kind of a dying breed of people that are wanting to help. I had a job that allowed me to get away more than others," Adams said.

Adams was farming for Broughton Land Company when he first volunteered. He has since worked for the City of Waitsburg and is now with Papé.

He has had structure, wildland and truck training through the District.

"When it comes to work, sometimes I can respond to a call and sometimes I can't," he said. "Nine out of 10 times, when there is a structure involved, especially a residence, I drop what I'm doing and go. Putting out the fire is only the tip of the iceberg when it comes to a structure burning. It is also cleanup, putting out hotspots, being there for the community and family that lost their home. We can't expect four guys to put out a fire and then be expected to clean the trucks, clean and roll the hoses and put them away properly and get the trucks for the next fire. Putting out the fire is just the beginning of it. There's so much going on behind the scenes."

Adams says what he enjoys most about being a volunteer is

the brotherhood.

"It's a great brotherhood (both ladies and men). We all have a good time whether we're on a fire or having a monthly meeting or training. You've got those guys that you become friends with. It's really nice to go out on fires together, but in times like this . . . it strikes home when you see them show up to help you out – it's a whole different feeling," he said.

Adams said the biggest challenge in volunteering is fitting firefighting around family.

"You may work all day, get home at 6, sit down to eat dinner, get interrupted by a fire and work until midnight. I may not get to see the kids at all that night," he said.

Adams had several thoughts when asked what he would say to someone considering volunteering.

"They will probably enjoy the excitement and the rush. There is a great brotherhood and we've got each other's backs. Just because you're on the department doesn't mean you have to make every fire. We need the help. The more people there are the less work there will be," he said.

"Don't be afraid to come and talk to us. It may be a little intimidating to come into the firehouse and talk to us, but we're open to it. We'd love to sit down and talk about what we do," he added.

Learn more about Columbia-Walla Walla Fire District No. 2 by visiting the District website at www.wfd2.org.

Volunteer applications are available for download on the website as well.

Chase suspect is released from hospital, booked in jail

Amanda Warren faces multiple charges, including attempted murder

By Dena Martin | THE TIMES

WALLA WALLA—The woman who led police on a multi-county high speed chase, ending in an officer-involved shooting near Burbank on Aug. 3 has been released from the hospital on Aug. 8 and booked into the Walla Walla County Jail.

Amanda Warren, 38, is being held with a bail set at \$602,000, according to an Aug. 10 Walla Walla County Sheriff's Office (WWCSO) statement. She faces a long list of charges including first degree attempted murder, first degree robbery, second degree assault, unlawful imprisonment, two counts of residential burglary, possession of a stolen vehicle, second degree theft and attempting to elude the police.

Columbia County Prosecuting Attorney Dale Slack announced on Friday, Aug. 9, that Columbia County will be charging Warren with attempt to elude, a class C felony.

The WWCSO release says that the drama began when deputies were dispatched to College Place at 11:13 a.m. on Aug. 3, where an 88-year-old man was being treated by medics. The victim told officers that he had been watching television when a female entered his home through the garage door and told him she was there to clean.

She asked for his phone to call his caregiver but did not return the phone. She is then alleged to have called the man into a spare bedroom where he was "strangled, choked, smothered and badly beaten." The victim fought back, ripping Warren's shirt and bra. The victim sustained serious injuries and stated that Warren had intended to kill him had he been unable to fight off the attack.

The suspect fled the scene in a white Toyota. Later in the day, items stolen from the victim were found in the vehicle driven by Warren.

At 12:08 p.m. that same day, College Place police were dispatched to an address where a white Toyota Prius had been reported stolen overnight.

At 1:31 p.m. WWCSO deputies receive a call north of Walla Walla where a white Toyota Prius was reported parked at an unoccupied home. The reporting party was able to take a photo of the vehicle leaving the area, prior to WWCSO arrival. Upon arrival, deputies find that the house has been burglarized with multiple items stolen, possibly including firearms.

At 3:06 p.m. the vehicle is located on Highway 12, beginning a lengthy multi-county pursuit. Items from the second location were also found inside the Prius, according to the WWCSO release.

At some point during the chase, 29-year-old Cheyanne Weems of Dixie, exited the vehicle and was arrested. Weems has since appeared in court and been released on her own recognizance.

The chase came to an end near Burbank at approximately 4:30 p.m. where Warren brandished a gun at officers in a standoff. Two Washington State Patrol Officers and one Franklin County Sheriff's deputy fired at Warren, who was injured and taken to a hospital to recover.

At this time, the investigation is ongoing and a special investigation unit is reviewing the officer-involved shooting. WWCSO reports having seen numerous online posts with the video of the erratic driving by the suspect. Those with videos, photos or witnesses are asked to contact Sergeant Parramore with the Pasco Police Department at (509) 545-3412.

Columbia REA votes to support dams

Resolution is passed supporting continued operation of Snake River dams

THE TIMES

SNAKE River—The Columbia REA Board of Directors has voted unanimously in favor of a resolution in support of the continued operation of Ice Harbor, Lower Monumental, Little Goose and Lower Granite dams, according to an Aug. 7 company media release.

"The clean, carbon-free electricity that is produced by these dams plays a critically important role in supporting the needs of our members, said Columbia REA Board President Greg Knowles.

The dams provide jobs and a wealth of consistent, reliable, on-demand energy. Breaching the dams also would complicate fulfilling the requirements of a clean energy bill that the Washington Legislature passed this year, as hydroelectric energy created by the all the Snake and Columbia river dams accounts for more than 87 percent of Columbia REA's energy. The Snake River dams generate nearly 11 percent of the hydropower supplied to the entire Pacific Northwest region, the release states.

SPORTS

MLB AMERICAN LEAGUE LEADERS

MLB American League Leaders

ERA			Batting Average		
J. Verlander	HOU	2.68	D. LeMahieu	NYN	.336
G. Cole	HOU	2.87	M. Brantley	HOU	.324
C. Morton	TB	2.90	R. Devers	BOS	.316
M. Stroman	TOR	2.96	H. Alberto	BAL	.315
W. Miley	HOU	2.99	J. Martinez	BOS	.309

Wins			Home Runs		
J. Verlander	HOU	15	M. Trout	LAA	39
D. German	NYN	15	J. Soler	MIN	33
L. Lynn	TEX	14	N. Cruz	MIN	32
G. Cole	HOU	14	M. Kepler	MIN	32
E. Rodriguez	BOS	13	E. Encarnacion NYN/SEA 30		

Strike Outs			Runs Batted In		
G. Cole	HOU	226	M. Trout	LAA	92
J. Verlander	HOU	206	R. Devers	BOS	90
C. Sale	BOS	206	X. Bogaerts	BOS	87
S. Bieber	CLE	193	J. Abreu	CHW	83
M. Boyd	DET	188	J. Soler	MIN	82

Saves			Stolen Bases		
A. Chapman	NYN	30	A. Mondesi	KC	31
B. Hand	CLE	29	M. Smith	SEA	31
R. Osuna	HOU	26	J. Villar	BAL	24
A. Colome	CHW	23	J. Ramirez	CLE	24
S. Greene	DET	22	E. Andrus	TEX	23

MARINERS HITTING

	AB	R	H	HR	RBI	BB	BA	OBP	OPS	WAR
D. Vogelbach	355	59	81	26	67	68	.228	.354	.844	2.1
T. Murphy	168	17	45	10	25	6	.268	.295	.801	1.5
J.P. Crawford	232	26	56	4	36	29	.241	.325	.717	1.5
O. Narvaez	323	52	94	17	42	35	.291	.364	.837	1.3
M. Haniger	246	46	54	15	32	30	.220	.314	.778	1.1
K. Seager	232	30	52	11	28	23	.224	.297	.715	1.1
A. Nola	100	15	29	4	10	5	.290	.336	.826	0.8
D. Santana	431	62	113	21	69	46	.262	.335	.794	0.5
T. Beckham	304	39	72	15	47	21	.237	.293	.753	0.5
D. Moore	161	20	33	4	12	18	.205	.308	.668	0.3

AB – At Bats, R – Runs, H – Hits, HR – Home Runs, RBI – Runs Batted In, BB – Base on Balls, BA – Batting Average, OPS – On Base Plus Slugging, WAR – Wins Above Replacement

AL West	W	L	PCT	GB
Houston	77	41	.653	-
Oakland	67	51	.568	10
Texas	59	58	.504	17.5
Los Angeles	58	61	.487	19.5
Seattle	48	71	.403	29.5

AL Wild Card	W	L	PCT	GB
Cleveland	71	47	.602	+2.5
Minnesota	71	47	.602	+2.5
Tampa Bay	69	50	.580	-
Oakland	67	51	.568	1.5
Boston	62	58	.517	7.5
Texas	59	58	.514	9
Los Angeles	58	61	.496	11
Chicago	52	64	.440	15.5
Toronto	49	72	.405	21
Seattle	48	71	.403	21

Mariners Post Trade Deadline News



A column by Eric Umphrey

Tim Beckham recently tested positive for Stanozolol, which is an anabolic steroid. This is his first suspension, so the penalty is 80 games. Since there are fewer than eighty games left in the season he will have to serve the suspension for the remainder of this season and the first 32 games next season. Beckham will be arbitration eligible next season. This is the second season in a row the Mariners have had a suspended player. Robinson Cano was suspended last season for 80 games.

Tim made the following statement regarding the suspension:

"I was recently notified that I had tested positive for Stanozolol, a prohibited substance under MLB's Joint Drug Agreement. I was given a product from a trusted source, who had advised me that it was safe to take. Regrettably, the product was tainted. I exercised my rights under the Joint Drug Agreement and presented my case to an independent arbitrator. While I'm disappointed in the result, I respect the ruling and understand my responsibilities under the Joint Drug Agreement. I accept full responsibility for putting myself in this position. I sincerely apologized to the Mariners' organization, the fans, my teammates and my family for this mistake. I look forward to resuming my career once my suspension has been served."

On a brighter note, a couple of injured Mariners are on their way back from the bench. Mitch Haniger, out since June 7, is nearing a rehab assignment and Felix Hernandez, out since May 11, will make his second rehab start August 15. He could be back in the major league rotation by late August. Felix will be a free agent at the end of the season, and it will be interesting to see what kind of a send-off the Mariners give him. Looking at the schedule, maybe they would set up the rotation so he could pitch the season finale on the 29th of August in Seattle vs. the A's.

Jarred Kelenic has been promoted to AA Arkansas where he got a hit in his first game. If you are a Mariners fan this is exciting news. Less than 2 percent of the players in AA baseball are twenty years old or younger. Most players at the AA level are at least twenty-four years old. Jarred recently turned 20 in July. To have a player at a premium position like center field moving up this quickly through the system is a great sign.



Photo by justpaddleboard.com

Leashes and life jackets are important for stand-up paddleboard safety.

RECENT PADDLEBOARD DEATHS UNDERSCORE NEED FOR LIFE JACKETS AND LEASHES

OLYMPIA—The Washington State Parks Boating Program is urging stand-up paddleboarders to be safe by always wearing a life jacket and leash. According to Washington state recreational boating accident data, there have been only six stand-up paddleboard fatalities in the last 29 years, however, four of those have occurred in the last 30 days, according to a State Parks release.

"The fact that we've had four back-to-back fatalities is alarming," said Rob Sendak, State Parks Boating Law Administrator. "Stand-up paddleboarding is typically a safe and enjoyable activity, but it comes with risks, and people underestimate those risks by not wearing a life jacket and leash."

Federal and Washington state law requires everyone 13 years of age and older to carry a U.S. Coast Guard approved life jacket. Children under 12 must wear one at all times while on board. Inflatable life jackets are authorized for those 16 and older.

A leash is a necessity. Without one, even a light breeze or small waves or current can cause a paddleboard to drift out of reach in seconds. Staying tethered to a paddleboard provides extra flotation and a chance to stay alive in an accident.

Marine law enforcement will conduct safety emphasis patrols over Labor Day weekend, specifically targeting stand-up paddleboarders to educate them about laws and safe practices, the release said.

DAYTON WAITSBURG

2018—2019 Supporters

Please support these businesses who support our student athletes!




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Columbia Pulp, LLC
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Gravis Law PLLC-Dayton
Jay's Garage
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L. C. Applicators
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Track
Golf

Merle & Joelle Jackson
McDonald Zaring, Insurance
Mr. C's Smokin' Co
Northwest Grain Growers
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Ten Ton Coffee



OBITUARY

FRANCIS EUGENE WOOD

APRIL 4, 1936 – AUGUST 2, 2019

Francis (Frank) Eugene Wood was born April 4th, 1936, and has gone to be with our Lord on August 2nd, 2019. He passed peacefully at home in Blue Ridge, Texas, with his wife Cheryl McBeth Wood.

A private celebration of life service will be scheduled in Texas for close family and friends. There will also be a family graveside service at the Blue Mountain Memorial Gardens in Walla Walla, Washington. A Celebration of Life picnic will be held in Preston Park, Waitsburg, Washington, on Saturday, August 17th, beginning at 10 a.m. Family and friends are invited for food and sharing.

Frank was born April 4th, 1936, in Walla Walla, Washington, the second of seven children born to parents Francis and Mabel Wood. Francis was a long time wheat farmer in the Waitsburg and Prescott area, and Mabel was a homemaker and teacher.

Frank graduated from Waitsburg High School in 1954. During his high school years, he was an active member of the Future Farmers of America (FFA), a recipient of the FFA State Farmer award; the captain of the Waitsburg Cardinals football team, he played the clarinet and bass clarinet in the marching band, and participated in community rodeos, races, and talent shows.

Frank attended Whitman College in Walla Walla, Washington, on a football scholarship, and earned a degree in Physical Education in 1958. During his years in college, he excelled in sports, earning numerous awards and trophies in golf, tennis, football, and baseball. He was the co-captain of the Whitman

Missionaries football team (along with fellow co-captain George Sullivan).

After graduating from Whitman College, Frank joined the United States Air Force as an aviation cadet. He completed Primary Pilot Training in January 1960 as a Distinguished Graduate. He was ranked second in his class, and had the option to take the mission/aircraft of his choice. He began active service with the rank of Second Lieutenant. He achieved the rank of First Lieutenant in November 1963, and Captain in August 1964 as a pilot in the Special Forces/First Air Commando Group.

Frank began flying as a civilian pilot in 1966 for Braniff International. At one point, he flew under a Department of Defense contract as a flight engineer, transporting troops from Travis AFB to Vietnam and back.

When Braniff first went bankrupt in 1983, Frank went to work locally in Walla Walla as a branch manager for Sterling Savings. When Braniff reorganized in 1984, Frank left the bank and moved to Dallas, Texas, for retraining as a pilot; during the startup, Frank and all the other former employees refurbished airplanes, installing toilets, seats, benches, and other necessities, in order to get the company operational as quickly as possible. Braniff would go bankrupt and restart two more times; in each instance, Frank would leave his interim job and return to work for Braniff.

After the final demise of Braniff, Frank flew for Express One, a postal delivery service. He later worked for McDonnell Douglas Corporation, who employed Frank as a flight trainer for



pilots on the MD11. Frank then went to work for American Airlines, where he would hold a position as simulator instructor until his retirement in 2006.

During the many relocations required by his term in the military and continuing occupation as an airline pilot, Frank has lived in Washington, Oregon, California, Texas, Alabama, Florida, and Kansas.

Frank and Cheryl McBeth were married in June 1993, and began building a cattle ranch in Blue Ridge, Texas, where he would remain for the rest of his life.

His interests included sports, cattle ranching, and horse riding. He was also a gifted auto mechanic, and scale model builder.

Frank is survived by his wife of 26 years, Cheryl Wood; brothers, John Wood and Jerry Wood; sister, Kaye Wagner; the mother of his children, Janice

E Wood; two sons and their spouses, Jeffrey and Kelly Wood, Jason and Leya Wood; one daughter and her spouse, Elaine and Duane Radmer; and eight grandchildren; as well as stepchildren Debra Heil and Derek McBeth; three step-grandchildren, and one step-great-grandchild.

Frank was preceded in death by his parents, Francis and Mabel Wood; his brothers, Dan Wood, George Wood, Jim Wood; and his eldest son, Francis Craig Wood.

In lieu of flowers, donations in Frank's name can be made to the Wounded Warrior Project supporting veterans who have received serious injuries in service to their country.

<https://woundedwarriorproject.org/>

Harvesting Sunflower & Zinnia Seeds



Photos by Brianna Wray

Sunflowers are best sown directly in the soil and will need plenty of room as their root systems spread wide.

By Brianna Wray | THE TIMES

Sunflower

Sunflower seeds are among the easiest to recognize and make for an inviting harvest for first time gardeners. Most species are drought and heat tolerant which puts them in the category of "foolproof."

They attract the birds and the bees. They also make great cut flowers and their seeds are yummy snacks.

Tall sunflower species and cultivars, especially the mammoth variety, require extra support. Use bamboo stakes, twine or grow the flowers along a fence line and anchor blooms to the fence posts.

They're annuals, so their time to thrive is summer. Plant them after the danger of frost has passed in spring and be sure to reap all the seeds before fall. Leaving the heads on the stalks will attract the interest of even more birds as well as squirrels.

Sunflower heads are ripe when the backs of the flower heads change color, and the petals wither, usually about 40-45 days after initial bloom.

Sunflowers are said to evoke thoughts of adoration. Probably because they are heliotropic, meaning they turn their flower heads to follow the movement of the sun across the sky.

They prefer a somewhat alkaline soil at a pH range from 6.0 to 7.5 and can be prone to powdery mildew and aphids. For mildew, spray a general garden fungicide. For aphids, spray a combination of soap and water.



About 30-45 days after bloom, the heads will begin to ripen, changing color from green to yellow and the bracts will begin to dry and brown.



Zinnia emerge from green, ball shaped buds.



Dried sunflower heads are ready to harvest when seed moisture is below 35%. The seeds make great gifts and nutritious snacks.



Zinnias generally take 60-70 days from seed to flower, depending on conditions. They like full sun, so the Touchet Valley is an ideal place to grow them.



Single-flowered zinnias have a single row of petals and visible center. Double-flowered zinnias have numerous rows of petals and their centers are not visible. Semidouble-flowered zinnias are somewhere in between, with numerous rows of petals but visible centers.



These Purple Prince Zinnias are from Baker Creek Heirloom seeds with dahlia-like petals that are among the tallest in the species.



Once the seeds are removed, the inner cone is visible. They can be discarded or saved with the dried stem for kindling.



Since zinnias are annuals, they will die out after the first fall frost. To carry them into the next year, collect the seeds from the dried flowers by pinching off their buds. Save seeds in a refrigerator or dark cupboard.



Throughout the summer, as the blooms flower and fade, cut off the old flowers (a process known as dead-heading) to encourage more flowers to form. Toward the end of the season, leave a few flowers on the stem for seed procurement.

NOTICE OF TRUSTEE'S SALE

Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202, Seattle, WA 98104 Trustee Sale No.: WA-18-807936-SH Title Order No.: 8728450 Reference Number of Deed of Trust: Instrument No. 2016-02617 Parcel Number(s): 36-07-21-55-0723 / 7937 Grantor(s) for Recording Purposes under RCW 65.04.015: MELVIN CASH AND DEBRA HILL, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): FREEDOM MORTGAGE CORPORATION Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Freedom Mortgage I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 9/13/2019, at 10:00 AM At main entrance Walla Walla county Courthouse, 315 W Main, Walla Walla, WA sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of WALLA WALLA, State of Washington, to-wit: BEGINNING AT A POINT IN THE NORTH LINE OF LOT 1 OF BLOCK 7 OF ENNIS ANNEX TO THE CITY OF WALLA WALLA, ACCORDING TO THE OFFICIAL PLAT THEREOF OF RECORD IN THE OFFICE OF THE AUDITOR OF WALLA WALLA COUNTY, WASHINGTON, WHICH POINT IS 60 FEET EAST, MEASURED ALONG SAID NORTH LINE, FROM THE NORTHWEST CORNER OF SAID LOT 1; AND RUNNING THENCE EAST, ALONG SAID NORTH LINE, A DISTANCE OF 56.0 FEET; THENCE SOUTH, PARALLEL TO THE WEST LINE OF SAID LOT 1, A DISTANCE OF 208.71 FEET TO A POINT IN THE SOUTH LINE OF SAID OF LOT 1; THENCE WEST, ALONG SAID SOUTH LINE, A DISTANCE OF 56.0 FEET; THENCE NORTH, PARALLEL TO THE WEST LINE OF LOT 1, A DISTANCE OF 208.71 FEET TO THE POINT OF BEGINNING. More commonly known as: 1344 UNIVERSITY ST, WALLA WALLA, WA 99362 Subject to that certain Deed of Trust dated 4/5/2016, recorded 4/12/2016, under Instrument No. 2016-02617 records of WALLA WALLA County, Washington, from MELVIN CASH AND DEBRA HILL, HUSBAND AND WIFE, as grantor(s), to NEXTTITLE, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. (MERS), AS NOMINEE FOR NETWORK CAPITAL FUNDING CORPORATION ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to FREEDOM MORTGAGE CORPORATION, the Beneficiary, under an assignment recorded under Auditors File Number 2018-01360 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$38,564.41. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$187,607.43, together with interest as provided in the Note from 8/1/2016 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 9/13/2019. The defaults

referred to in Paragraph III must be cured by 9/2/2019 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 9/2/2019 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 9/2/2019 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 4/23/2018. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: [http://portal.hud.gov/hudportal/](http://portal.hud.gov/hudportal/HUD) HUD or for Local

counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/fc/index.cfm?webListAction=search&searchstate=WA&filterSvc=dfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-18-807936-SH. Dated: 5/8/2019 Quality Loan Service Corp. of Washington, as Trustee By: Maria Montana, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-18-807936-SH Sale Line: 877-518-5700 or Login to: <http://wa.qualityloan.com> IDSPub #0152913 8/15/2019 9/5/2019

The Times
Aug. 15, Sept. 5, 2019
8-15-a

NOTICE OF TRUSTEE'S SALE

Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202, Seattle, WA 98104 Trustee Sale No.: WA-19-853677-RM Title Order No.: 190728736-WA-MSW Reference Number of Deed of Trust: Instrument No. 2015-04975 Parcel Number(s): 36-07-29-78-0207 Grantor(s) for Recording Purposes under RCW 65.04.015: ALABAMA HOUSING FINANCE AUTHORITY Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Alabama Housing Finance Authority I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 9/13/2019, at 10:00 AM At the main entrance of the Walla Walla County Courthouse, 315 West Main, Walla Walla, WA 99362 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of WALLA WALLA, State of Washington, to-wit: Lot 7 and the West half of Lot 8 in Block 2 of Singleton's Addition to the City of Walla Walla, State of Washington, according to the official plat thereof of record in the office of the Auditor of Walla Walla County, State of Washington. More commonly known as: 36 E CHESTNUT ST, WALLA WALLA, WA 99362 Subject to that certain Deed of Trust dated 6/8/2015, recorded 6/12/2015, under Instrument No. 2015-04975 records of WALLA WALLA County, Washington, from LEAH M KRUPKAT, AN UNMARRIED WOMAN, as grantor(s), to OLD REPUBLIC TITLE, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. SOLELY AS NOMINEE FOR SUMMIT FUNDING, INC., ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to ALABAMA HOUSING FINANCE AUTHORITY, the Beneficiary, under an assignment recorded under Auditors File Number 2019-01085. II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$12,028.87. IV. The sum owing on the obliga-

tion secured by the Deed of Trust is: The principal sum of \$138,509.85, together with interest as provided in the Note from 8/1/2018 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 9/13/2019. The defaults referred to in Paragraph III must be cured by 9/2/2019 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 9/2/2019 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 9/2/2019 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 3/22/2019. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to

housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: [http://portal.hud.gov/hudportal/](http://portal.hud.gov/hudportal/HUD) HUD or for Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/fc/index.cfm?webListAction=search&searchstate=WA&filterSvc=dfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-19-853677-RM. Dated: 5/6/2019 Quality Loan Service Corp. of Washington, as Trustee By: Maria Montana, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-19-853677-RM Sale Line: 1-800-801-8003 or Login to: <http://wa.qualityloan.com> IDSPub #0152850 8/15/2019 9/5/2019

PROBATE NOTICE TO CREDITORS

NO: 19-4-00139-36
RCW 11.40.030
IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON
IN AND FOR THE COUNTY OF WALLA WALLA
In re the Estate of:
GERALD ARTHUR VANCE,
Deceased.

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 1, 2019.
Helen Yaw
Personal Representative
Attorney for Personal Representative:
Jeremy Hyndman, WSBA #44320
Basalt Legal, PLLC
6½ N. Second Avenue,
Suite 200
Walla Walla, WA 99362
509-529-0630
The Times
Aug. 1, 8, 15, 2019
8-1-b

PROBATE NOTICE TO CREDITORS

NO: 19-4-00142-36
RCW 11.40.030
IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON
IN AND FOR THE COUNTY OF WALLA WALLA
In re the Estate of:
GLADYS D. VOELTZ,
Deceased.
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred

by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 1, 2019.
Michele Voeltz Lucas
Personal Representative
Attorney for Personal Representative:
Jeremy Hyndman, WSBA #44320
Basalt Legal, PLLC
6½ N. Second Avenue,
Suite 200
Walla Walla, WA 99362
509-529-0630
The Times
Aug. 1, 8, 15, 2019
8-1-c

No. 19 4 00137 36

PROBATE NOTICE OF CREDITORS
IN THE SUPERIOR COURT OF WASHINGTON
IN AND FOR THE COUNTY OF WALLA WALLA
In Re the Estate of
WENDELL W. PEERY,
Deceased.

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney stated below a copy of the claim and filing of the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice.

If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Personal Representative:
DOLORES J. PEERY
C/O BAKER BOYER BANK
ATTN: J.T. LIEUALLEN, V.P.
Date of First Publication:
August 1, 2019
/s/ DOLORES J. PEERY,
Personal Representative of the Estate of WENDELL W. PEERY

Attorney for the Personal Representative and address for mailing and service:
Steven C. Frol
Minnick-Hayner, P.S.
P.O. Box 1757
249 West Alder
Walla Walla, WA 99362
Publish: August 1, 2019,
August 8, 2019, August 15, 2019

Court of Probate Proceedings and Cause Number:
Walla Walla County Superior Court
Cause No.: 19-4-00137-36
The Times
Aug. 1, 8, 15, 2019
8-1-e

No. 1940014536

PROBATE NOTICE OF CREDITORS
IN THE SUPERIOR COURT OF WASHINGTON
IN AND FOR THE COUNTY OF WALLA WALLA

In Re the Estates of
RAYMOND WEAVER, JR.,
and
DONZEL LEE WEAVER,
Deceased.

The Personal Representative named below has been appointed as Personal



Photos by Dena Martin

Sacajawea Historical State Park, just outside Pasco on the Snake River, boasts a swimming area (l), boat docks, covered eating areas, an interpretive center (center), and many interpretive signs and displays throughout the park (r).

Sacajawea Historical State Park wins volunteer awards

THE TIMES

PASCO—On Aug. 1 Washington State Parks (WSP) announced the recipients of the 2018 Volunteer awards. Sacajawea Historical State Park volunteers walked away with winners in two of the twelve categories awarded to parks across the state.

Ross and Pam Dunfee were named Volunteer Camp Hosts of the Year. They have been hosting at the park since 2007, while helping at the Sacajawea Interpretive Center while on park projects and helping with events such as the Salmon Celebration and Heritage Days event.

“The Dunfees exemplify the very best in camp hosts with positive attitudes, tireless work ethic and a commitment to providing every visitor with an enjoyable, engaging experience,” said a WSP media release.

In addition, Lori Cobb, won the Rookie Host of the Year Award.

“Lori Cobb was nominated for this award for her cheerful attitude, unflagging work ethic and flexibility in tackling a multitude of challenging situations. She is known as a team player who does maintenance tasks, warmly welcomes visitors to the park’s Interpretive Center and gardens. Cobb’s experience as a retired State Parks’ office assistant proved invaluable when the park brought on a new interpretive assistant. She meets challenges with positivity, pragmatism and a calm demeanor,” according to the award media release.

Award winners were nominated from State Parks staff from more than 9,800 volunteers. Park volunteers assist visitors, clean campsites, maintain trails and grounds, help with interpretive presentations, host at campgrounds or offer expertise on different subjects.

Other 2018 State Parks Volunteer Award winners are:

- Award of Excellence – Gary Formhals: Fort Casey Historical State Park

- Eastern Washington Group of the Year – Olmstead-Smith Historical Gardeners: Olmstead Place Historical State Park
- Western Washington Group of the Year – Friends of Fort Townsend State Park: Fort Townsend Historical State Park
- Outstanding Contribution by a Group – Orcas Island Odd Fellows: Moran State Park
- Volunteer of the Year – Wayne Clark: Fort Casey Historical State Park
- Outstanding Contribution by Camp Hosts – Blaine and Becky Housden: Lake Chelan State Park
- Rookie Host of the Year – Troye Jarmuth: Fort Flagler Historical State Park
- Outstanding Contribution by a Volunteer – Mark Keene: Cama Beach Historical State Park
- Good Samaritan Award – Mike and Marcia Barrett: Blake Island Marine State Park
- Lifetime Achievement Award – Herb and Jean Klein: Fort Worden Historical State Park

State Parks is always looking for qualified, dedicated volunteers for a number of positions. For more information, visit <https://parks.state.wa.us/262/Volunteer-Program> or contact the Volunteer Program at Parks.Volunteer@parks.wa.gov or (360) 902-8583.



SACAJAWEA HISTORICAL STATE PARK

PASCO—Just a hop, skip, and a jump down the road, Sacajawea Historical State Park is worth the short drive and an easy stop to make on the way to the Tri-Cities. The 267-acre day-use park is located off Highway 12 just across the Vaughn Hubbard bridge, at the confluence of the Snake and Columbia rivers.

Records show that the Corps of Discovery arrived at the site on Oct. 16, 1805 and spent two days camping with the local Native American community where Sacajawea served as an interpreter and emissary of peace.

The park includes the Sacajawea Interpretive Center with exhibits on the Corps of Discovery, Sacajawea and the Sahaptian-speaking tribes of the area. The interpretive center is open from April 1 – Oct. 31.

The riverside park includes hiking trails (one ADA accessible), a boat dock and two launches, 130 picnic tables and two kitchen shelters (by reservation), horseshoe pits, and a volleyball field. In addition to the interpretive center, the park has self-guided interpretive displays and representations of Native American dwellings. Call (509) 337-6457 for dates and times of guided tours.

A Discover Pass is required for entry, though Sun., Aug. 25, Sat., Sept. 28 and Mon., Nov. 11 are State Parks Discover Pass Free Days.



Top: A park ranger provides additional information to that found on one of many interpretive displays in the park. Far left: Children enjoy sitting in one of the park’s two dugout canoes. Left: One of the kitchen shelters, available by reservation.

LEGALS (Cont.)

Representative of these estates. Any person having a claim against the decedents must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative’s attorney stated below a copy of the claim and filing of the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice.

If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedents’ probate and nonprobate assets.

Personal Representative: CANDACE FARRELL WALISER

Date of First Publication: August 1, 2019
/s/ CANDACE FARRELL WALISER
Personal Representative

of the Estates of RAYMOND WEAVER, JR. and DONZEL LEE WEAVER Attorney for the Personal Representative and address for mailing and service: Steven C. Frol Minnick-Hayner, P.S. P.O. Box 1757 249 West Alder Walla Walla, WA 99362 Publish: August 1, 2019, August 8, 2019, August 15, 2019

Court of Probate Proceedings and Cause Number: Walla Walla County Superior Court Cause No.: 1940014536 The Times Aug. 1, 8, 15, 2019 8-1-f

Summons Served by Publication

No. 19-3-00166-36 Superior Court of Washington, County of Walla Walla In re: Petitioner: Michelle Mackler And Respondent/s: Daniel R. Mackler To: Daniel R. Mackler – The other party has asked the court to end your marriage or domestic partnership.

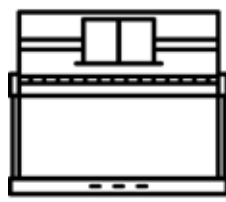
You must respond in writing if you want the court to consider your side. Deadline! Your Response must be filed and served within 60 days

of the date this summons is published. If you do not file and serve your Response or a Notice of Appearance by the deadline: * No one has to notify you about other hearings in this case, and * The court may approve the requests in the Petition without hearing your side (called a default judgment). Follow these steps: Read the Petition and any other documents that were filed at court with this Summons. Those documents explain what the other party is asking for. Fill out a Response on this form: FL Divorce 211, Response to Petition about a Marriage. You can get the Response form and other forms you need at: * The Washington State Courts’ website: www.courts.wa.gov/forms * The Administrative Office of the Courts – call: (360) 705-5328 * Washington LawHelp: www.washingtonlawhelp.org, or * The Superior Court Clerk’s office or county law library (for a fee) 3. Serve (give) a copy of your Response to the person who filed this Summons at the address below, and to any other parties. You may use certified mail with return receipt requested. For more information on how to serve, read Superior Court Civil Rule 5. 4. File your original Response with the court clerk at this address: Superior Court

Clerk, Walla Walla County, 315 W. Main St., Walla Walla, WA 99462. 5. Lawyer not required: It is a good idea to talk to a lawyer, but you may file and serve your Response without one. Person filing this Summons or his/her lawyer fills out below:

/s/ Michelle Markle, August 8, 2019

This Summons is issued according to Rule 4.1 of the Superior Court Civil Rules of the State of Washington. The Times Aug. 15, 22, 29, Sept. 5, 12, 19, 2019 8-15-c



SEEDS - FROM PAGE 11

Protect the sunflowers from birds by covering the heads with cheesecloth and a rubber band. Once seed moisture is 35% or below, harvest by cutting the head off the plant. Or cut them off early and hang upside down to dry. Remove seeds from the head using a fork or fingers.

For eating, the seeds must be dried on the plants. Rub the seeds off and soak them overnight in a gallon of water to which a cup of salt has been added, then dry them again in an oven at 250 degrees Fahrenheit for 4 to 5 hours. Store them in an airtight container.

Zinnia

Zinnias come in every color except blue. They have continued to thrive through our hot weather all summer long, drawing butterflies, hummingbirds, and big buzzing bumblebees to the garden while other flowers have come and gone. The presence of zinnia is known to deter deer, making them a good companion plant for herbs and plants that may need protecting.

From seed, zinnia stems sprout in 5-10 days and flower in 60-70 days. Some say zinnias should be thinned to 9-12 inches apart, but several varieties are safe for mass plantings.

Zinnias are not frost tolerant and therefore should be planted after Mother’s Day, preferably right in the bed as they’re not particularly transplant tolerant, either.

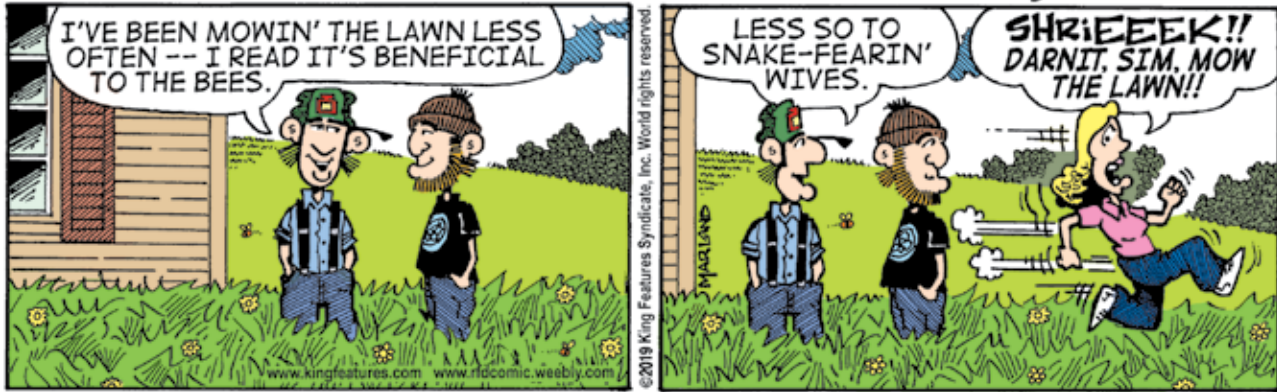
They like full, unadulterated sunlight in well drained soil with a pH between 5.5 and 7.5. While they enjoy the sun, they will not tolerate drought as their leaves begin to look diminished without daily watering.

Picking spent blooms prolongs the blooming season, but they are annuals, so there’s no coming back. To save seeds for the following year, leave some flowers to dry on the stem.

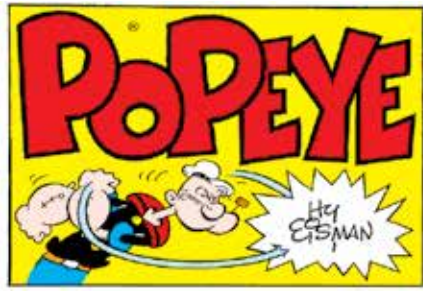
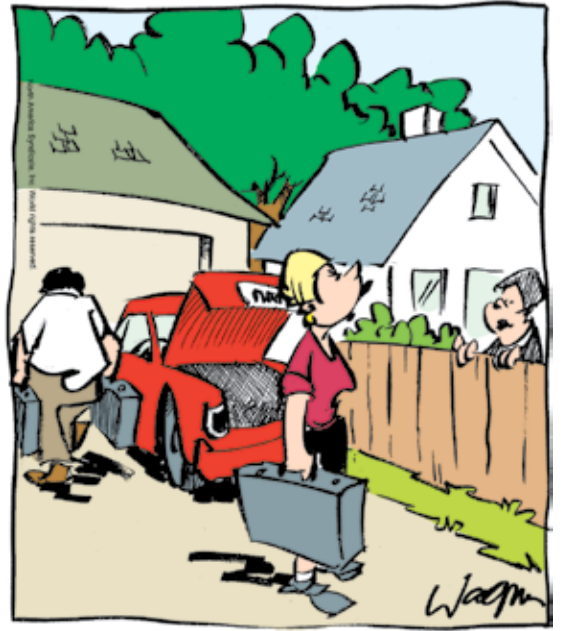
It’s said that zinnias symbolize thoughts of absent friends, perhaps they’ll haunt your garden.

Sources: <https://www.almanac.com/plant/>

R.F.D.



GRIN and BEAR IT



Just Like Cats & Dogs



Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIBU EP ZPV HFU JG ZPV DSPTT

BO FMFQIBOU BOE B SBCCJU?

BO FMFQIBOU UIBU OFWFS

GPSHFUT UP FBU DBSSPUT.

Even Exchange

by Donna Pettman

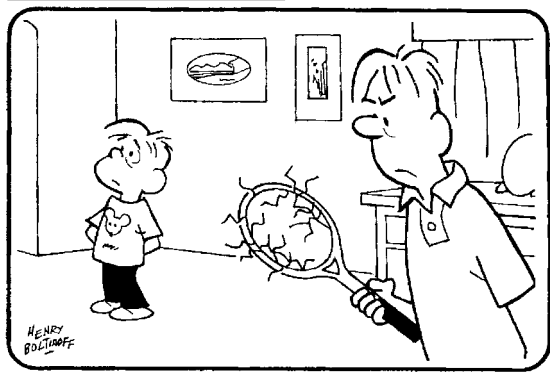
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-----------|---------------------|-----------|
| 1. Smidgeon of salt | ___ I ___ | Boxer's blow | ___ U ___ |
| 2. Flag | B ___ | Method | M ___ |
| 3. Discarded metal | ___ C ___ | Belt | ___ T ___ |
| 4. Ask over | ___ V ___ | Provoke | ___ C ___ |
| 5. Feather pen | ___ L ___ | Grandma's bedcover | ___ T ___ |
| 6. Secret meeting | ___ Y ___ | Have faith in | ___ U ___ |
| 7. Put through a sieve | ___ N ___ | Gibraltar or Bering | ___ T ___ |
| 8. Toast topping | ___ T ___ | Keaton or Crabbe | ___ S ___ |
| 9. Thirst quencher | W ___ | Supply wedding food | C ___ |
| 10. Tiny | ___ M ___ | Stable compartment | ___ T ___ |

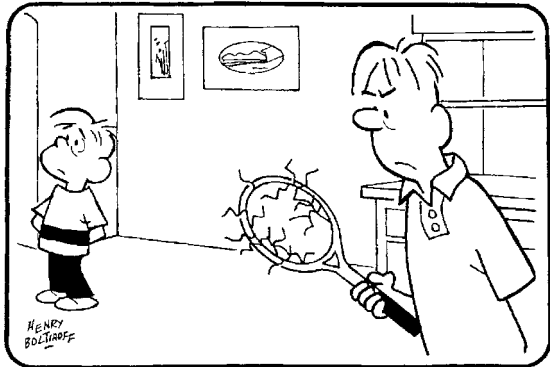
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HOCUS-FOCUS

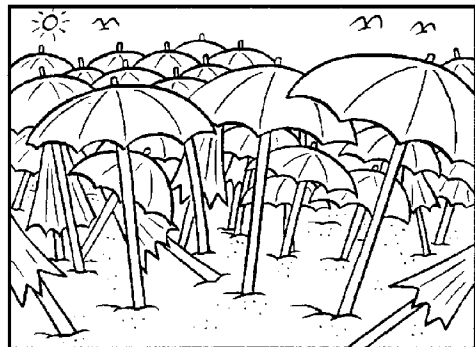
BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's shirt is different. 2. Pictures are rearranged. 3. Button on table is missing. 4. Window replaces curtains. 5. Picture on table is missing. 6. Boy is closer to doorway.



IT'S A SCORCHER AT THE BEACH! At \$5 an umbrella, how much money has this rental stand made today?

Answer: We found 31 umbrellas, for a profit of \$155.

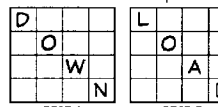
WORLD 'SERIES' NUMBERS! See if you can figure out what the next number is in the series of numbers below.

77, 49, 36, 18... ?

Answer: The next number is 8. Each number in the series is the product of the two digits in the preceding number: $(7 \times 7 = 49, 4 \times 9 = 36, 3 \times 6 = 18, 1 \times 8 = 8)$.

CAN YOU 'DOWN-LOAD' THE WORDS WE'RE LOOKING FOR? Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

- Part of a card game.
- Used in power plants.
- What happens to trees.
- When the day begins.

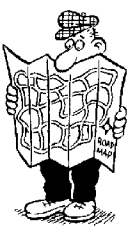
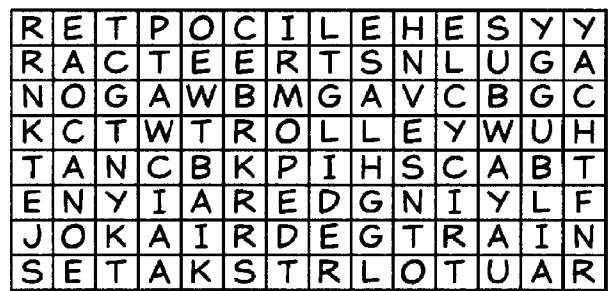


- Very heavy metal.
- Great on a hot day.
- Large white bird.
- A magical stick.

Answers: 1. Deal-head. 2. Coal-coal. 3. Sawm-swan. 4. Dawn-wand.

Junior Whirl

by Charles Barry Townsend



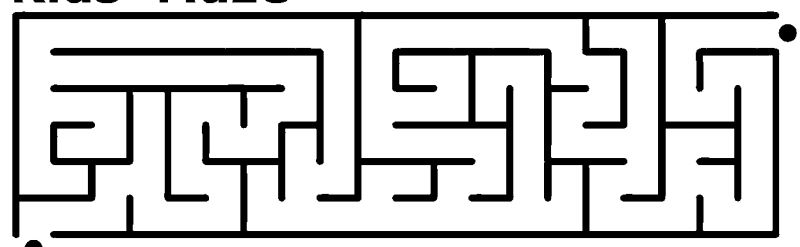
GETTING FROM HERE TO THERE!

Hidden in the diagram above are 23 ways you can get from HERE to THERE. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the items that you're looking for:

- | | | |
|----------|------------|----------|
| Airplane | Glider | Subway |
| Auto | Helicopter | Tractor |
| Bike | Jet | Train |
| Buggy | Kayak | Tricycle |
| Bus | Moped | Trolley |
| Canoe | Ship | Wagon |
| Cart | Skates | Yacht |
| Flying | Streetcar | |



Kids' Maze



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Puzzles4Kids

Even Exchange

Answer
What do you get if you cross an elephant and a rabbit?
An elephant that never forgets to eat carrots.

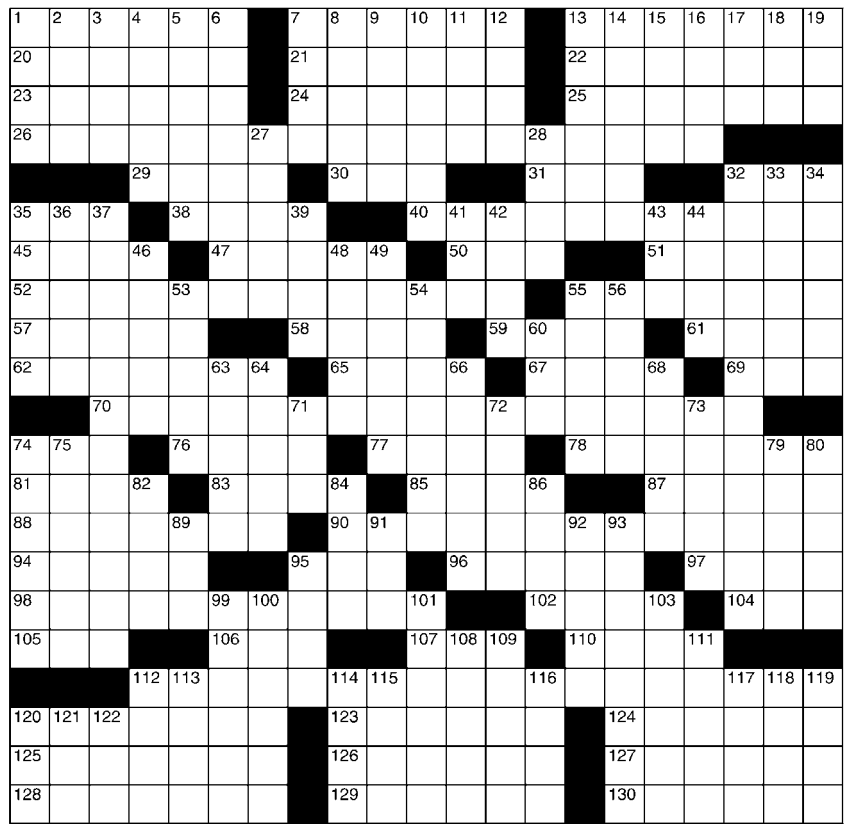
- Answers
- Pinch, Punch
 - Tryst, Trust
 - Banner, Manner
 - Strain, Strait
 - Butter, Buster
 - Water, Cater
 - Small, Stall
 - Quill, Quilt
 - Invite, Ingle
 - Scrap, Strap

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Super Crossword SHOW HONOR

- ACROSS**
- 1 Inflate
 - 7 Cattle pen
 - 13 Sucks up
 - 20 Ida of old Hollywood
 - 21 Excite
 - 22 Graduation document
 - 23 Verdi opera set in Cyprus
 - 24 Carrot, later or cuke
 - 25 Barn bash
 - 26 "Spread the news!"
 - 29 Sore, as muscles
 - 30 Mermaid setting
 - 31 Demier — (newest fashion)
 - 32 Mauna — (Hawaiian peak)
 - 35 Mom's mate
 - 38 Give relief of
 - 40 "Hip, hip, hooray!"
 - 45 "— From Muskogee" (country hit)
 - 47 Tons of, informally
 - 50 Down a meal
 - 51 Author Nin
 - 52 1975 Joni Mitchell hit
 - 55 Feed voraciously
 - 57 Conan O'—
 - 58 Flalto glower
 - 59 Itinerary
 - 61 Piqued state
 - 62 Totally fill
 - 65 Santa — (some winds)
 - 67 Warm up
 - 69 USN jr. officer
 - 70 Country that one's forebears are from
 - 74 Unwell
 - 76 "Farewell!"
 - 77 City near Grenoble
 - 78 Enjoys anew, as a book
 - 81 Wine valley in California
 - 83 Sonic the Hedgehog's creator
 - 85 Pouchlike parts
 - 87 Lower leg bone
 - 88 Refrigerator part for 24-Acrosses
 - 90 1953 Bing Crosby film
 - 94 Metropolis in Japan
 - 95 Find a sum
 - 96 Lucky number
 - 97 Actress Liu
 - 98 Title dance in a 1962 novelty song
 - 102 River in Germany
 - 104 Blue Jays, on sports tickers
 - 105 Grammy-winning Brian
 - 106 Kauai wreath
 - 107 Peak periods
 - 110 "Yeah, right!"
 - 112 Prize won by the ends of 26-, 40-, 52-, 70-, 90- and 98-Across
 - 120 Its capital is Kingston
 - 123 Quite polite
 - 124 "Damien: —" (1978 sequel)
 - 125 Structure near a tonsil
 - 126 Voting item
 - 127 Thread puller
 - 128 1949 Tony winner
 - 129 Derisive smiles
 - 130 Sergeant Bilko and others
 - 1 Ink spot
 - 2 Mandolin kin
 - 3 German auto
 - 4 "One of Ours" writer
 - 5 Loosen, as a skate
 - 6 Place to play snooker
 - 7 Guinea pig
 - 8 Cookies since 1912
 - 9 Knavish one
 - 10 Toddler
 - 11 "Yeah, right!"
 - 12 Roué's look
 - 13 Hang on (to)
 - 14 Having artificial body parts
 - 15 Hurried
 - 16 It made the Cutlass
 - 17 Joey, e.g., informally
 - 18 German auto
 - 19 SFPD part
 - 27 Common disinfectant
 - 28 "Power" rapper
 - 32 Heard of
 - 33 Inception
 - 34 Good traits
 - 35 Pundit Lou
 - 36 Film director — Kurosawa
 - 37 Yamaha or Casio product
 - 39 Princely school
 - 41 Witch's spell
 - 42 Sortie, e.g.
 - 43 Witch
 - 44 Slaughter in the outfield
 - 46 "There wasn't a dry — the house"
 - 48 Take a vow
 - 49 Not in any key
 - 53 Ratify
 - 54 Market researcher
 - 55 Old numbing liquid
 - 56 Zora — Hurston
 - 60 PIN taker
 - 63 Rib
 - 64 Aspartate, for one
 - 66 Young pigs
 - 68 Toadlike, in a way
 - 71 Gift stick-on spouse, in Soissons
 - 73 Actor Sam of "Backtrack"
 - 74 Earned pay
 - 75 Cartoonist Gary
 - 79 Style for the Bee Gees
 - 80 Lustful deity
 - 82 Queries
 - 84 Actor Alan of "The Aviator"
 - 86 Golfer Ballesteros
 - 89 Margarine square
 - 91 Billfold items, briefly
 - 92 Make hazy
 - 93 In single file
 - 95 Gal pal, in Grenoble
 - 99 Bring to light
 - 100 Like "Carrie" in 2013
 - 101 Modest
 - 103 Juicing gizmo
 - 108 Norman Vincent —
 - 109 Tijuana Mr.
 - 111 12-year-old, say
 - 112 Glazier's unit
 - 113 Large brawl
 - 114 Rubber duck locales
 - 115 Where shahs ruled
 - 116 New York ball team
 - 117 "... — in my cap ..."
 - 118 Vex
 - 119 Goes totally kaput
 - 120 "Brady Bunch" sister
 - 121 Toothpaste box abbr.
 - 122 Pawns, e.g.



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TEENY MCMUNN: MY RECIPE BOX

One dressing and two salads

I tasted these at our church potluck and asked for the recipes. I received them last Sunday, handwritten on a bright yellow sheet of paper, without a lot of detailed directions, as you find in today's recipes. Love it! So, since I have a limited space, I'm not going to do a lot of chatting. There will be no directions, per se, but just a few of the included notes.



DRESSING:

- 1 package Uncle Dan's Dressing or Ranch
- Mix with 16 oz sour cream or mayonnaise
- Dressing will be enough to make both salads. If too stiff, add milk or cream to taste

CHICKEN SALAD

- 1 large baked chicken breast, seasoned to taste
- 3-4 stalks tender celery, chopped
- 1 can water chestnuts, drained and sliced/chopped
- 4 hardboiled eggs, sliced
- 1 c. frozen petite peas, thawed
- ½ c. parmesan or mozzarella cheese
- Shred chicken and mix all with dressing. Refrigerate for 1 hour before serving

SHRIMP AND FARFALLE SALAD

- 1 c. uncooked farfalle (butterfly) pasta
- 1 c. salad shrimp, fresh or frozen
- 4 hardboiled eggs, sliced
- 3-4 tender celery stalks, chopped
- 4-6 green onions, sliced
- ½ c. parmesan cheese or mozzarella cheese
- Cook macaroni, rinse with cold water, combine all and refrigerate for 1 hour before serving.

MY NOTES

As with any salads, one can add or subtract per taste. I don't like sour cream, but I didn't notice it when I tasted these salads. I hope this gives you a few more ideas for lunch or dinner.

ENJOY!

Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		×		13
×		×		×	
	-		×		14
-		-		+	
	-		×		15
21		28		10	

DIFFICULTY: ★

- ★ Moderate
- ★★ Difficult
- ★★★ GO FIGURE!

1 3 4 4 5 6 7 8 9

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LAST WEEK'S ANSWERS:

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

Go Figure!

answers

1	+	9	×	2	20
×		-		+	
3	×	6	÷	1	18
+		×		×	
8	-	5	×	7	21
11		15		21	

THE LAST PAGE

FOCUS ON AGING & LONGEVITY



Photos by Brianna Wray

Above Left: Cindy Locati enjoys the range of motion available to work in the DEEP classes at the Y in Walla Walla.

Above Right: Susan Bauer teaches H.E.A.R.T., or High Energy Aerobics and Resistance Training, as well as slower, more alignment-focused aquatic classes for swimmers of every level. Classes are designed to engage the whole body, including the hands, and end with breathing exercises.

FUN WAYS TO KEEP THE BLOOD FLOWING FOR CARDIOVASCULAR HEALTH

A column by Brianna Wray

When asked her best advice on aging and longevity, my mom said she doesn't recommend it at all. She went on to say that it isn't pretty, which makes sense because no one gets out of here alive. There are, however, some habits that can slow the effects of aging.

No one will be surprised by the repeated results of scientific study after study. We all know that caloric restriction and exercise are the best allies in the war on premature aging.

Not all aging factors are in our control. Some traits are inherited, but some heart disease risk factors we can control are high blood pressure, cholesterol levels, diabetes, obesity, and smoking.

As you age and sink into inactivity, the muscle in the heart's left ventricle—a chamber that pumps oxygen-rich blood back out to the body—becomes stiffer.

"This change in the heart muscle, coupled with simultaneous stiffening of the body's arteries that leads to high blood pressure, begins a harmful cardiovascular aging cycle," says Dr. Aaron Baggish, director of the Cardiovascular Performance Program at Harvard-affiliated Massachusetts General Hospital. "Without intervention, this sets the stage for heart failure later in life."

How does exercise help an aging heart? Exertion from exercise forces your heart to pump more blood around your body to your muscles and lungs. The entire process relaxes blood vessels over time and makes your heart run more efficiently, both of which keep blood pressure low.

No matter what state it is in, your circulatory system can benefit from engaging in just a few minutes of exercise each day. But what kind?

"Your heart doesn't know the difference between a brisk walk and an elliptical trainer," says Dr. Baggish, "the goal, then, is to do some kind of cardiovascular exercise—anything that gets your heart pumping and makes you sweat."

Stay Active and Independent for Life, or SAIL, is a Washington state initiative for adults 65 and older including a strength, balance and fitness program. It began as a Senior Falls Prevention Study in which 453 seniors across two Washington counties adhered to a 12-month program including risk assessment by a registered nurse, falls prevention education and a group exercise class that focused on aerobics, balance, strength training and flexibility.

Through its evolution researchers found that seniors respond less positively to "fall prevention" terminology and more to continuing independence in short spurts of time.

Columbia County Health System has partnered with Aging and Long-Term Care to provide the SAIL Exercise Program at the Dayton Senior Center. Classes are currently held every Thursday at the Senior Center from 10:15-11:15 a.m. Beginning in September classes will be held bi-weekly on both Tuesdays

and Thursdays, at the same time.

"The class includes a warm-up, stretching, strength training with free weights and resistance bands, some aerobics, balance exercises, and then a cool down with some breathing and stretching exercises. All of the exercises can be adapted for a participant to do from a chair or while standing, depending on their preference," said CCHS Chief Nursing Officer Stephanie Carpenter.

The class is free and anyone age 65 and older is encouraged to attend.

To become a SAIL program leader via a ten-week online course, one must register through Pierce College. Their sessions run on a quarter system following their regular academic calendar. The alternative is to attend a live, sponsored class. The next available training workshop will be taught by master trainer, Sandy Gatlin on Friday, August 23 in Silverdale, Washington. The cost to attend is \$125.

Followers of the SAIL program have access to the Blue Information Guide, which is a free resource for building an exercise program as it relates to personal health issues.

The emphasis on low impact exercises is the key to preventing new injuries or triggering old ones. Replace jogging with rebounding and add yoga to your practice.

Yoga

What type of scene do you envision at the idea of yoga? A group environment with a serene-voiced leader directing the class through gentle stretches and calming poses, or a sweat-drenched show of stamina?

For those who think of yoga as little more than a means of loosening weary muscles, you might consider yoga for cardio a bit of a stretch—pun intended. While any movement is always better than none, some provide more cardiovascular benefit over others.

There are eight popular styles of yoga; vinyasa, ashtanga, iyengar, bikram, jivamukti, sivananda, yin, and power yoga. Vinyasa, or vinyasa flow focuses on a changing lineup of fluid movements as paired with synchronized breathing, sometimes with music. Ashtanga yoga is similar, but more traditional. There are *asanas* or poses are fixed and the practice is done in silence.

Iyengar yoga focuses on alignment and introduces the use of tools such as bolsters, blankets, blocks and straps. This is an excellent choice for introductory yogis because classes are taught without music and at a slower pace, favoring quality of asanas achieved over quantity.

Bikram yoga practices are comprised of a consistent twenty-six postures and two breathing exercises, in a room at 105 degrees Fahrenheit and 40% humidity. Jivamukti incorporates chanting. Sivananda yoga takes on a holistic approach, by including breathing, relaxation, diet, exercise and positive thinking. Yin yoga, complementary of the other styles, is not

meant to involve strength training at all, in favor of the lengthening of connective tissue.

Power yoga, which is inclusive of Ashtanga poses, but performs them more quickly and with added core work and upper body strengthening exercises.

Of the eight, vinyasa and power yoga are two most likely to affect the most positive change on the cardiovascular system the soonest.

Because yoga is less strenuous than many other types of exercise and is easy to modify, it's perfect for people who might be recovering from injury. Whether you practice yoga alone or in a class setting, doing it in conjunction with other forms of exercise works as a warm up, cool down, or both.

Rebounding

Mini-trampoline rebounding exercises have gone in and out of vogue, but the benefits are enduring. In a National Institutes of Health study from 2016, subjects who engaged in a twelve week rebounding program saw positive results. Significant improvements were observed in circumferences, fat mass, lean and muscular mass.

The group concluded that rebounding appears feasible to ensure positive effects on overall health. It's low impact, and therefore kind to connective tissue.

The hardest part of this, or any, exercise is getting started. The most surprising finding is that after 45 minutes, rebounding is still fun.

Aquatic

Susan Bauer, retired middle school teacher, has been teaching cycling at the Walla Walla YMCA for over twenty years, but didn't begin teaching aquatic fitness until recently.

"I was asked to sub and then it stuck. Now I get all these great testimonials from students who say their hips are healing faster," Bauer said.

Aquatic exercise offers a wider range of motion and relieves the majority of pressure on joints from body weight.

"People always ask me what's the best exercise," says Bauer who responds with, "the one you like. If you don't like riding a bike, cycling isn't for you. If you like it, you're more likely to do it. For me, I hate treadmills. I can do it, but I'm checking the time and it's not fun."

Find something fun and do it while you can. Have your blood pressure and cholesterol levels checked at least annually. Your heart, like any other muscle, can weaken over time, especially if you are sedentary. So, as my mom says, "move it, or lose it."

Sources:
<https://medlineplus.gov/>
<https://www.fightaging.org/>
<https://www.health.harvard.edu/>
<https://www.ncbi.nlm.nih.gov/pubmed/27441918>
<https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/OlderAdultFalls/StayActiveandIndependentforLife-SAIL>

GREG BLAKE AND REAL COUNTRY



Left: Greg Blake and Real Country played to a full house at Art X Agent in Waitsburg on Aug. 7. Band members include (l-r) Isaac Callender on fiddle, Greg Blake, Nico La-Rochel-Humby on bass and Miles Zurawell on banjo. Far left: Earlier in the day, the workshop for Kate Hockersmith's Bluegrass Kids at Ten Ton Coffee.