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WSP K-9 Troopers look beyond the plate
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About



State Employees

Aug. 2011 | Vol. 17 - No. 8 | Special Offers at ftemag.com

From the Publisher:

Generosity of Hope

"Generosity is a principle, not an amount." - Millie Thornton

The Combined Fund Drive campaigns are organizing coordinator and leadership training, and Charity Fairs with the goal of another successful campaign. The campaigns are sustainable revenue source for many local, national and international charities. The latest disbursement to charities by the CFD for the Second Quarter was \$1,076,548.07, according to **Cindy Wulff**- CFD State Campaign Office. Those are your donations going to work.

Why is generosity a benefit to your family?

First of all, the campaign alerts you to the multiple resources within our communities. Go to www.cfd.wa.gov and see the categories of charitable offerings, pick one charity and ask yourself, "Has or will my family benefit from this charity resource?" Or ask a co-worker if their family has been the beneficiary from a CFD approved charity. Then ask yourself, "How would my friends, relatives, neighbors and co-workers assist my need in crisis?"

Second. How many people are impacted from knowing that you practice charitable giving? Many of you have read about the 9-year-old Bothell girl who recently died in a car accident. She had been raising money to bring water wells in Africa. Her goal was to raise \$300.00. The generosity of strangers at last count was more than \$750,000. Her generosity developed her goal that in turn was magnified by other's hope that her goal would be completed.

Third. Is generosity part of your character of giving Do you spread the fragrance of generosity everywhere you go? Or, are your words and deeds more of a mask, rather than a commitment? Only you know your heart and its ability to give away all the time, talent and treasure that you have been given.

Finally. With all the chaos in the world, one way to settle your heart and spirit is to extend your generosity to others. Take your eyes off yourself and focus on other's needs Provision follows obedience.. Remember, to whom much is given, much is expected. Will your hope cause change and outlive your purpose in this world?

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PEBB approves 2012 health plan designs for state employees, retirees

The Public Employees Benefits Board (PEBB) has approved health plan options that some 340,000 state employees, dependents and retirees will be able to choose during open enrollment this fall (**November 1-30**).

For the first time, those options include several consumer-directed health plans (CDHPs) linked to health savings accounts (HSAs). Group Health, Kaiser Permanente, and the Uniform Medical Plan (UMP) will all offer this new plan design, with some benefit, premium, and cost-sharing differences.

The advantage of those plans to some are that the higher deductible and out-of-pocket maximum are offset by lower premiums, and subscribers are able to use the funds in their health savings accounts to cover their costs before they meet the deductible. Members also can allow HSA savings to grow for future medical expenses.

The state will contribute \$700 per subscriber annually or a maximum of \$1,400 per subscriber and any dependents in those accounts. Members may also choose to make tax-free contributions to their own accounts and can take the savings with them when they retire or change jobs.

Kaiser Permanente, Group Health, and UMP will also continue to offer plans similar to those they currently offer members. All of the plan options approved by the Board are effective January 1, 2012.

For the current plan options, many state employees can expect to pay more for their benefits next year, since the Legislature and the Governor agreed to raise employees' share of the plans' total cost by 25 percent in 2012. Employees pay 12 percent of the total cost in 2011 on average; in 2012, that average share rises to 15 percent.

The Health Care Authority is recalculating monthly premiums for each plan in the wake of last week's approval. Copayment changes for two plans required the review, which should be complete within the week.

For state employees, the PEBB Program's Part C and Part D supplemental life insurance will merge into a single employee supplemental plan starting January 1, 2012. This change will be reflected in the life insurance materials for members

PEBB Health Plan
Continued On Page 5

SASL Concludes another Fun-filled Season

State agency Softball Tournament Aug. 6 & 7 at Olympia's Yauger Park



State Agency Softball League (SASL) is always exciting! Earlier this year, mostly L&I members and mates are in the field - left center Marvin Green, short stop Ethan Shaefer, pitcher Rick Smart, catcher Carol Smart, right center Mikey Verellen, while G.A.'s team is up to bat - Wes Cline is batting and Brian Erickson is poised on second base. The Umpire is Brandon Bernardy.

Photo by Deb Reichelderfer-DRS

The State Agency Softball League's (SASL) 2011 regular season games recently drew to a close. Now begins more fun for the team members and fans as the SASL Tournament begins.

This year 25 teams, organized into three progressively higher levels of play, had a lot of fun playing softball against each other on Monday and Tuesday nights at the Regional Athletic Complex (RAC) in Lacey.

The season-ending tournament will be held on Saturday, August 6th and Sunday August 7th at the City of Olympia's Yauger

CFD Charity Motorcycle Ride:

Where the Rubber Meets the Road! Aug. 20

The Combined Fund Drive (CFD) Thurston County Steering Committee (TCSC) invites you, your family, your co-workers and your friends, to join them for the **2011 CFD Charity Motorcycle Ride on Saturday, Aug. 20; 8:00 a.m. (last bike out at 10:00 a.m.) Group ride begins @9:00 a.m. sharp from Tumwater Costco Warehouse!**

The event is to raise awareness and money for all CFD charities. Each 'pit stop' will be hosted by different charities belonging to the CFD.

This is a roaring good way to spend the day, riding solo or getting together with your buddies to ride with the organized group

Park. Everyone is invited to visit Yauger and enjoy a day or two of back-to-back competitive co-ed softball games between teams representing many state agencies: DSHS, L&I, LCB, DOR, GA, SAO, DRS, COM, WSP, WSDOT, DNR, ATG, OIC, HCA, Senate, Parks, DEL and ESD.

New teams form by April of each year. To learn more about the league, team standings or how to register a team for the 2012 season, look us up at <http://sasl.shutterfly.com/> or send an e-mail to **Deb Reichelderfer, sadiedog@scattercreek.com**

Your day will start at the Tumwater Costco Warehouse where you will receive your passport card. Hop on the bike and wind your way through three counties, getting your passport card stamped at each pit stop along the way -- 1st stop at Cycle Tires Warehouse, 2nd stop at Eagle Leather and 3rd stop at Harley Davidson. Get your last stamp at the Lucky Eagle Casino where the ride ends. A buffet complete with chicken, burgers, salads and dessert rounds up the celebration with prizes and rockin' good music by **Whoa Dizzy**. Shari's will

CFD Motorcycle Ride
Continued On Page 14

Beyond the Branches: WSECU in the Community

Drop by the Tumwater Boys & Girls Club and you'll see some wonderfully controlled chaos. There is definitely plenty of fun happening. There is also a lot of learning and growing going on. For example, the SMART Girls program, which WSECU sponsors, encourages healthy attitudes and lifestyles to help early adolescent girls develop to their full potential. It covers

topics such as financial education, decision making, risk avoidance and goal setting. The Boys & Girls Clubs of Thurston County do a fantastic job of helping kids mature into productive community members through programs that help build character and develop life skills.

WSECU is proud to be a community partner with this great program and

organization. In fact, we're proud to be in partnership with a number of great organizations. Across the state, the credit union is an active community participant, working with non-profits and other groups to improve our quality of life. WSECU invests in programs that promote financial education, self-sufficiency and many of the causes that our members care about most.

Giving back is part of who we are. From employee fundraising for the United Way to 25 years of providing college scholarships to collecting school supplies for needy students, WSECU honors the credit union philosophy of "people helping people" through targeted community involvement efforts. Here are just a few:

- Sponsor of real-world heroes section of the new Hands On Children's Museum in Olympia, which promotes imaginative play about some of the finest public servants

there are: police officers and firefighters.

- Host of Family Financial Education Night in Chehalis in collaboration with Centralia College.

- Collaborate with S.C.O.P.E. (Sheriff Community Oriented Policing Effort) of Medical Lake to provide a free community ID theft prevention shred day.

- Quarterly blood drives, leading to recognition as one of the highest contributing companies year after year in the area.

- Support for the Capitol Furnishings Preservation Committee to preserve state capitol campus history.

- Underwriting some of the great work being done by Washington's Asset Building Coalitions to improve self-sufficiency.

With careful consideration, each year WSECU selects meaningful ways to get involved and to give that are the best fit for WSECU, its members and our communities.

Job seekers are invited to workshop hosted by local Toastmasters club



Cindy Hadfield

The public is invited to a **FREE** public speaking workshop hosted by ComQuest Toastmasters Club on **Saturday, August 13, from 1 to 4 PM**. The two-hour program will benefit both job seekers and people who want to improve their public speaking and leadership skills.

The workshop will be held at the **Olympia Christian Reformed Church, 2121 Log Cabin Rd SE, in Olympia, and feature Ms. Cindy Hadfield, Human Resources, Recruitment and Career Coach**

Public Speaking is one of the most sought after job skills. A break-out session titled, "Insider Job Seeker Tips" will help workshop participants understand the job market, what employers want, and the challenges employers and job seekers face. The session will highlight resume writing, cover letters, interviewing, networking, and the state online recruitment system. Whether you have years of experience or are just starting in the workforce you will gain insight and techniques that differentiate you from other applicants for a successful hire.

Participants will also learn how the Toastmasters program and helps you to develop better speaking and presentation skills, learn to think quickly and clearly on your feet, build strong leadership abilities, and hone your listening skills.

ComQuest Club #8433 meets Tuesdays 12:10 - 12:50 p.m. at the Transportation Building at 310 Maple Park Avenue S.E., Olympia. The international club's motto is "get a taste of the world without leaving your chair." Come and see why! Guests are always welcome to attend meetings and learn how to improve their communication and leadership skills in a safe, supportive, and positive learning environment.

A Bayview School of Cooking Free Event!

Pat's Kitchen, First Thursday of Every Month, 9-11:00am & 1-3:00pm*

*repeat of morning session

August 4th - Summer Fruit - Top off the summer with ripe seasonal fruit featured in Fruit Kabobs, Plum Upside-Down Cake and Peach Salad.

Pat Leslie, charming hostess and cooking instructor, is in her fourth season offering demonstrations, tastings and sage advice about everything related to cooking and cuisine. She's an inspiration for young and old with her "can do" attitude and a smile

that brightens any Northwest day. Join her for new recipes, product sample tastes and a free beverage compliments of Bayview.

No registration required for either session.

All events are held in the BSC demo kitchen on the second floor of Bayview Thriftway), 516 West 4th Avenue in downtown Olympia. For information on this event or other classes call 360-754-1448, visit www.BayviewSchoolofCooking.com or stop by Bayview Thriftway or Ralph's Thriftway to pick up your copy of the Bayview School of Cooking summer brochure.

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When Your Wallet Goes A.W.O.L.



By Carlos Aceves
Liberty Mutual Group - Bellevue

When your wallet is lost or stolen, it's tough not to fear the worst—credit card fraud and identity theft. But you can hold the panic at bay by acting quickly and taking a few preventative measures that help protect your credit and reduce your liability.

Before Your Wallet Goes A.W.O.L.

Because identity theft is on the rise and a real threat you should not ignore, take these steps NOW as preventative measures:

1. Photocopy your credit cards, ID cards, and licenses (front and back) to help you report their loss accurately and efficiently.
2. Keep the copies in a safe place.

3. Make new copies of cards that are updated or replaced.

4. NEVER carry your Social Security card with you. Keep it safe in a secure location.

After Your Wallet Goes A.W.O.L.

Upon discovering that your wallet is irretrievable, take these steps ASAP:

1. Cancel your credit cards and request replacements with new numbers.
2. Call agencies such as the Department of Motor Vehicles and your healthcare provider for replacement licenses and ID cards.
3. Report the theft of your wallet to the police.
4. Contact each national credit reporting agency (Equifax, Experian, Trans Union) to request that a fraud alert be attached to your accounts.

5. Request a free credit report at **AnnualCreditReport.com** to check for and report any unusual activity.

Although these measures cannot guarantee the security of your identity and credit, they go a long way to deter thieves and protect your financial liability.

For a competitive quote on your home insurance including coverage for Identity Fraud call your local Liberty Mutual Office at 800-835-0894 8:30 AM – 5 PM M-F. In the Bellevue Area stop by the Bellevue office at 13555 SE 36th St. Suite 360 Bellevue, WA 98006 or call (425) 373-5600.



GROUP SAVINGS PLUS®

Get Ready to Show Off Your Talents at This Year's Fair

If you'd like to be an active participant in this year's Southwest Washington Fair, then now is the time to get started. Application forms for *contests and competitions which require advance sign-up or audition prior to fair week* are available at the Fair office, 2555 North National Avenue, between Chehalis and Centralia or online at: www.southwestwashingtonfair.net

Weiner Dog Races...Open to dog owners of all ages. Entry form and rules available at Fair office and at Pioneer West retail store in Centralia. \$10 fee per animal. Bring entry form and fee to entry desk in Friendlyville, starting at 6:30 pm, Sat. Aug. 20. Races start at 7:00 pm. Races take place on specially constructed track for this event.

Jim Green serves as the emcee. Prizes awarded.

"Stars of Tomorrow" Talent Show... categories for youth and adults. No fee. Application at fair office and online. All musical accompaniment must be on CD. No piano is available. Auditions held before fair time to choose 15 acts or less for program. These acts perform on Sunday, August 21 at noon. Stage South. Prizes awarded.

New! Lip Sync Contest ... categories for youth and adult, singles and groups. \$10 fee for single performers, \$25 fee for group performers. Applications at fair office and online. Limited to 25 entries. Five

SW WA Fair
Continued On Page 12

How will you spend your savings?

If you're not a member of our Group Savings Plus program, then you're not taking advantage of the group buying power of the State of Washington. So you could be paying too much for auto insurance. \$327.96 too much!^{*} Just think what you could do with that extra money.

With Group Savings Plus, State of Washington employees and retirees will enjoy:

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Health Care Authority
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*Figure based on an April 2003 sample of auto policyholder savings when comparing their former premium with those of the Group Savings Plus program. Individual premiums and savings will vary. **Discounts, credits and program features are available where state laws and regulations allow and may vary by state. Certain discounts apply to specific coverages only. To the extent permitted by law, applicants are individually underwritten; not all applicants may qualify. †Service applies to auto policyholders and is provided by Cross Country Motor Club of Boston, Inc., Boston, MA or through Cross Country Motor Club of California, Inc., Boston, MA. Coverage provided and underwritten by Liberty Mutual Insurance Company and its affiliates, 175 Berkeley Street, Boston, MA. © 2004 Liberty Mutual Insurance Company. All Rights Reserved.

Order Online: www.southwestwashingtonfair.net Order By Phone: (360) 740-1495



Weds. Aug. 17 - FOGHAT 8:30 pm...FREE w/fair admission
Golden Circle Seats \$25

Thurs. Aug. 18 - CREEDENCE CLEARWATER REVISITED 8:30pm
\$30 arena / \$20 bleachers & grandstand

Sat. Aug. 20 - HERMANS HERMIT'S starring PETER NOONE...FREE w/fair admission...Golden Circle seats \$20

Sun. Aug. 21 - THE SONFLOWERZ 3:00 pm, ERNIE HAASE & SIGNATURE SOUND 5:00 pm...FREE w/fair admission.

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Concert Series

Concert tickets purchased prior to Aug. 16 include Fair gate admission








Prioritizing Your Financial Plan:

A Lesson in Long-Term Care Insurance



**Michael G. Weinand
Financial Planner**

I am sure you have read plenty of statistics as of late regarding the future of the financial world. While some can be informative, how applicable are they to your real day-to-day life? Here are a few statistics that will be part of many of our lives:

70% (or more!) of people over age 65 will require *some* Long Term Care.

20% of all 65 year olds will need

LTC for more than 5 years.

20% of all 65 year olds will need LTC for 2 to 5 years.

1 of 5 Americans, over the age of 50, risks needing LTC in the next 12 months.

Of those who need LTC, 40% are **under** age 65.

As of 2011, the estimated average cost for a private room in a skilled facility is over \$85,000.

Those are powerful numbers. What can be done about them? What measures can be taken to protect yourself and your investments?

In my 20+ years of being a financial advisor, I have come to understand that most, if not all of my clients, do not want to become a burden on their families.

Most adult children of retired parents have their own lives with careers, children and numerous responsibilities. They may also live a significant distance away from their parents. What about your family? Would they have the time and funds it takes to care for you? Realistically speaking, caring for a loved one with substantial needs is more than a full time job.

More significantly, does your medical plan cover Long Term Care? Most do not. Medicare only covers some nursing home care for a very limited number of days. Disability insurance only pays for lost income. Medicaid only pays for long-term care *after you have spent down almost all of your hard-earned assets.*

A common misconception is that Long Term Care means being confined to a nursing home. Today, most LTC plans offer coverage for

home, community **and** facility care. Another misconception is that the cost is out-of-reach for many. My goal is to design a plan to fit your budget. It is important to note that most LTC plans offer flexible coverage options.

LTC should be a priority in your financial plan. Additionally, it should be a priority to have these discussions as part of your future by finding a plan that fits you. As with all investing, it is about peace-of-mind and minimizing threat. Keep these statistics as a reminder that Long Term Care is of the utmost importance.

Michael G. Weinand is the owner of Weinand Financial with offices at 673 Woodland Square Loop SE, Lacey, WA 98503. Securities offered through KMS Financial Services, Inc. He can be reached at 360-459-4847 or by e-mail at: mike@weinand.us or visit us online at www.weinand.us

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Can You Save for Retirement and Education?



**Jeff Kopp, Financial Advisor
www.edwardjones.com**

The school year is about to start, which means that if you have young children, you are now one year closer to college days — and college bills. At the same time, you are moving nearer to your own retirement. Can you save for college while you put money away for retirement? Yes — but it will take planning, patience and discipline. Your first step is to be aware of the challenges you will face. As you know, the financial crisis of 2008 and early 2009 took a bite out of just about everyone's retirement portfolio. And even though the markets have bounced back strongly, you might still have some ground to make up in your 401(k), Individual Retirement Account (IRA) or other accounts. At the same time, budgetary pressures may lead to reductions in Pell Grants and other federally backed financial aid to students, so you may need to provide more assistance to your children than you once might have thought.

To deal with these challenges and help yourself make progress toward your college/retirement objectives, consider the following

moves:

- 1. Establish some priorities.** How much should you save and invest for retirement versus college? Also, how much of the college costs would you like to cover: 100%, 50% or perhaps a set dollar amount? There's no one "right" answer for everyone — you'll have to establish priorities based on your preferences and family situation. But once you've set these priorities, you'll have some guiding principles to govern your savings and investment decisions.
- 2. Put time on your side.** The earlier you start saving for both your retirement and your children's college education, the better your chances of reaching your goals.
- 3. Choose the right investment vehicles.** You may want to work with a financial advisor to choose the appropriate mix of investments for your needs.

But in general, it's a good idea to contribute as much as you can afford to your 401(k) or other employer-sponsored retirement account. Your contributions are generally made with pretax dollars, and your earnings can grow tax deferred. And whether or not you have access to a 401(k) or other employer-sponsored plan, you can probably also contribute to a traditional IRA, which offers tax-deferred earnings, or a Roth IRA, which provides tax-free earnings, provided you've held your account at least five years and you don't start taking withdrawals until you've reached age 59½. To save for college, you may want to explore a 529 plan, which also provides tax-free earnings, provided they are used for qualified higher education expenses.*

4. Keep investing. The financial advisor can help you choose the appropriate mix of investments for your needs. **Edward Jones**
Continued On Page 12

Are You planning to retire in the next five years?

The Department of Retirement Systems (DRS) offers free retirement planning seminars to help you prepare for retirement. If you're five years away from retirement, we encourage you to invite your spouse or partner to attend a seminar with you.

The seminars run from 9:00am to 2:30pm and include information on Social Security, VEBA, retiree health insurance, the State Deferred

Compensation Program, and the State retirement plans. All of our seminars include information on PERS, PSERS, SERS, TRS, LEOFF Plan 2 and WSPRS Plan 2.

To attend a seminar, call 1-888-711-6676. In the Olympia area, dial 664-7300. Hearing impaired members may call the TDD line at (360) 586-5450 or 1-866-377-8895. You can also register via the Internet at www.drs.wa.gov

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DRS Seminar Schedule August-December 2011	
Wenatchee	Sat, August 13
Ellensburg	Sat, August 27
Seattle	Sat, September 24
Vancouver	Sat, October 15
Bellingham	Sat, November 5
Tacoma	Sat, November 19
Tumwater	Sat, December 3

Chronic Back Pain?

A Hot Tub Can Bring Lasting Relief



By Alice Cunningham,
 Co-Owner,
 Olympic Hot Tub Company,
 Seattle, Washington

If this headline caught your eye, it's probably because you or someone close to you suffers from constant back pain. There is a very high rate of back pain in the U.S. In fact, lower back pain is the number #2 reason in the U.S. (after colds and flu) for a visit to the doctor. Millions of people suffer needlessly. If you're someone who suffers from chronic back pain, you know how it disrupts your life, energy and mood.

For many years Europeans have used spa therapy (soaking in hot baths of mineral water) as an alternative treatment for various chronic diseases. Alternative to surgery and pain medications, that is. And there's always been anecdotal evidence that the hot water and jets of a hot tub relieve back pain. Yet, the effectiveness of spa therapy for chronic low back pain has only just begun to be studied and documented.

In 1995, a study published in the British Journal of Rheumatology offered evidence that hot tub therapy has both short- and long-term benefits for people with lower back pain. A later study, published in the Journal of Rheumatology by a group of researchers in France, sought to verify these results and **PEBB Health Plan**

Continued From Front Page newly enrolling in 2012. Current life insurance enrollees who have Part C and Part D supplemental coverage will receive more information about this change in 2012.

For Medicare retirees, the Health Care Authority will no longer offer SecureHorizons (a Medicare Advantage plan) in 2012. Also, Group Health will offer only one Medicare Advantage plan in 2012, instead of the current Group Health Classic and Group Health Value Medicare Advantage plans.

Retirees enrolled in the PEBB Program's retiree term life insurance will see an increase in their monthly premium next year, from \$2.19 per month in 2011 to \$6.57 per month in 2012. This is the first cost increase in retiree term life insurance since 1999. The coverage will remain the same.

quantify the overall benefits of spa therapy.

After three weeks of consistent spa therapy, examinations showed more improvement in the health status (as measured in pain duration and intensity and back flexibility) of the spa treatment group than of the medication-only group. After six months, significant improvement continued in the spa therapy group. In addition, their use of painkillers like aspirin and ibuprofen as well as anti-inflammatory drugs had decreased.

If you suffer from chronic back pain, a hot tub just might give you the lasting relief you need. Many Olympic Hot Tub customers report that their back pain eased significantly after buying a hot tub and using it regularly. And, many have been able to secure a doctor's prescription for a hot tub purchase.

It's not only the warm, soothing water, it's the wide variety of jets found in Hot Spring Spas that give our customers tremendous relief from back pain. Most often cited is the exclusive Moto-Massage jet

featured only in many Hot Spring Spa models. The Moto-Massage sweeps up and down your back for a gentle, full back massage as giving the most benefit. It's like having a masseuse on-call at home 24/7!

If you're suffering from chronic back pain, find out for yourself if a hot tub will help you lead a better, pain-free life. Take the hot tub test. Try the Moto-Massage jet. Come into any of our 5 Puget Sound

Olympic Hot Tub stores: Lacey, Fife, Seattle, Issaquah or Everett and take a free test dip. Relief is just a soak away. Call any of our stores to schedule or online at www.olympichottub.com

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August WSCM exhibits and programs

Aug. 6, Sat., 1:00 to 3:00 pm: Capitol Times! Family Activity Day, FREE with museum admission. Explore the past through activities, demonstrations, and displays including a model of the very first legislative assembly hall in Olympia. Try on and take your picture in period clothing; enjoy games, toys, and more hands-on activities featuring the capitol buildings through time; special period building stones to construct a model. Exhibit on display features tools used by stone masons to construct the capitol columns along with a full-size model of the column's ornate cap. Special demonstration by noted Tenino stone carver Keith Phillips, who was part of the restoration team charged with repairing the damaged stone on the Legislative Building following the 2001 Nisqually earthquake. Phillips will demonstrate carving on Wilkeson sandstone, the highly prized material used to construct the capitol campus buildings. *Organized by the Washington State Historical Society, with support from the Community Foundation of South Puget Sound and the Olympia Historical Society.*

Friday Nights, Doors open 8:30 PM, Remarks at 8:45 PM, Movie starts at 9:00 PM, Movies at the Mansion – A Classic Film Series, \$2 suggested donation: Bring a blanket and chair for a night at the movies at the fourth annual

outdoor film series at historic Lord Mansion. The program begins with a short commentary on the history and importance of the film. Refreshments will be sold before and during the show. Coffee will be provided. The doors open a half hour before the movie. In case of rain the movie will be shown in the Coach House.

Aug. 5, Night at the Opera: The Marx Brothers considered this their best film, and the "stateroom sequence" is possibly the funniest five minutes in screen history.

Aug. 12, Key Largo: Starring Humphrey Bogart, Edward G. Robinson, and Lauren Bacall. Directed by John Huston. Frank McCloud (Bogart) travels to an island in the Florida Keys to visit the widow of a war buddy.

Aug. 19, Bringing Up Baby: Starring Katharine Hepburn, Cary Grant, and Charles Ruggles. Directed by Howard Hawks. Wealthy socialite Susan Vance (Katharine Hepburn) will do anything to get her man. Sponsored by the City of Olympia Heritage Commission

Aug. 26, To Kill a Mockingbird: Starring Gregory Peck and Mary Badham. Directed by Robert Mulligan. Winner of three Academy Awards®. Six-year-old Jean Louise "Scout" Finch (Mary Badham) is growing up in the Depression era of the early 1930s in a small Southern town in this highly acclaimed motion

picture based on Harper Lee's semi-autobiographical novel.

Exhibits:

Through October 11, Nurses at Your Service: A Century of Caring: Rare documents and healthcare equipment uncover a century's development of nursing in Washington.

Ongoing, Washington Then & Now: Noted regional historian, Paul Dorpat, in collaboration with photographer Jean Sherrard, has created a state wide version of his popular "Then and Now" photo feature in *The Seattle Times*. The exhibit compares and contrasts historic photographs of state locations with contemporary photographs.

Ongoing, Respecting the Knowledge: Ethnobotany of Western Washington: Ethnobotany is about understanding the relationship between plants and peoples. Native communities, past and present, have used plants for food, medicine, and tools.

The State Capital Museum and Outreach Center, located in the historic Lord Mansion at 211 SW 21st Avenue in Olympia, is dedicated to preserving and interpreting the history and culture of Washington. For more information, call 360/753-2580 or go to www.washingtonhistory.org/wscm

UWTC Day of Caring Sept. 23

The biggest one-day volunteer event in Thurston County is coming up again soon! Thurston County nonprofit organizations can receive volunteer help for hands-on projects as part of United Way of Thurston County's (UWTC) 19th annual Day of Caring on Friday, September 23.

United Way coordinates with

The Evergreen State College's "Community to Community Action Day" to combine the two events and have an even greater impact on our community. Students from Saint Martin's University also participate in Day of Caring, engaging our local college students in meaningful, hands-on projects.

Day of Caring is generously

Capitol Campus Design Centennial

Celebration Aug. 7

The Office of Secretary of State, the Department of General Administration and numerous community partners and volunteers are organizing "Wilder & White Capitol Design Centennial" activities Aug. 3-7.

A century ago, a pair of young, little-known New York architects, Walter Wilder and Harry White, won a design competition that drew 32 entries from Washington and across the country. Their audacious and grand plan was for

a Capitol Group that included the Legislative Building, Temple of Justice and other buildings clustered on the West Campus. The architectural design was greatly enhanced by landscape plan created by the legendary Olmsted Brothers.

The Temple of Justice was first to be constructed, starting in 1912.

Included in the Wilder & White centennial celebration will be a **Capitol Campus Celebration from 2 p.m. to 6 p.m., August**

sponsored by Heritage Bank, O Bee Credit Union, Olympia Federal Savings and Providence St. Peter Hospital.

Volunteer teams that want to participate on a project should go to www.unitedway-thurston.org and fill out the appropriate application.

7, culminating in a special performance by the Olympia Symphony Orchestra at 5 p.m. on the main Capitol lawn. **FREE.** Activities include vintage autos, displays, music, special tours of the Capitol and the grounds, open house at the Temple of Justice hosted by Justice Gerry Alexander, and children's games. Bring a picnic basket and a blanket.

Check out all the history and other details at: www.wilderandwhite.com

Evergreen is partnering with the United Way of Thurston County Day of Caring

Join us for the 19th annual

DAY OF CARING

COMMUNITY TO COMMUNITY

IN LOCATIONS THROUGHOUT THURSTON COUNTY

September 23, 2011

According to **Jason Wettstein**, Media and Community Relations, The Evergreen State College, the college organizes student participation in the Day of Caring through the Center for Community Based Learning and Action (CCBLA)... public service center as a part of New Student Orientation 'Community to Community' day. CCBLA promotes the event and registers students as a group. Community Connections 2 credit college transition program builds participation into their syllabus

and hosts a debrief or reflection seminar at the end of the day.

"This is great for our students," says Wettstein. "They become oriented to the needs in our community and how local organizations do important work. The model of a day of service helps engage students and introduce them to how they may involve themselves at a deeper level as future interns and long-term volunteers in the local and regional community."

CFD Printer Ink Cartridge Recycling Program

The Combined Fund Drive (CFD) wants to remind everyone that through permission of General Administration, all CFD charities receive a pro-rata donation from your recycle ink printer cartridges.

It's easy. First you need to set up a recycle account. Next the CFD will send you a pre-paid recycle carton. Finally, the cartons are picked up when full for mailing to the recycling company.

1. State agency and personal ink printer cartridges may be recycled. (no toner cartridges will be accepted)

2. The CFD will receive a

donation from the company for each cartridge that is received.

3. There are no mailing costs to the state. All mailing costs will be paid for by the recycling company.

4. Boxes will be provided to the state offices by the recycling company. When boxes are full, they will be shipped to the recycling company or picked up at the state agency.

5. Contact **Randy Ryan, randy.ryan@sos.wa.gov** for more information and to get a recycle account established for your agency or office.

3rd Annual Wings & Wheels Car Show Aug. 27

Drive in Fly in* Ride in* brought to you by the Olympic Flight Museum, hosted at Jorgensen Air Service, 7825 Old Hwy 99 SE, Olympia, **Saturday, August 27, 2pm-8pm**

Bring your best ride, plane, or bike for an afternoon of fun in the sun! See the museum's aircraft collection, and get a photo of your ride with the **P-51 Mustang!** Also featuring the mobile U.S.O. canteen, a restored hydroplane, military vehicles, and your favorite tunes from the sock hop era!

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Are you prepared to go 'Back To School'



Brett Hardcastle
Tumwater Automotive

It's that time of year again when children prepare to head back to school, and parents shop for school supplies.

Is your vehicle prepared for this annual transition? Will your family be safer?

Now is the most critical time to have your vehicle inspected, because school children are still on the streets.

KEEP your kids safe inside and outside of the car.

With more two-parent working households, that means more and more children are being driven to school. Whether it's to school or to all those after schools activities that make put demands on our cars and us. Here are some safety tips on taking precautions when driving in areas with school age children.

Give the kids a brake: Pedestrian-vehicle injuries are a leading cause of death for children ages 5 to 14. Twenty-five percent (25%) of all children 14 years of age and younger who die in motor vehicle crashes are pedestrians! That means drivers need to step up safety around school zones, crosswalks, bus stops, and wherever children may be playing outside. After a summer of hot weather, the first Fall rains make driving on wet

pavement treacherous!

Be aware: Be in the habit of becoming aware of where school zones and crosswalks are located on regular routes that you normally drive. Just a reminder - crossing guards are at many crosswalks to protect the children walking, obey their directions. Also, with extended summer weather, kids are still riding their bicycles on and off the sidewalks and streets, with little or no attention to your driving.

Be alert: Always stop for school buses with flashing red lights, it's your responsibility to come to a complete and full stop for the duration that the red lights are on. The speed limit in most school zones during school times or when children are present is 20 miles per hour. As schools begin, police will step up enforcement in school zones. This year they will be also

looking at secondary infractions; seat belts and hand held cell phone usage!

Let us help you avoid distractions with proper vehicle maintenance. That's one less thing to concern you as go about your busy schedule. We welcome your calls for automotive repair suggestions - many of your co-workers do already!

Brett Hardcastle is the owner of Tumwater Automotive, located at 6020 Capitol Blvd. SE. Brett and his staff can be reached at (360) 943-9097,

Mon-Fri - 7 am -5:30 pm, with **free shuttle to and from home or work.** Visit our Tumwater Auto Spa Car Wash next door to keep your vehicle looking good and running great - inside and out. Tumwater Auto Spa has a new car wash package - *The Ultimate Plus*. This wash features all of the current carwash options plus our new Rain-X for Wheels and an air freshener making it the top-of-the-line care for your car. We look forward to meeting many of you as a supporter of the Combined Fund Drive (CFD) Charity Fairs in September.

Tumwater Auto Spa adds a new wash option

Tumwater Auto Spa has a new car wash package - *The Ultimate Plus*.

This wash features all of the current carwash options plus our new Rain-X for Wheels and an air freshener making it the top-of-the-line care for your car.

Rain-X for Wheels protects your wheel covers and rims against dirt and brake dust buildup stain by bonding to the rim's surface. Your rims stay cleaner longer and are easier to keep clean. The product is applied to your wheels as your car travels through the carwash and added at the optimal time to ensure product bond and protection.

Ultimate Plus - \$14.00, includes

- Rain-X for Wheels
- Air Freshener
- Wheel Blaster
- Triple Foam
- Rain-X Full Body
- Undercarriage Spray
- Clear Coat Protection
- Scented Dash Wipe
- Garbage Bag
- Spot Free Rinse

Please find a coupon for \$2.00 OFF this month to try the *Ultimate Plus* car wash to protect your car and to ready it for show.

At Tumwater Auto Spa we know that most vehicle owners are concerned about not only the appearance of their car but the condition of their vehicle. Part of keeping your vehicle in top condition is keeping it clean. Your vehicle's surface will stay nicer longer with frequent washing. Brake dust, road dirt and grime can make it difficult to keep your wheel's looking their best. A trip to Tumwater Auto Spa is a great way to maintain your vehicle's exterior.

The "Spa" has vacuum cleaners and a vacuum/carpet cleaner combination available for your use. A variety of vending products that will help keep your car smelling

good, looking nice and protected are also available.

We look forward to seeing you at Tumwater Auto Spa!

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You can check us out at www.tumwaterautospa.com where you will also find coupons for discounts!

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WSDOT's innovative management on I-5 wins award

Quick action by military, state and local agencies to fix a traffic problem that backed up drivers 11 miles for days earned a regional

award for the Washington State Department of Transportation (WSDOT).

WSDOT won the "Innovative Management" award for the 2011 America's Transportation Award competition hosted by the American Association of State Highway and Transportation Officials (AASHTO). The award recognizes WSDOT's ability to quickly resolve sudden daily traffic jams that began Sept. 7, 2010, on Interstate 5 from Thurston County to Pierce County.

In a letter to WSDOT Secretary **Paula Hammond** announcing the award, John Horsley, AASHTO executive director, said, "All of the America's Transportation Awards projects have made a difference in their communities, and your project is truly deserving of this honor."

The 50-year-old stretch of I-5 has been showing its age and nearing capacity for the past **WSDOT Award**

Continued On Page 11

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Vote for the UW Combined Fund Drive!



Volunteers gather at the University of Washington 2010 UW CFD Charity Fair with UWCFD Campaign Manager **Kerri Everly** (front right). Longtime volunteer **Phillip Buff** from the Environmental Health Department is center, back row. The campaign is in the running for a **CLASSY Award** worth \$10,000 in cash and needs your vote, please!

Recently nominated for a national campaign award, the UW Combined Fund Drive campaign has been selected by a panel of judges as a Top 25 Finalist in the CLASSY Awards' **Most Successful Fundraiser by an Individual or Group** category. Out of hundreds of qualifying submissions, the judges determined that the UW campaign, which raised more than \$2 million last year, stood out as one of the most inspiring and

impactful. Working with non-profit organizations in online marketing, StayClassy's annual awards program honors outstanding philanthropic achievements.

Everyone is invited to visit <http://classyawards.stayclassy.org/classy-awards/voting>, now through August 26 and vote for the UW campaign.

The Top 10 Finalists will be selected by popular vote and a panel of judges will select the winners in

each of the 12 award categories. \$10,000 in cash and prizes will be awarded to each winner and, if UW wins, the proceeds will go to the Friends of the CFD general fund.

Kerri Everly, UW Combined Fund Drive campaign manager, acknowledges the more than 300 hardworking campaign coordinators across the UW campus for the success of the drive. "They are the heart of our campaign," she says, "and the key to its success."

WSP Picked As Top DUI Agency in North America for 2010

The Washington State Patrol (WSP) is tough on drunk drivers. Last year, troopers arrested nearly twenty-thousand DUIs. Police agencies in Washington arrest about 40,000 impaired drivers each year, with the State Patrol accounting for about half that number.

The International Association of Chiefs of Police (IACP) has

named the WSP the continent's top DUI enforcement agency for 2010.

State Patrol Chief **John Batiste** has told front-line troopers they have no higher priority than getting drunks off the road. In 2007, WSP was named the best state police agency of its size. The following year the Patrol won the Championship Category, having

competed against the previous years' first place winners of all agency sizes.

In 2006, now-retired Trooper **Kelly Kalmbach** was honored as IACP Motorola Trooper of the Year for her conduct during a shooting that left her with career-ending injuries.

In June, WSP and partner agencies announced interim results of work by the Target Zero Teams in King, Pierce and Snohomish Counties. The multi-agency teams do intense patrols at locations where DUI-related fatal crashes have occurred in the past. Preliminary data indicates that the teams saved 70 lives during the first year of a two-year demonstration project.

A new law went is in effect that requires the towing of vehicles driven by those arrested for DUI. Pressed by WSP in the 2011 legislature, there is now a mandatory 12-hour hold on those vehicles. The goal is to prevent impaired drivers from returning to their vehicles and driving again.

The award will be officially presented at the annual IACP Conference in October.

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**Tumwater
Charity Fair**
Wednesday Sept. 14
Tumwater
Farmers Market
11:30 - 1:30

**King County
Charity Launch**
Thursday, Oct. 6
WA Convention
& Trade Center
11:30 - 1:00

More info at www.cfd.wa.gov



When purchasing a home consider the children



By **BIG Mike Young, REALTOR**
Keller Williams Olympia

When purchasing a home there are many considerations. Let's make our children one of the top. The quality of public schools varies a great deal across America and from neighborhood to neighborhood. Spending the time in research before you buy could prevent educational challenges for your children in the future.

Know how good the public schools and local school districts are before you buy a home or relocate. We are fortunate in Thurston County and the state of Washington to have some of the best quality schools available to our children.

If you want some specific data try **Neighborhoodscout.com** or **Homefacts.com** both web sites which rank schools by academic testing. These sites and many others can also be used if you are being transferred out of the area.

Choosing your child's school is not always as easy task. There are questions of where they will fit in, who offers the sports they like, who performs best on standardized test and countless other questions that have to be assessed. This may not mean that it is necessarily the best

school for your child to attend, just that the students there excel academically.

No amount of reading or research about a school can tell you as much as you'll learn by actually visiting the campus. Even a short visit, when you know what to look for and what questions to ask, will guide you in making the right decision.

Does this school have a particular educational philosophy or mission?

What is this school's approach to student discipline and safety?

How does this school encourage and monitor students' progress toward meeting grade-level standards?

What kinds of library resources are available to students?

How is technology used to support teaching and learning at this school?

How do the arts fit into the curriculum? Is there a school choir, band or orchestra? A school play? Art classes?

What extracurricular opportunities (sports, clubs, community service, competitions) are available for students?

How do students get to school? Is free school busing available?

How does this school support students who have academic, social or emotional difficulties?

What strategies are used to teach students who are not fluent in English?

What professional development opportunities do teachers have? In what ways do teachers collaborate?

What are some of the school's greatest accomplishments? What

are some of the biggest challenges this school faces?

Do classrooms look cheerful? Is student work displayed, and does it seem appropriate for the grade level?

Do teachers seem enthusiastic and knowledgeable, asking questions that stimulate students and keep them engaged?

Does the principal seem confident and interested in interacting with students, teachers and parents?

How do students behave as they move from class to class or play outside?

How well are the facilities maintained? Are bathrooms clean and well supplied, and do the grounds look safe and inviting?

If you decide the Public Schools do not offer what you are looking for consider Private Pchools. These schools offer educations based on other factors and values which could meet your families needs. Transportation to these schools is usually provided by the parents allowing additional flexibility in choice of neighborhood.

Thinking about Buying or Selling a home? Thinking about a career in Real Estate?

BIG Mike Young can be reached at 360-628-3576. Keller Williams Olympia. Big_mike@kw.com

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Eye On Eye Health

What is cataract and what causes it?



Dr. Van Ly
Van Vision - Eye Care Center

Cataract is any opacity occurring in the crystalline lens of the eye. It is a natural phenomenon that occurs most commonly in individuals over the age of 55. In rare situations cataract could also be found in children. Symptoms

of cataract include glare with night driving; blurred and distorted vision; and changes in color perception. For many people the decrease in vision could be very subtle and could occur over a long period of time.

The major risk factor of cataract is age-related changes in the lens. Ninety-five percent of individuals over the age of 65 years have some degree of cataract. However there are other factors that contribute to their development.

- Diabetes
- Medication such as steroids
- Unprotected UV exposure
- Smoking
- Excessive alcohol consumption
- Nutritional deficiency
- Trauma to the eye
- Birth defect

Currently there is no clinically proven mode to prevent cataract

formation. Nonetheless, there are simple strategies that could delay the onset of cataract:

- Sunglasses with UV block
- Safety glasses
- Decrease or discontinuing smoking
- Decrease or discontinuing alcohol intake
- Increase antioxidant vitamin intake

Treatment of cataract depends greatly on the degree of visual changes. In early stages of cataract, no treatment may be needed and the patient is to be monitored closely with annual vision exam. In moderate cases, a change in glasses prescription may provide sharper vision. Clinically, a cataract is not considered significant until it alters the patient's lifestyle. The treatment of choice for clinically significant cataract is surgical removal. Cataract surgery is an out-

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LANDSCAPE DESIGN AND CONSULTING

There are so many beautiful plants to enjoy in our landscapes, but one must always remember the "right plant, right place" mantra when selecting and planting. Sumac, mint/catmint, bamboo, and ivy, among others, can be beautiful in the right place, but planted and used improperly, they can become a nightmare.

Sumac (*Rhus typhina*) grows in "the wild" in the Pacific Northwest. Staghorn sumac is often planted in the landscape because of its beautiful fall leaf color, interesting flower, and architectural look. Unfortunately, sumac spreads by rhizomes, and can invasively grow through the landscape into areas where you don't want it. Sumac can also heave sidewalks and driveways - resulting in expensive repair work. Tiger Eyes sumac is a smaller variety of sumac and has been billed as a non-invasive sumac. My experience with Tiger Eyes, however, is that it still spreads. It isn't as aggressive as the Staghorn sumac, but it still spreads. Sumac may best be planted in a container if you really want to enjoy it and not worry about it.

Mint is another plant that needs to be planted appropriately. I love the smell of fresh mint, and I love to use it to make mojitos and sauce for fruit salads. Most mints,

however, are horribly invasive. One mint plant can quickly create a landscape nightmare. If you want mint, either plant it in a container or in a small planting bed surrounded by concrete to contain it. Mint also likes moist growing conditions, so a container is the perfect place to provide an ideal spot. I have a customer off of Marvin Road who inherited a landscape with mint. He has been trying to remove the mint for years. Not fun!

Catmint, or Nepeta, is in the mint family but isn't invasive. Nepeta has soft, aromatic grey green foliage and is extremely drought tolerant. Nepeta likes full sun, a small amount of water, and produces lavender colored flowers throughout the summer. Walker's Low catmint is the most commonly planted catmint in the landscape. I have extremely sandy soil in my landscape and have had some issues with it popping up three feet away from an existing plant, but it is easily removed with a shovel.

Bamboo for years had a bad reputation because of its rapidly spreading nature. The tough rhizomes would break through ceramic and plastic containers and even pop up 10 feet away (or more) from an existing plant. Bamboo is also horribly difficult to permanently remove. Fortunately there are some new clumping bamboos that slowly spread and can be easily maintained with a shovel. Phil Comer of Outdoors by Design in Shelton is our area's bamboo expert. He has a great selection of all types of bamboo for sale and provides bamboo educational workshops at the nursery.

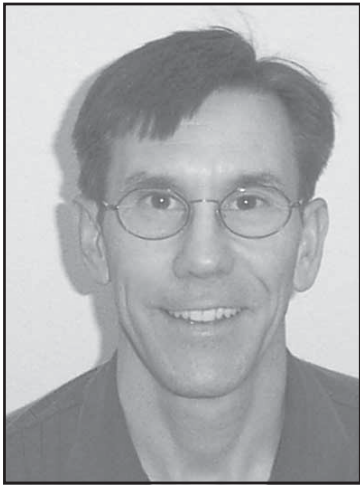
Last, but certainly not least, ivy... We've all seen ivy growing 40 feet up trees, ivy swallowing up landscapes, ivy growing on hillsides, and ivy growing everywhere! The correct variety of ivy can be wonderful in a container planting arrangement, but don't plant ivy on a hillside or in a planting bed. Ivy does not have the fibrous root structure necessary to hold soil on a hillside. Ivy does have the right root system to rapidly spread and overwhelm a landscape. English ivy is a definite no, no because of how it rapidly evolves into a noxious weed.

The bottom line is, the right plant can be wonderful to enjoy in the right place!

Cathy Johnson is a landscape designer and consultant in Olympia. If you would like to inquire about her services, contact Cathy at 360-455-9164. Her email address is cathy@dandeliongardens.com and website address is www.dandeliongardens.com

VanVision - Eye Care Center is located at 319 - 7th Ave. SE., Suite #101, in downtown Olympia - Corner of Adams and 7th Ave. in the 7th Ave Building with off street parking access from Franklin Ave. Van Vision carries all latest stylish frames. Preferred provider for Uniform and Aetna Insurance. They can be reached at (360) 357-2544. Office hours are Tuesday - Friday 9:00AM - 5:00PM, Saturday 9:00AM - 2:00PM. Website: www.VanVisionCare.com

Why are you sensitive to medications?



**By David Overton, PA-C
Natural Medicines & Family
Practice**

Why are some people so sensitive to prescription drugs? What can be done about it? Have you been told it's all in your head? Several groups are highly sensitive to medication side effects:

Women, the elderly and children

Those with decreased kidney function, easily diagnosed and managed with simple blood and urine tests

Those with impaired liver functions, which is common but may not show on lab tests

Women, the elderly and children have smaller kidneys and livers and often need customized lower doses of prescription drugs. If you have impaired detoxification of drugs by the kidneys or liver, we can use drugs that have lower rates side effects and use alternative medicines to support or improve kidney and liver functions. You can find information about kidney impairments on my website.

WSDOT Award Continued From Page 8

Population has boomed in north Thurston and south Pierce counties, businesses are thriving, and traffic to the military bases grew as troops returned from deployment and as Fort Lewis and McChord Air Force combined operations in 2010.

Seemingly overnight Sept. 7, traffic was simply too much. Previous fixes gave way and the system that moves 68,000 vehicles on the busiest highway in the state broke down, tripling drive times and leaving northbound morning commuters with sudden 11-mile backups.

Within weeks, a collaborative effort by WSDOT, cities, the Federal Highway Administration and military leaders at Joint Base Lewis-McChord agreed on a solution to alleviate congestion and give drivers their time back.

In this article, we'll cover how cytochrome P450 enzymes (abbreviated as CYP) which are not included in blood tests. CYP enzymes are located in your mitochondria, inside of cells and in your liver and serve to:

Breakdown and clear out toxins, such as drugs, hormones and wastes, such as bilirubin

Synthesize and breakdown hormones, especially cortisol, estrogen and testosterone

Synthesize cholesterol, vitamins A & D

Affect blood clotting – this is where aspirin, Omega 3 supplements and some drugs work

Many drugs or substances increase or decrease the CYP enzymes, causing drug levels to increase or decrease and leading to adverse drug reactions. For example, compounds in grapefruit juice can increase the level of some drugs, tobacco reduces the levels of some psychiatric drugs and St. John's Wort can increase or decrease the levels of some drugs.

The following is a list of the most common problematic drugs:

Acetaminophen (Tylenol)
Albuterol

Antibiotics, especially Cipro, erythromycin and related drugs

Antidepressants

Anti-fungal drugs

Anti-inflammatory drugs (ibuprofen, Naprosyn, many others)

Benadryl or diphenhydramine

Bipolar and manic depression drugs

Caffeine – I always recommend limiting intake to 1-2 8 ounce daily servings

Interchanges at military gates were improved with better alignment and better-timed traffic signals, never-before-opened gates were unlocked so military personnel could access the military base, and enhanced tools such as Incident Response were quickly deployed to combat the congestion. Each agency's flexibility and willingness to participate led to the success of this project.

To learn more about the AASHTO awards, visit www.americastransportationaward.org/

For more information about how WSDOT and its partners are working together to alleviate congestion between SR 510 in Thurston County and SR 512 in Pierce County, please visit www.wsdot.wa.gov/projects/i5/filewismchordtransportation/

Codeine, hydrocodone, oxycodone and other pain medicines

Estrogens

Methadone

Nicotine

PPI's: Nexium, Prilosec, others

Seizure drugs

Some anti-coagulant drugs, especially warfarin

Some cardiology drugs, especially ACE inhibitors, beta blocker calcium channel blockers

Statin cholesterol drugs

Steroids

Tagamet

Theophylline

Millions of Americans are taking multiple drugs without counseling or thorough monitoring and slowly develop side effects (which often are treated with more drugs). Do not stop these drugs, but do work with a clinician who will thoughtfully adjust drugs and use alternative approaches to minimize side effects. Most of the conditions for which these drugs are prescribed will improve with lifestyle changes and safer drugs, lower doses or alternative medicines can be used to reduce drug dependence and side effects.

David Overton, PA-C works at *Natural Medicines & Family Practice at 1315 Ruddell Rd SE in Lacey, providing integrated conventional and alternative treatments under the supervision of Dr. Richard Faiola, MD, ABFM. He can be reached at 360-357-8054 or online at: www.natmeds.net*

SHIBA: Personalizing Medicare for New Beneficiaries

During the **17th Annual SHIP Directors' Conference** — held June 6-9, 2011, in Dallas, Texas — Office of the Insurance Commissioner (OIC) SHIP (Statewide Health Insurance Benefits Advisors, or SHIBA) shared its new approach to explaining Medicare to a new generation of Medicare beneficiaries — many only want information relevant to their situation, yet there is an abundance of information. Washington SHIBA has explored questions such as:

What does each person need to know?

What is merely "nice to know"? How can we help prepare our state's beneficiaries, as much as possible, for the decisions they face?

The Washington SHIBA HelpLine sliced and diced the four parts of Medicare into a new "choose your own adventure"-style workbook and presentation. These new tools help to reach beneficiaries from all walks of life in group settings and to personalize

Cubicle Wellness:

Walking for Inner Peace



By Patricia A. Bartley

More than 150 years ago, Danish philosopher Kierkegaard wrote: "Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. If one just keeps on walking, everything will be all right."

Carolyn Scott Kortge, author of *The Spirited Walker*, a guide to walking as an active meditation, suggests that you clear your mind of distracting thoughts, quiet the mind, and connect with the wonder of life within and around you. Here are some tips from *The Spirited Walker*:

Focus on your breathing for the first five minutes of your walk, giving full attention to the sensation of breathing in and breathing out.

Make your inhalation and exhalation of equal length so that you create a rhythm with your steps and your breath.

When your thoughts wander, just begin again, thinking to yourself "breathing in" as you inhale, and

"letting go" as you release the air from your lungs.

Notice how your body moves, how the weight shifts from one foot to the other. Perhaps you can coordinate your footsteps with your breathing, two or three steps to each in-breath and out-breath. The sensation of breathing and walking is the anchor for your attention.

Open your senses to everything around you. The breath is like a bridge between you and everything you see, touch, smell and sense. If your mind wanders, return to the sensation of breathing and walking.

Kortge describes her walking experience: "the steady rhythm of my steps on the earth, the swing of my arms and a pattern of regular breathing combine to create a sense of peace that calms the stresses of daily life."

Excerpted from *The Spirited Walker: Fitness Walking for Clarity, Balance and Spiritual Connection*, (HarperCollins 1998). Carolyn Scott Kortge is a writer, breast cancer survivor and former nationally ranked masters racewalker. For more walking tips, read Carolyn's "Pep Talks" at www.spiritedwalker.com

Patricia Bartley teaches gentle yoga classes at *The Strong Center in West Olympia and chair yoga at the YMCA*. She also teaches office yoga to relieve computer-related symptoms. She is certified and registered with Yoga Alliance, a national credentialing organization. To schedule a class at your workplace, e-mail patbartley@q.com or call 709-0065. To register for gentle yoga classes, go to TheStrongCenter.com or call 705-1658.

counseling to individuals, by allowing beneficiaries to focus on information specific to their situations, income, coverage and needs.

Examples of these counseling tools include:

My Medicare Options Workbook (http://www.meetinglink.org/ship11/file_opener.aspx?aId=157)

My Yearly Part D Checkup Workbook

(<http://www.insurance.wa.gov/shiba/documents/PartDCheckWorkbook.pdf>)

Long-Term Care Options Workbook (<http://www.insurance.wa.gov/shiba/volunteer/publications/documents/LTCWorkbook.pdf>)

For more information about these and other counseling tools, please contact **JoAnn Ehlers** at joanne@oic.wa.gov

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HCA opens provider, hospital application process for EHR Incentive Program

The state's Medicaid agency, Health Care Authority (HCA) announced the official opening of the application process supporting the Medicaid Electronic Health Record (EHR) Incentive Program, a state-federal initiative designed to promote the use of electronic records to improve care, reduce costs and increase provider-to-provider communication across the health care industry.

Medicaid anticipates distributing more than \$50 million in federal funds to qualified health care professionals and hospitals in Washington State over the life of the program.

The secure exchange of electronic health information beyond organizational boundaries will improve care by documenting patient encounters and capturing important care activities and outcomes, managing quality, and helping with future care-related decisions and expenditures, Porter said.

The Medicaid EHR Incentive Program will provide incentive payments to eligible professionals and eligible hospitals for the adoption, implementation, upgrade or meaningful use of certified technology. To qualify, participants must already be serving a benchmark level of Medicaid patients.

Under the program's guidelines, eligible professionals may receive up to \$63,750 over the six years

CFD Motorcycle Ride

Continued From Front Page
sponsor a pie-eating contest, for those who think one (1) slice of pie just isn't enough!

Cost?

\$25.00/rider: includes a T-shirt if you register before Aug. 12

\$40.00/couple: includes 2 T-shirts if you register before Aug. 12

(Registration after Aug. 12 is an additional \$5.00)

How Do I Register?

Download the registration form: <http://www.cfd.wa.gov/2011-Motorcycle-Ride.aspx>

Everyone is welcome! All bikes with riders 18 and older as well as all clubs! Bring the whole family to the full buffet and party afterwards!

All donations go directly to the Combined Fund Drive and are evenly distributed among all the CFD registered charities. The CFD Thurston County Steering Committee wishes to thank its sponsors: Lucky Eagle Casino, Cycle Tires Wholesale, Northwest Harley Davidson, Eagle Leather, Costco, and Shari's.

So come join the fun and

that they choose to participate in the incentive program. The first year's payment is \$21,250, with additional payments of \$8,500 over the remaining five years.

Hospitals may receive payments over four years with the payment breakout 40 percent in the first year; 25 percent the second year; 20 percent the third year, and; 15 percent the fourth year. Hospital payments are based on a number of factors, beginning with a \$2 million base payment.

The state estimates more than 750 participating professionals and hospital will participate in the first year. A total of 269 participants have already completed the required first step of federal registration and are now ready for today's state opening.

In year one of the EHR Incentive Program, eligible participants have to demonstrate Adoption, Implementation or Upgrade (AIU) of health care technology. This includes either:

- Acquiring, purchasing or securing access to certified EHR technology;

- Installing or initiating use of certified EHR technology capable of meeting meaningful use conditions; or

- Expanding the available functionality of certified EHR technology so that it is capable of meeting meaningful use requirements, including staffing, maintenance, and training, or support the CFD charities! Register TODAY at www.cfd.wa.gov

If that hasn't excited you quite yet, here's a list of just SOME of the fabulous prizes -- \$300 in Eagle Leather gift certificates, bike detailing from NW HD, a full set of tires, oil changes from Cycle Tire Wholesale, 1 gift certificate from Lucky Eagle for an overnight at the Lucky Eagle Hotel, 4 certificates from Lucky Eagle for the Grand Buffet, 4 gift certificates from Lucky Eagle for the Prime Rib and Steak House, 6-month Family Fun Pass to Hands on Children's Museum, 4 water passes for Great Wolf Lodge, 4 Experience Music Project passes, Portland Spirit of Columbia River cruise for 2, Woodland Park Zoo passes for 2 children/2 adults, and the list just goes on.

Please come for a 'wheely' good time and a 'wheely' good way to support our caring community charities.

Questions? Please contact Susan Herr at 360-664-4766 or sherr@walottery.com

A downloadable event poster is available at www.ftemag.com and click on "Community Events"

upgrade from existing EHR technology to certified EHR technology per the EHR certification criteria.

After Year One, the program will expand to also provide eligible participants payments for "Meaningful Use" objectives, including electronic prescribing and eliminating potential conflicts between patient's medications.

* Applying for EHR Incentive Program

Washington is one of 20 states to launch an EHR Incentive Program since January 2011. The program will run for 10 years, and the last year eligible participants may enter is 2016. Additional information about the Medicaid EHR Incentive Program and how to apply is available online at <http://hrs.dshs.wa.gov/healthit/>.

SW WA Fair

Continued From Page 3

performers appear each night of the fair at 7:00 pm. Stage South. Finalists compete at 6:00 pm on Sunday, August 21. Prizes awarded.

Ugly Lamp Contest and Crazy Cookie Jar Contest...

Open to all ages. No entry fees. Entry forms at fair office and online. Entry form for Ugly Lamp contest also available at both Visiting Nurses stores in Centralia and Chehalis. Entry forms for Crazy Cookie Jar Contest available at Just In Thyme in Chehalis. Bring entries to the Customer Service Booth (next to Living Arts Bldg.) on Monday, August 15 (day before the Fair starts). The customer service booth will accept entries for these two contests from 8:00 am till 6:00 pm. Entries will be judged by 11:00 am the next morning. Prizes awarded.

Don't be bashful, the Fair makes it fun and easy for you to be a part of the show. You are welcome to join in as many of these activities as you like, so give it a whirl this year!

Edward Jones

Continued From Page 4

cial markets will always move up and down — so in some months, you might not like what you see on your investment statements. But the most successful investors keep investing in good times and bad. If you decide to take a "timeout" from investing and head to the sidelines during a market slump, you could miss out on the next rally.

By following these suggestions, you can keep moving forward toward two special times in your life: when your children attain the higher education that can help them succeed in life and when you

Treating Sleep Apnea

Question: I have sleep apnea and use a BiPAP machine. My sleep apnea has gotten better since I lost weight and quit smoking. Can sleep apnea be cured, or am I tied to the BiPAP machine for the remainder of my life?

Answer: Most sleep apnea patients will still need nocturnal oxygen supplementation indefinitely unless their weight loss has been extreme and the predisposing condition that caused the sleep apnea has been resolved or corrected.

Remember, the airway obstructs during sleep in sleep apnea, and recurring low oxygen readings for extended periods will leave many with a high risk of heart failure and recurring hypoxic brain damage (similar to multiple small strokes!).

Untreated sleep apnea will lead to premature sudden death, so you are ill-advised to stop the

BiPAP (bi-level positive airway pressure) treatments until you have the improvement properly documented. Usually, a repeat sleep evaluation, or at least overnight continuous saturation sampling, will be recommended.

I congratulate you on modifying and possibly correcting your truly life-threatening condition. Smoking cessation WILL certainly improve your cardiovascular risk of heart attack and stroke, both of which are significantly elevated in all sleep apnea patients. Quitting smoking is a very important element in managing sleep apnea.

While some will improve with weight loss, or even with surgical correction, most sleep apnea patients will require BiPAP indefinitely.

"Ask Dr. Hibbert" @ Medical Answers at Newsmax.com © 2011 Newsmax. All rights reserved.

The Two Choices We Face

by Jim Rohn

Each of us has two distinct choices to make about what we will do with our lives. **The first choice** we can make is to be less than we have the capacity to be. To earn less. To have less. To read less and think less. To try less and discipline ourselves less. These are the choices that lead to an empty life. These are the choices that, once made, lead to a life of constant apprehension instead of a life of wondrous anticipation.

And the second choice? To do it all! To become all that we can possibly be. To read every book that we possibly can. To earn as much as we possibly can. To give and share as much as we possibly can. To strive and produce and accomplish as much as we possibly can. All of us have the choice. To do or not to do. To be or not to be. To be all or to be less or to be nothing at all. Like the tree, it would be a worthy can enjoy the retirement for which you've worked so hard.

This article was written by Edward Jones for use by Jeff Kopp, your local Edward Jones Financial Advisor. Jeff Kopp's Office is located at 3231 Willamette Dr Ne Ste F, in (Hawks Prairie) Lacey. He can be reached at (360) 438-6637 or e-mail at: Jeff.Kopp@edwardjones.com

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Jeff Kopp, Financial Advisor, www.edwardjones.com

* Withdrawals used for expenses other

challenge for us all to stretch upward and outward to the full measure of our capabilities. Why not do all that we can, every moment that we can, the best that we can, for as long as we can? Our ultimate life objective should be to create as much as our talent and ability and desire will permit. To settle for doing less than we could do is to fail in this worthiest of undertakings. Results are the best measurement of human progress. Not conversation. Not explanation. Not justification. Results! And if our results are less than our potential suggests that they should be, then we must strive to become more today than we were the day before. The greatest rewards are always reserved for those who bring great value to themselves and the world around them as a result of whom and what they have become.

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than qualified education expenses may be subject to federal and state taxes, plus a 10% penalty. There may be state tax incentives available to in-state residents who invest in their home state's 529 plan. Student and parental assets and income are considered when applying for financial aid. Generally, a 529 plan is considered an asset of the parent, which may be an advantage over saving in the student's name. Make sure you discuss the potential financial aid impacts with a financial aid professional. Tax issues for 529 plans can be complex. Please consult your tax advisor about your situation. Edward Jones, its financial advisors and employees cannot provide tax or legal advice.

Around Thurston County:

Giving a Helping Hand



By Patrick Babineau

Summer is finally here and it's a great time to be outdoors enjoying the warm weather and nice days. Summer is beautiful here, but we can't forget those in need who may need our helping hand. Charities and nonprofits usually suffer in the summer when folks are away on vacation or are more focused on having fun.

Non-profits help fill an important role in Thurston County; they are frequently able to help those in need when the private sector doesn't or the government section can't. Non-profits are a vital component of our civil society.

The nexus of non-profits in Thurston County is the United Way of Thurston County. In August, the *Around Thurston County* program will highlight the good work of nonprofits in Thurston County and specifically the good work of the United Way. The show's guest will be Paul Knox, Executive Director of the United Way of Thurston County. Paul will be discussing the current state of non-profits, like the United Way, during this economic recession and how the recession is affect giving in the county.

Did you know that the United Way helps forty-four programs in 29 agencies in Thurston County with almost a half million dollars a year? Many of those programs

you will be familiar with or already support. The agencies include: Big Brothers and Big Sisters, Catholic Charities, Childcare Action Council, CHOICE Regional Health Network, Community Action Council, Community Youth Services, Family Education and Support Services, Family Support Center, Garden Raised Bounty (GRuB), Hands on Children's Museum, Intercommunity Mercy Housing, Left Foot Organics, Morningside, Olympia Union Gospel Mission, ROOF, Safe Place, Salvation Army, Senior Services for South Sound, South Sound Reading Foundation, South Sound YMCA, Tenino Community Service Center, The Crisis Clinic, Thurston County Food Bank, Thurston EDC, TOGETHER, United Community AIDS Network, Yelm Community Services, and the YMCA of Olympia. These are just some of the programs the United Way has helped over the years.

During the Show, Paul will discuss the history of the United Way in the county and the emphasis the United Way has their requirements for funding. Paul says that one of the reasons he likes living in Thurston County is the generous spirit of many of its residents not only to the United Way but to all of the non-profits in the county.

As the host of the program "*Around Thurston County*", I'd like to remind folks to continue lending a helping hand when you can. Watch for the latest show, featuring the United Way of Thurston County, in **August on Comcast TCTV Channel 22 - Monday evenings at 6:30PM and Friday evenings at 5:00PM.** "*Around Thurston County*" offers an in depth view of issues that affect Thurston County residents. It is produced monthly at the TCTV studios in Olympia and airs twice weekly. The host, Patrick Babineau, can be reached at PatrickBabineau@comcast.net

Community Health Foundation hosts Harlequin dress rehearsal fundraiser

Aug. 17

The Community Mental Health Foundation is hosting a Harlequin Production dress rehearsal of **Mauritius**, Wednesday, August 17. "The play is a comic thriller that will leave the audience smiling."

The event is a fundraiser for BHR programs to support mental health clients with homeless assistance and family support

issues. With so many recent budget cuts, many many mental health clients are making do with even less!

Tickets can be purchased for a minimum cost of \$10.00 at the door or by contacting BHR at (360) 236-7111 or rbryant@bhr.org

Enterprise Building new home to 5 former agencies



The Enterprise Building will become a "home" to about 1,000 state employees from 5 current agencies, restructured to two agencies.

State government's newest building, a \$250+ million office-building and data-center complex named the Enterprise Building east of the Capitol Campus is filling up fast with state employees. The new address, 1500 Jefferson Street, in the next two months will become "home" to about 1,000 employees from five former state agencies; eventually to become two.

According to a recent news release from the Governor's Office; "... functions of the Department of General Administration, Department of Personnel, State Printer and Department of Information Services will be merged into the new Department of Enterprise Services or new Consolidated Technology Services. Those four agencies then will

be shuttered. In addition, some functions of the Office of Financial Management will be transferred to the Department of Enterprise Services, and portions of Personnel and Information Services will be merged with OFM. A transition team will oversee the consolidation.

Joyce Turner, General Administration director, will lead the team and serve as the transition director for the Department of Enterprise Services. **Mike Ricchio**, Information Services director, will serve as transition director for Consolidated Technology Services. **Marty Brown** will continue to serve as OFM director and oversee changes at that agency. **Eva Santos**, Personnel director, will also serve on the transition team.

Turner, Ricchio, Brown and Santos begin their transition assignments immediately. Effective Oct. 1, when the two new agencies open, Turner will become director of the Department of Enterprise Services and Ricchio will become director of Consolidated Technology Services, while Santos will serve as director of human resource policy at OFM."

It has been estimated, that the move and restructuring will affect 10 state agencies, reduce state office needs by 143,000 square feet (eliminating 12 countywide locations), and eventually eliminate 95 FTEs. Long-term, the savings are projected "to save \$18 million in reduced costs for personnel, utilities and maintenance."

TC Law Enforcement Officer of the Year Awards



State Patrol Trooper Guy Gill received his third recognition from the Olympia Kiwanis Club of the Pat Sutherland Memorial Law Enforcement Officer of the Year Award.

By Jan Britt-LCB Ret. and Olympia Kiwanis Member

The 2011 Pat Sutherland Memorial Law Enforcement Officer of the Year Awards was presented at a joint meeting of the Olympia Kiwanis Club and

the West Olympia Rotary. The local chiefs of police and sheriff, and WSP Lieutenant, all explained briefly why their officers won the award this year.

This annual award is named in memory of former Thurston County Prosecutor Patrick Sutherland, who served as the county prosecutor from 1974-1994, and began the awards. The award recipients themselves are determined based on a vote by

their peers at their respective agencies.

State Patrol (WSP) Trooper **Guy Gill**, has received this award 3 times! Trooper Gill is now serving as the Public Information Officer for Pierce-Thurston Counties. He has brought the district into the social-network age, and frequently uses "twitter" to "get the word out". Aside from being an outstanding trooper, he is also very involved in his community.

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L&I IS CFD Golf Tournament



L&I Information Services (IS) Combined Fund Drive (CFD) Golf Tourney committee members pose for a group photo at the Capitol City Golf Course, left to right: David Skrivanek, DeFrance Clarke, Steve Hall, Alison Fuller, Carlos Gonzales, Teri Stevens, Carin Quigley, Chris Pangelinan, Gloria Cheverez, Paige Waters. Not Pictured: Bob Lanouette, Tournament Chairman.

Photo by Paige Waters-L&I

The morning fog lifted from the Capitol City Golf Course and the afternoon sun came out for the 21st Annual Information Services CFD Golf Tournament. Moved by the spirit and great coordination, the tourney raised \$1,118.63.

The individual results included:
 1st Place – **Norman Gerken, Robert Rendon, Michael Sinigaglio, & Ryan Spencer**
 2nd Place – **Jim Pavlicek, Tracy Spencer, Robin McClymonds, & Jan Merriman**
 3rd Place – **Patrick Woods, Nick Mondav, Joey Woods, & Jim Gilson**

Highest Scoring Team – **Ellie Bivins, Cliff Schiller, Bing Bristol, & Keith Goldenberger**
 Longest Drive – Male: **Brad Roberts**
 Longest Drive – Female: **Beth Boogerd**
 Closest to the pin #6 – **Codey Paulson**
 Closest to the pin #11 – **Bob Rendon**
 Closest to the pin #16 – **Randy Sanford**
 Putting Contest winner: **Roy Gripp**
Special Recognition:
 Golf Tournament Chairman:

Bob Lanouette
 Golf Tournament Coordinator:
Carlos Gonzales
Committee Members included: **Kelly Dunbar, De France Clarke, Chris Pangelinan, David Skrivanek, Alison Fuller, Paige Waters, Gloria Cheverez, Teri Stevens, Carin Quigley, and Steve Hall.**
 Special thanks to **Howard Simonson** who made the awesome trophies for a second year in a row!
 Thanks again to everyone who came out and supported Information Services!

WWU Custodians to Clean with Ionized Tap Water



Katy Frank, a custodian with WWU's Academic Custodial Services, cleans a table in the Academic Instructional Center with ionized water. The water contains no chemical additives or cleaning products but sanitizes as well as green cleaning products.

Photo by Matthew Anderson- WWU

Academic Custodial Services (ACS) at Western Washington University on Aug. 1 will take the next significant step in sustainable green cleaning on campus – using ionized tap water through a new spray bottle device to clean and remove health-affecting bacteria on all cleanable surfaces.

“Using ionized plain water

with no chemical additives or cleaning products significantly reduces chemical or cleaning product residues, related odors, reduces costs, and further aligns ACS and Western as leaders in sustainability,” said **Bill Managan**, assistant director of Operations, Facilities Management. He noted that extensive in-house testing

verified this cleaning approach, which sanitizes comparably to the green certified chemicals currently in use.

ACS, as a department within Facilities Management, has received strong campus support to continue their improvements in sustainable cleaning, and has been on the nationally recognized leading edge in the green-cleaning movement for a decade. In 2009, Western won the Green Cleaning Grand Award for Schools and Universities from American School and University magazine, the top award given in the category nationally.

Managan gave thanks to ACS staff and specifically **Michael Smith**, departmental supervisor, and **Jamie Granger**, departmental office assistant, for their significant contributions.

For more details on the ionized water approach to cleaning see the ACS website at <http://www.wvu.edu/depts/fm/Services/Operations/Custodial.html#CleaningApproach>

Quarterly awards for two DNR employees

Commissioner of Public Lands **Peter Goldmark** has presented awards to honor two employees of the Department of Natural Resources (DNR) for aiding an injured co-worker and three injured motorists while on the job.

hospital. Schmidt is a forester in DNR's Pacific Cascade Region, headquartered in Castle Rock.



Aaron Schmidt -
Aaron Schmidt came to the aid of three persons injured when their vehicle spun off a road and over a steep embankment in Cowlitz County last March. After calling 911, Schmidt assessed and stabilized the injured patients, including one who was trapped in the vehicle, and provided first aid while waiting for medical help to arrive. He also helped the local fire department carry the victims up a steep embankment and ready them for transportation to a local



Calvin Ohlson-Kiehn -
 Hearing calls for help while working on a snowy hillside in Skagit County, **Calvin Ohlson-Kiehn** located a DNR co-worker who had broken an ankle and fallen on a steep slope. After summoning help to the remote area by radio, Ohlson-Kiehn moved the injured person a warm vehicle to wait for an ambulance to arrive. His action likely prevented the injured person from going into shock in the cold conditions that day. Ohlson-Kiehn is a natural resources specialist in DNR's Northwest Region, headquartered in SedroWoolley.

WSP K-9 Troopers Looking Beyond the License Plate



K-9 handler, Trooper Jeff Kershaw and Kilo. Kilo is a female chocolate Labrador and has been with Trooper Kershaw for 3 years.

In Pierce and Thurston counties, two troopers and their K-9 partners are looking beyond the license plate and the “routine” traffic stop. On November 9, 1998, the first narcotic detection teams were sent out on the streets of Washington State. Each trooper handler and their K-9 completed over 240 hours of specialized training and countless hours of on-the-job



K-9 handler, Trooper Ron Moss and Duke. Duke is a male Labrador mix and has been with Trooper Moss for 4 years.

WSP Staff Photos training working on our interstates and state routes.

Trooper **Jeff Kershaw** and his dog **Kilo** are assigned to Thurston County, and Trooper **Ron Moss** and his dog **Duke** are assigned to Pierce County. Just in the past year, these two teams have helped remove over 26 pounds of marijuana and hundreds of pills (like oxycodone, **WSP K-9**

Continued On Page 15

EXTRA!

- Read the entire article at: www.ftemag.com

Why Accepting Change is Vital to Your Professional Success

by **Connie Podesta**

Like it or not, change is an integral part of today's business climate. Those employees who

embrace and initiate change will thrive, while those who complain and fear change ...

Broken Promises Carry Unwelcome Consequences

By **Don C. Brunell,**

President

Association of Washington Business

result in bad choices. Translated, that means when taxes don't match state spending, governors and lawmakers rob dedicated accounts.

Desperate times too often

7 Ways to Have a Good Morning

By **Jennifer E. Jones**

Be the Sunshine in Your Sunrise

It's those first few crucial

waking hours that can set the tone for your whole day. A bad morning creates a bad mood. On the other hand, a good morning ...

The Power of the Tongue

by **Chris Widener**

There is an old proverb with a lot of wisdom. It says, "The tongue has the power of life and death, and

whoever loves it will eat its fruit." It is so true. What we say has the ability to ...

Why Savers Are Losers

by **Robert Kiyosaki**

My poor dad believed in saving money. "A dollar saved is a dollar

earned," he often said. The problem was he didn't ...

States overhaul pensions but pass on 401(k)-style plans

By **Stephen C. Fehr,**
Stateline Staff Writer

There is an easy way to shore up state pension systems, or so many leaders elected last year believed: States should move to offering

401(k)-style retirement plans. Eight new governors and numerous new legislators said they would support shifting state employees to these plans, following a move the ...

Ten Attitudes of Top-Achievers

by **Brian Tracy**

If you think the same way as the top achievers think, you can begin to get the same results they

do. Here are ten psychological and practical ways to mirror the attitudes ...

WSP K-9

Continued From Page 14

hydrocodone, and ecstasy), along with methamphetamine, cocaine, heroin, and thousands of dollars in associated drug money off our streets.

In addition to their usual duties, they are often utilized by other law enforcement agencies to assist with narcotic detection. We are very proud of the work they do. With every arrest they make and the

narcotics they remove from our streets, we truly believe they are saving lives and making a difference for the citizens of Washington State.

Both Kilo and Duke are passive alert canines. That means they give a sit response after locating the specific area where the odor of narcotics is being emitted.

Reprinted from WSP Publication "Inside/Out"

WSP CVD Officers Compete in Washington State Inspector's Challenge



WSP Lieutenant Jeff Beazizo with the Overall Competitors, left to right: 1st Place, CVEO Peter Sponburgh, 2nd Place CVEO Dean Appell, 3rd Place CVEO Nolan Rice. Sponburgh will have the opportunity to compete in the North American Inspector's Championship from August 8-13, 2011, in Orlando, Florida.

Photo by WSP Staff

Washington State Patrol (WSP) Commercial Vehicle Enforcement (CVD) Officer **Peter Sponburgh** took top honors at the 2011 Washington State Inspector and Driver's Championship held on June 24 and 25, 2011, at Boeing's Kent Space Center in Kent. The Washington State Patrol Commercial Vehicle Division (CVD), in partnership with the Washington Trucking Association (WTA), held the 2011 Washington State Inspector and Driver's Championship.

Fourteen CVD officers and

three officers from local agencies (two from Snohomish County and one from the City of Spokane) participated in the Inspector's Challenge to test their knowledge and inspecting skills. The officers competed in six areas: written exam, personal interview, level 1 Inspection, Haz-Mat Inspection, Cargo Tank Inspection, and Motor Court Inspections. All of the inspection categories are timed events and the compilation of scores for these categories result in a State Champion.

Sponburgh, the overall

champion here in Washington, will go on to compete at the North American Inspector's Championship from August 8-13, 2011, in Orlando, Florida. The event is sponsored by the Commercial Vehicle Safety Alliance (CVSA) and the Federal Motor Carrier Safety Administration (FMCSA). To see more photos of the Inspector's Challenge, go to our **facebook** page at www.facebook.com/washingtonstatepatrol

Reprinted from WSP Publication "Inside/Out"

Forensic Scientist Receives Award for Investigative Excellence in a 2008 Murder

Investigation

with members of the Redmond Police Department's investigation team by the American Society of Industrial Security (ASIS) Puget Sound as part of their 2011 Law Enforcement Appreciation Program. Huseby and the Redmond Police detectives spent two years painstakingly solving the brutal murder of Arpana Jinaga, who was sexually assaulted and murdered on Halloween night in 2008.

Huseby was nominated for this award by Redmond detectives for the pivotal role she played in her exhaustive search for the killer's

DNA on several hundred pieces of evidence submitted over the two-year investigation. Her work gave detectives the crucial link to arrest a convicted sex offender.

In his nomination, Redmond Police Commander Terry Morgan noted that "Your entire unit was excellent to work with on this investigation [and] Brianne was our primary go to person and provided excellent service. She was the critical link between your lab and our detectives."

Reprinted from WSP Publication "Inside/Out"



Brianne Huseby

WSP Staff Photo

Forensic Scientist **Brianne Huseby**, Seattle Crime Laboratory-DNA, received the award of Investigative Excellence in Homicide Investigation along

ComQuest Toastmasters Club celebrates 15 year Charter Anniversary

What is Toastmasters?

In October 1924, a group of men assembled by Dr. Ralph C. Smedley met in the basement of the YMCA in Santa Ana, California, U.S.A., forming a club "to afford practice and training in the art of public speaking and in presiding over meetings, and to promote sociability and good fellowship among its members." The group took the name "Toastmasters." Toastmasters International is a non-profit Communication and

Leadership program.

ComQuest Toastmasters #8433, was established in 1996 to aid those with English as their second language. Our club's focus is not just on speech-making, but also on English grammar, pronunciation and common expressions. We are a team of diverse Toastmasters dedicated to making a difference. We all have a COMMon QUEST to improve our communication and leadership skills. We are truly "the club where you can get a taste

of the world, without leaving your chair."

ComQuest Toastmasters meets on Tuesdays from 12:05pm to 12:55pm in the Headquarters Transportation Building located at 310 Maple Park Avenue SE, Olympia, usually in the Shaman Conference Room (2F21). If you are visiting from outside this building please bring photo ID and sign in with the Receptionist on the 1st Floor to obtain your visitor badge.

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