

THE Splash

LIBERTY LAKE'S COMMUNITY NEWSMAGAZINE
AUGUST 2015

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EVERY LAST DROP

Record dry conditions, unprecedented water usage compel officials to emphasize best irrigation practices

Page 10

HITTING THE
PAVILLION PARK
STAGE IN AUGUST
PAGES 30 & 32



LL-BASED CLUB
PROMOTES
GROWING SPORT
OF RUGBY **PAGE 43**



WHY THIS
WOMAN IS RIDING
HER BICYCLE 500
MILES **PAGE 47**



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SPLASH PHOTO BY CRAIG HOWARD

Ann Marie Gale has served as Liberty Lake city treasurer since the beginning of 2008. The Idaho native is one of the longest-tenured employees at City Hall.

Caretaker of cash

Gale has overseen city purse strings as treasurer since 2008

By Craig Howard
SPLASH CONTRIBUTOR

The first month of 2008 at Liberty Lake City Hall brought more changes than any winter weather pattern.

To begin with, former City Council Member Wendy Van Orman was sworn in as mayor, inheriting the reins that Steve Peterson had held since incorporation in 2001. Arlene Fisher, longtime director of finance and administration, headed west to become city administrator in Cheney. Also that January, Susan Schuler joined the City Council while Cynthia Smith became the newest city clerk.

Fisher's transition meant that Ann Marie Gale, the city's former financial analyst, would move into the treasurer's role. For the first time in Liberty Lake's brief history, the city would have a treasurer without an accompanying job title.

Gale quickly established herself as a stickler for accuracy. She had shown an aptitude for numbers early in her career as a legal secretary and in retail when her original duties shifted to working with



Newsmaker Q&A

money. Before long, Gale was pursuing a career in bookkeeping.

Born and raised in Lewiston, Idaho, Gale grew up with an interest in soccer, running, volleyball and reading. She put herself through college, graduating from Lewis-Clark State College in her hometown with a degree in bookkeeping and starting in the field at the Lewiston Morning Tribune. She would stay on the bookkeeping side of journalism for close to a decade, later working for the Moscow-Pullman Daily News and the Salt Lake Tribune. She is also certified with the American Institute of Professional Bookkeepers.

These days, Gale oversees the finances of every municipal department and program, a task that takes on more responsibility each year as the community expands and City Hall keeps up. If you happen to be a department director in Liberty Lake,

See TREASURER, page 4

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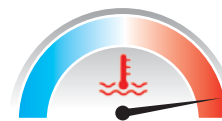
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TREASURER

Continued from page 2

chances are you have thanked Gale for double checking your math and making corrections in at least a few reports. Her career in numbers has now spanned over 20 years.

The Splash caught up with Gale and her sharp pencil recently to chat about the job of overseeing city coffers.

Q. How did your career path lead to becoming city treasurer in Liberty Lake?

A. My bookkeeping career started out in the newspaper industry, in which I worked just shy of 10 years. I did a small stint with a power company. I moved on to working for a pathology laboratory in which I spent five years, and when I began feeling like I wasn't being challenged by the position, I applied and was hired by the city of Liberty Lake as a financial analyst. After nine months, I was promoted to city treasurer.

Q: What did you know about Liberty Lake before you started working there in 2007?

A: I learned about Liberty Lake many years ago when I attended a community

yard sale. I found the neighborhoods quaint.

Q: You've seen a lot of growth in Liberty Lake in the time you've worked here. How has that affected the financial scenario of the city and your job in general?

A: The increased growth in Liberty Lake has affected the financial picture two-fold. Due to the increase in the population, there has been growth in building/planning permits as well as service demands. The city has met this growth by the addition of amenities and the staff it takes to maintain the amenities. These increased demands have added a substantial workload to the treasurer position in invoices that are processed and the payroll requirements for additional personnel.

Q: I think most of us have an image of a treasurer standing in front of the safe and counting money. Tell us about some of your responsibilities.

A: I call myself "the guardian of the cash." To the best of my ability, I ensure that what the citizens are paying for is accurate. I say "citizens" because I feel the money received by the city is not the city's money but the citizens' money, and I want to make sure every penny is accounted for as if it were my own. When you see the activities of the city, the police

officers, library, parks department, planning/building department, recreation department, streets and the golf course, they have costs associated with the activities. All the invoices and payroll for those activities flow through my desk, in which I process start to finish. I help out with human resource issues where I can. I provide customer service to citizens, employees and vendors. I am responsible for processing and submitting the annual financial statements to the Washington State Auditor's Office. Essentially, I am responsible for all operations relating to city finances and revenues, including the preparation and maintenance of all financial records, accounts payable, accounts receivable, payroll and financial reporting.

Q: Do you have much involvement in crafting or overseeing the municipal budget?

A: Once the departments have submitted their budgets, I compile the information into a report format that is part of the mayor's budget. I am administrative support to the finance director for the municipal budget.

Q: Tell us a little about your life outside of City Hall.

A: I married my high school sweetheart, and we will celebrate our 24th year of married life. We have a cat named Mia, and we spend a lot of our time outdoors during the warmer months. We enjoy going to our cabin, ATV riding, boating and picking huckleberries. We are football fans so we enjoy watching NFL games and attending the Spokane Shock games. We love the simple life and love living in this area. I still craft when I can, and I spend the summer months tending to our flower gardens.

Q: Back at work, what is your favorite part of being treasurer?

A: I love working with numbers and the detective work it takes if an amount does not balance for whatever reason. I also enjoy the variety of the work. Each day is not the same. I have to keep track of legislative and federal changes that effect what I do, and that gives some variety to the position.

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NEWS

Police Report

The following items were reported by the Liberty Lake Police Department from June 22 to July 20. The report is listed in chronological order.

Incidents and arrests

- **Alcohol theft** — At 2:46 p.m. June 25, LLPD responded to the 1300 block of North Liberty Lake Road on a report that two females shoplifted an estimated five bottles of alcohol from the location. The license plate of the vehicle driven was given to officers, and witnesses identified the registered owner as one of the females who took the alcohol. Charges for third degree theft were forwarded to the prosecutor.
- **Protection order violation** — At 6 p.m. June 25, LLPD responded to the 1700 block of North Glenbrook Road for a domestic violence order violation. A man reported his daughter was the protected individual in a no contact order and had recently been contacted by the other party involved in the order. Charges for violation of a protection order and burglary have been forwarded as it was also learned the male subject involved broke into the protected person's home earlier that week.
- **Vehicle theft** — At 2:28 p.m. June 27, LLPD responded to the 1100 block of North Liberty Lake Road for a vehicle theft. A

- complainant reported a golf cart estimated at \$9,000 had been stolen from the location. It was later found by another agency abandoned on North Idaho Road.
- **Suspicious circumstance** — At 10:42 p.m. June 28, LLPD responded to the 20000 block of East Deschutes when a neighbor reported seeing flashlights on in the home. Upon contact at the residence, it was learned the power was out at the location and the owner was just trying to get to bed.
 - **Theft** — At 10:23 a.m. June 29, LLPD responded to the 21000 block of East George Gee Lane for malicious mischief and theft. The complainant reported that vehicles for sale on the lot had been stripped of parts totaling nearly \$4,100 sometime during the night. The incident was placed under investigation.
 - **Theft arrest** — A 41-year-old Spokane Valley man was arrested at 3:01 p.m. June 29 at the 1100 block of North Liberty Lake Road for a theft. A complainant reported he was outside the location intoxicated and believed he had stolen alcohol from the location. After investigation, it was determined beers had been stolen from the location, and the man was arrested for third-degree theft.
 - **Theft** — At 11:35 a.m. July 1, LLPD received a report of theft at the 21000 block

- of East Bitterroot Lane from a woman who her son, who is a transient and has a drug problem, took her bike without permission and pawned it. The detective located the bicycle at the pawn shop and put a hold on it. Charges for theft were to be forwarded to the court, as the bicycle is valued at near \$1,836.
- **Theft arrests** — A 23-year-old man and his 59-year-old mother, both of Otis Orchards, were arrested at 11:30 a.m. July 2 at the 1500 block of North Liberty Lake Road for theft. The son left the store without paying for a shaver costing \$8.69, and his mother later admitted to officers she had driven the vehicle away from the store knowing he had taken the item. The pair were issued criminal citations for third-degree theft.
 - **Malicious mischief** — At 1:34 p.m. July 2, LLPD responded to a malicious mischief call at the 1700 block of North Aladdin Road. A complainant reported someone tried to tow a vehicle improperly and had caused excessive damage to the road and areas surrounding it due to the car not having tires. The vehicle, which was observed to be completely destroyed, was then reportedly left on the side of the road at the location. Officers made contact with the homeowner who reported the vehicle had come from her garage and had been damaged some time ago, but they had not made a report. She was advised she would be responsible for the damage done to the road and the vehicle needed to be towed immediately.
 - **Fire arrest** — A 36-year-old Liberty Lake woman was arrested at 10:40 p.m. July 4 on North Legend Tree Drive after a small fire broke out at the location and she admitted to being responsible as she had told her children they could light fireworks at the location.
 - **Vehicle prowling** — At 6:17 p.m. July 5, LLPD responded to a vehicle prowling at the 23000 block of East Settler Drive. A man reported someone had broken into his vehicle sometime during the night and stolen a camera and two items from his vehicle estimated at \$900.
 - **Bicycle theft** — At 7:17 p.m. July 7, LLPD responded to a theft at the STA Park and Ride at the 1400 block of North Meadowwood Lane. A woman reported her \$700 bicycle had been stolen during the day.
 - **Vehicle theft** — At 5:51 p.m. July 8, LLPD received a report of a stolen vehicle from the 22000 block of East Mission Avenue from a woman who reported leaving her vehicle at the STA Park and Ride in Liberty Lake during the day before returning in the afternoon to find it had been taken.
 - **Vehicle vandalism** — At 9:35 p.m. July 16, LLPD received a report of criminal mischief at the 1300 block of North Liberty Lake Road. A woman reported that upon

Calls for service

Agency assist	1
Alarm	1
Assault	1
Child abuse or neglect	1
Citizen assist	2
Citizen dispute	2
Custodial interference	1
Disorderly conduct	3
Domestic violence	2
Drug possession	1
DUI	2
Fire	1
Fraud	4
Fugitive	3
Harassment	2
Lost or found property	4
Malicious mischief	2
Message delivered	2
Not classified	3
Property damage	1
Property theft	8
Suspicious person/circumstance	5
Traffic accident	3
Traffic offense	19
Vehicle prowling	2
Vehicle theft	2
Welfare check	3

Citations

Defective muffler	1
Driving without license with ID	1
DUI	2
DWLS	20
Expired registration	3
Failure to wear safety belt	1
Failure to yield	1
Following too close	2
Fugitive of this state	1
Hit and run	1
Ignition interlocks	3
Liability insurance	11
Making false statement	1
Reckless driving	3
Speeding	7
Theft	3
Transfer of ownership	2
Unlawful discharge of fireworks	1
Unlawfully riding on roadway	1
Use of cell phone	3

— Reported by the Liberty Lake Police Department, June 22 to July 20

exiting work, she observed her car had been "keyed" to the tune of nearly \$2,000 in damage.

- **Workplace assault** — At 5:57 p.m. July 18, LLPD responded to the 23000 block of East Appleway Avenue for a report of assault. A man reported a female coworker had pushed his chair into his cubicle while he was sitting in it and hurt his back. He reported the incident to management, saying his back hurt so bad the next day he needed to leave work early. After a day or two, he decided he wanted to press charges against the female. The matter was placed under investigation.

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NEWS

SVFD Report

A total of 98 emergency calls originating in greater Liberty Lake* were reported by the Spokane Valley Fire Department between June 23 and July 21, as follows:

Emergency medical service calls	70
Motor vehicle accidents	7
Fires	7
Service calls	5
Unauthorized burning	3
Building alarms	3
Hazardous materials	2
Dispatched and cancelled en route	1

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

Highlights

• **Outdoor burn ban** — SVFD and the city of Liberty Lake issued a burn ban on June 17, making unauthorized open burning and recreational fires illegal until further notice. This includes wood-burning backyard fire pits. Violators may be fined up to \$1,000. If an illegal fire causes another fire, criminal charges may be filed.

• **Electrical fire** — An early morning electrical fire on June 29 was quickly knocked down by SVFD crews. Damage to the home in the 23200 block of East Sinto Avenue

was minimal. The laundry room fan had stopped working the previous week, but the switch was in the "on" position.

• **Natural gas leak** — SVFD crews responded to a natural gas leak in the 1400 block of North Hodges Road just before 1 p.m. July 8. The leak was caused by mechanical digging with a ditch witch. SVFD crews established a safety zone and supported Avista's efforts to stop the leak. SVFD crews opened adjacent buildings and checked for hazardous gas levels. None were found.

• **Vegetation fire** — Shortly before 3 p.m. July 16, SVFD crews responded to reports of a fire in the backyard of a home in the 1800 block of North Glenbrook Road. They found a vegetation fire that was moving toward two neighboring homes and was burning a vinyl fence. Crews quickly extinguished the fire, which was caused by small children playing with a lighter.

• **Motor vehicle accident** — SVFD crews responded to reports of a car hitting a teenager at the south entrance to the Albertsons parking lot just before 10:30 a.m. July 17. Crews arrived to find the boy sitting on the grass with a sore ankle and the longboard he was riding under the vehicle that hit him. The boy's parents arrived and took him to the hospital.

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NEWS

News Briefs

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Lake to receive herbicide treatment

The Liberty Lake Sewer and Water District will be treating Liberty Lake with an aquatic herbicide to control Eurasian watermilfoil during the month of August, Lake Manager Jeremy Jenkins said.

The treatment will occur between Aug. 4 and 14, with the preferred date being the Aug. 4. Notice will be mailed no less than 10 days in advance to all residents within a ¼-mile of the areas to be treated. Notification will also be posted one day prior to treatment at all public access points, private docks and the WDFW boat launch.

SCUBA dive harvesting will also be taking place. Boat drivers are encouraged to slow down as large wakes can reduce the effectiveness of the treatment.

For more, contact Jenkins at 922-5443 or visit www.libertylake.org/milfoil2015.

LL named safe city

Liberty Lake was recently ranked number 13 on the list of 40 safest cities in the state of Washington by SafeWise.

According to a press release, SafeWise combined data from recent FBI Crime Reports with their own research to create a list of the safest cities in the state. The report was released June 23.

For more, visit www.safewise.com/blog/safest-cities-Washington-2015.

CVSD adjusts school day

At the end of June, Central Valley School District announced a change in the school day for elementary students in order to provide additional time for students' education per Washington requirements.

Starting with the upcoming 2015-2016 school year, the school day will start at 9 a.m. and end with a 3:15 p.m. dismissal. Late start on Thursdays will begin at 10 a.m.

The school times for Summit and SVLA will remain 8:30 a.m. to 2:40 p.m.

For more, visit www.cvsd.org.

I-90 improvements included in state transportation package

The Washington State Legislature passed the "Connecting Washington" transportation package in July that has impact for the Valley area.

Interchange improvements at Barker and Harvard Road were included in the deal. This can also provide for a partnership opportunity for adding a locally-funded interchange at Henry Road.

Among other regional projects included are the completion of the North Spokane Corridor to build the southern five miles of freeway and connecting to I-90, as well as work at the SR 902 and the

See NEWS, page 9

NEWS

NEWS

Continued from page 8

Geiger Interchanges that connect to I-90.

According to a press release, the work is to be spread out over the next sixteen years. For more, visit www.wsdot.wa.gov.

Child bit by rabid bat at LL Regional Park

A bat that bit a child on July 4 at Liberty Lake Regional Park tested positive for rabies, according to the Spokane Regional

Health District. A press release said the child and the mother, who was not bit but had contact with the bat, both received vaccines for rabies.

The location of the incident was near the marshy area on the south side of the park's designated swimming beach. The bat was captured a short time after the incident by a separate group at a nearby picnic table.

Rabid animals may show unusual behavior or appear unstable and may become aggressive and attempt to bite people, pets and livestock, the release said. Although most bats are harmless and do not carry

rabies, people should never handle live or dead bats.

For more information, visit www.srhd.org.

State budget supports Valley schools, trails

Fourth District lawmakers helped secure funding for construction throughout the district when the Legislature recently passed the bipartisan capital budget for 2015-2017.

Included in the package was \$1.1 million for the third and final phase of the

Spokane Valley Tech addition, as well as \$1.8 million for the next phase of the Appleway Trail development located south of Sprague Avenue along the former Milwaukee Railroad right-of-way. When completed, the paved trail will link business and residential areas to the east with the Spokane Transit Authority Center.

According to a press release, the capital budget passed 44-1 in the Senate and 96-2 in the House. The \$3.9 billion plan, which will fund construction and maintenance of schools, skills center and other projects, went into effect July 1.

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Along with Hoopfest, Ironman and the Windermere Marathon, the start of summer in the Inland Northwest featured weather patterns more common in Lake Tahoe than Liberty Lake.

With temperatures hovering in the 90s to 100s for much of June, irrigation at residential and commercial properties rose right along with the barometer. For many property owners, a version of “Waterfest” occupied most of the month with sprinkler systems ramped up to combat sweltering conditions and the accompanying toll on yards attempting to stay hydrated.

Last June, the Liberty Lake Sewer and Water District distributed 149.5 million gallons of water. This June, the total rang in at 268 million gallons.

“Landscapes will need more water when they’re not receiving water from the atmosphere and the temperatures are 100 degrees,” said Bijay Adams, LLSWD general manager. “In June, there was about an inch of rain in Liberty Lake. There was a lot of reaction to the temperatures and trying to maintain landscapes, but with that there’s the potential for over-usage.”

H₂O 101

Promoting water-wise practices in an irrigation oasis

Story and photos by Craig Howard | SPLASH CONTRIBUTOR

Relying on the robust resource of the Spokane Valley/Rathdrum Prairie Aquifer, residents of Liberty Lake and the surrounding region are not facing the water crisis affecting California and other western states dependent on the Colorado River Basin. Still, some area cities like Cheney, which has its own water and sewer utility, have introduced a moratorium on irrigation at certain points this summer. To the east, Post Falls and Hayden Lake irrigation districts have implemented watering schedules that alternate odd and even days, depending on the neighborhood.

Locally, the St. Joe River Basin, the Clark Fork River Basin and the Coeur d’Alene River Basin feed the aquifer. Lack of snowfall, like that seen in last year’s mild winter, can lead to long-term depletion that impacts water availability in the Spokane area.

“The St. Joe River, which ultimately empties into Lake Coeur d’Alene, is 25 percent lower than its lowest level in 92 years,” said Adams. “Most all of the rivers are at their lowest levels in recorded history. Absence of snow and rain, combined with higher than normal temperatures mean these rivers across the North-

west are having some of their lowest flows ever.”

Despite some less-than-encouraging trends, Adams and others at LLSWD emphasize the district’s storehouse of water — based on a network of reservoirs — is quite sufficient even during peak usage. More than 50 percent of the district’s annual water distribution comes during the four-month period of June through September.

“Most of that is irrigation,” said Jeremy Jenkins, LLSWD Lake Protection/Water Resource manager. “When everyone is watering double just to keep their

grass green, that’s when it puts a big stress on the system. Here, we don’t have that much of a problem, because we have a lot of storage.”

Having the reliability of an underground water source like the aquifer has been a boon, Jenkins said.

“There are certainly some areas in the Northwest that have some restrictions based on the water supply,” he said. “These are areas that are relying on surface water, and that source is supplied by snow. So, when you don’t get any snow, you have a limited supply.”

Education leads to efficiency

Before he joined the LLSWD board of commissioners, Steve Skipworth served as director of operations at Vera Water and Power and chaired the Washington Water Utilities Council, putting him at the center of discussions involving water policies on the state and local level. He was part of a committee that established statewide rules for water use efficiency under the Municipal Water Law passed by the legislature in 2003.

See H₂O, page 11

Station sheds light on LL’s irrigation terrain

By Craig Howard
SPLASH CONTRIBUTOR

Just beyond the fences at Liberty Lake Ballfields, spectators may notice a contraption that looks like a cross between a small space station and a monster-sized mechanical spider.

The enigmatic machine is known as “AgriMet,” an automated agricultural weather station designed to determine ideal irrigation levels for everything from wheat crops to the infield grass on a baseball diamond. The version in Liberty Lake was installed in a field off Country Vista Road in October as part of a network of over 100 stations in seven Western states maintained by the U.S. Bureau of Reclamation.

Liberty Lake Sewer and Water District General Manager Bijay Adams said “it was a matter of being in the right place at the right time” when the aquifer protection district in Kootenai County announced a micro-climate study and



From left, the LLSWD’s Bijay Adams and Jeremy Jenkins stand alongside “AgriMet,” an automated agricultural weather station located near the Liberty Lake Ballfields.

sought a Spokane-area site for AgriMet to go with five locations in North Idaho.

“I said, ‘How about Liberty Lake?’” Adams recalled. “We have a lot of turf around, and the district has been very active in water use efficiency over the years.”

The station determines something called “agronomic rate” — or the optimum water levels for growing crops. The real-time data is updated 15 minutes

and can be used to promote water use efficiency on residential and commercial landscapes. AgriMet collects temperature, wind speed and direction, solar radiation and precipitation. From that data, “evapotranspiration” is determined, or how much water evaporates and what quantity is actually utilized by turf and plants.

“If you want to know how much water to put on your lawn over a week, it’s going to look at those numbers and come

up with a setting,” said LLSWD Lake Protection/Water Resource Manager Jeremy Jenkins. “The power of this is not just giving your turf optimal conditions. There are thresholds you can set. So, if we’ve received a large amount of rain over a short period of time, I’m not going to water. I’m going to wait a little bit.”

One of the goals with AgriMet in Liberty Lake is to eventually establish connections with smartphone irrigation scheduler apps that allow homeowners to automatically set timers based on the most current and relevant information.

“We’re trying to figure out something that’s easily consumable by our customers, something that’s not overly expensive and works well,” Jenkins said.

The city of Liberty Lake is also on board with AgriMet, hoping to eventually incorporate the information to improve watering practices. The district partnered with the city to place the station in an area that could be used by multiple entities, including Trailhead and MeadowWood golf courses. Cost of the station was covered by the USBR grant.

“Where that station is, it’s very representative of conditions that one would see at any corner of Liberty Lake,” Adams said. “I think this will be an asset to us.”

COVER STORY

H₂O

Continued from page 10

“With our aquifer, we always need to educate the public on what it is and why we need to protect it,” Skipworth said. “I think the Spokane Aquifer Joint Board does a pretty good job of educating the public. As far as entities other than the water systems, we sometimes need to give them a little nudge to help them understand that what they are doing could impact our water source.”

In 2009, LLSWD introduced a program to distribute free irrigation sensors to the district’s heaviest water users. LLSWD also offers water audits to customers at no cost. In-home devices like low-flow showerheads and faucet aerators that set the flow at a frugal 1.5 gallons a minute are also part of the district’s outreach efforts.

“We want people to understand that you should be efficient with the resource,” Adams said. “You wouldn’t run your air conditioner or your heater full blast; why do it with your water? When we see numbers like we saw in June, it’s a concern to us because it costs us a lot more to deliver this water.”

Certain approaches rely on common sense, such as not irrigating when the sun is bearing down.

“There are definitely some best practices



Long an ambassador of water efficiency and conservation, the Liberty Lake Sewer and Water District maintains a xeriscape garden at its Denny Ashlock administrative building. The garden illustrates landscaping alternatives that significantly reduce water usage.

to maximize the water you put on,” Jenkins said. “Don’t water during the day. It’s like pouring water on a hot pavement. I see a lot of commercial buildings that do a lot of irrigation during the day. I think they would see impacts on their bills if they actually changed to watering more at night.”

Despite the messaging, Adams and Jenkins say they still both see residential and commercial sites that water during the day

when absorption is at a minimum.

“It’s not only wasteful of your water, it’s inefficient for your plants,” Adams said. “When you talk about turf health, it’s better for your landscape if you water at night. You’re going to keep that soil around the roots saturated for longer.”

Sprinklers, timers and sensors

While watering in the daytime is one of

the district’s pet peeves, Jenkins also cringes when he sees sprinkler systems operating when it’s raining or windy. LLSWD offers sensors that, in Jenkins’ words, “push the pause button on your irrigation timer based on conditions in the environment.” A rain sensor shuts off sprinklers when there have been high levels of precipitation. A soil moisture sensor gauges the water in the

See H₂O, page 13

City strategic about keeping popular greenspaces green

By Craig Howard
SPLASH CONTRIBUTOR

The flourishing carpet of green turf that defines the amphitheater at Pavillion Park hardly happens with a wave of the magic irrigation wand.

Just ask Jennifer Camp.

As Liberty Lake’s parks and open space superintendent, Camp and her crew closely monitor landscape conditions at all of the municipal greenspaces, prescribing a particular approach based on soil structure, microclimate and turf health. Careless, inefficient watering is not part of the agenda.

“In the early spring when the weather is cooler, turf grass in this area requires much less moisture than at the peak of summer,” Camp says. “Every attempt is made to follow those weather patterns and only give the turf what it needs to ensure proper moisture to keep the turf healthy.”

When it comes to the city’s water game plan, Camp is aware her crews represent Liberty Lake’s most visible irrigators, both in terms of results and practices. Whether it’s the resident she spoke with this summer who watered frequently when lack of fertilizer was the actual problem, or homeowners who fail to adjust their irrigation clocks according to the season,



Described as the “gem of the city,” crews work especially hard at evaluating irrigation practices at Pavillion Park.

Camp sees watering approaches run the gamut.

“I know homeowners who have irrigation systems and they set their irrigation clocks one time a year and walk away, not realizing that water requirements are less in the spring, higher in the summer and less in the fall,” she said. “A common misconception is that if turf grass is brown and dried up that it is dead. It takes quite a period of time for lawn turf to die without water. What happens is that is actually goes into a dormant state to preserve and protect its root system. Even when

the turf is brown from lack of water, often times it will green back up in a short period of time if water is reintroduced.”

Along with Pavillion Park, Trailhead Golf Course, Rocky Hill Park and the recently completed Liberty Lake Ballfields are the city’s largest consumers of water. While crews focus on conservation, Camp says “no two areas in the city are alike, and each is maintained a little bit differently than the other.”

The city has worked with the Liberty Lake Sewer and Water District to install soil moisture sensors to achieve optimum

irrigation levels. In the last two years, the city has incorporated additional technology to add watering efficiencies. Broken sprinkler heads are repaired right away.

“We are continuously watching the weather and making adjustments according to temperature, precipitation and humidity,” Camp said. “Healthy turf and soil structure also play an important role in water conservation. If turf is healthy, it will be able to better withstand the stresses of long, hot summers like we have this year. Our soils around the city range from sandy to valley rock, and irrigation in each area is maintained according to how quickly the soils drain and their capacity to hold moisture.”

At Pavillion Park, the city’s most popular recreational and entertainment site, water is culled from a nearby well also utilized by MeadowWood Golf Course. Hand watering is often utilized for stubborn brown areas. The equation is made more complex by the steady foot traffic and crowds that gather for movies and concerts throughout the summer.

“Pavillion Park is the gem of the city, so the expectation is greater than any other area we have,” Camp said. “Overall, irrigation is our highest priority in the summer because without the water, we have nothing.”

NEWS

Group studying new pool, library, community center

By Craig Howard
SPLASH CONTRIBUTOR

Even before Liberty Lake incorporated as a city in 2001, resident-based movements helped form the direction for civic pillars like Pavillion Park and a renowned trail system.

These days, those who call Liberty Lake home are still a source for ideas and energy in the realm of community development.

At the July 21 City Council meeting, the governing board received an overview of activities by a taskforce comprised of citizens who have met for several months to discuss options for a trio of potential capital facility projects. The list includes an aquatic center, library and community center.

City Administrator Katy Allen, who has helped facilitate the group, said the goal is to have recommendations ready for council in time for its retreat this month. In July, Allen joined representatives of the taskforce on a tour of area community centers.

"This is a diverse group that is providing us with feedback about facilities we should consider," Allen said. "We want the taskforce to make recommendations and have council vet out what the options are."

Allen told council that while up to 15 residents have contributed to the discussions, a core team of five has emerged since the taskforce initially formed. A community survey last year was the first step in identifying the city's facility priorities, with the aquatic center garnering the most response.

Allen said that while emphasis has continued on the pool, the group's agenda needs to maintain balance.

"We've talked about the pool a lot," she said. "We need to talk about the community center and the library, too. It will be better to make a decision with all those facilities in mind."

After council receives the recommendations, the next step would be to consider design concepts and funding strategies. The financial piece could include a bond vote.

"We need to look at operation and maintenance costs along with furniture, fixtures and equipment," Allen said.

"There's a lot involved."

Pavillion Park upgrades prompt change order

While most of the improvements at Pavillion Park were completed by July 3, City Council is still mulling some of the costs associated with the project. On July 21, Allen said the upgrades — which included a new concession stand, expanded restroom facility and added storage space — ran around \$12,000 over budget after tax.

"All in all, the project came in 4.1 percent over budget," Allen said. "Remodels like this normally have a 10 percent contingency. We had no contingency on this project."

The approved budget for the renovation stood at \$293,490.72, with the final cost ringing in at \$305,583.41. Allen pointed out that improvements at the Liberty Lake Ballfields came in at around \$26,000 under budget, meaning the city still saved nearly \$14,000 between the two projects even with the Pavillion Park overage.

Some of the most costly changes at the park had to do with increasing a door size and shifting metal siding to cedar at a price of just over \$3,200. Council Member Odin Langford emphasized that while Mayor Steve Peterson can sign off on costs of \$5,000 or less without council approval, the surplus costs at the park surpassed that number.

"In the future, the strategy should be to have all these questions answered ahead of time," Langford said. "We need to establish some consistency here."

Council Member Bob Moore said bringing such costs before council "is a matter of transparency."

Allen said the numbers could have simply been included in the vouchers that appear before council each meeting in a lump sum but felt "it was important that the council knew about it."

"I realize it is never good to bring a change order to council after the fact," Allen said. "This is a reminder that we need good documents, a good design and a good budget."

IN THE BOOKS, ON THE DOCKET

A look back and ahead at news from City Hall

By Craig Howard
SPLASH CONTRIBUTOR

In the Books (July)

- City Administrator Katy Allen said there is still a need for additions to the concession stand including a mop sink, drain board and hot water dispenser. She said the Liberty Lake Kiwanis has talked to municipal representatives about covering the cost of the improvements with the city paying for installation at an estimated pricetag of \$5,000.

- The city has received some inquiries about renting the concession stand for events. Allen said Parks and Recreation Coordinator Michelle Griffin is working on a system to facilitate such requests.

- In his finance committee update on July 21, Council Member Shane Brickner reported that the Henry Road/I-90 interchange had been included in the state transportation budget passed earlier this month.

- The city has paid Greg Dorn \$11,400 for 81.5 hours for consultation on the comprehensive plan and sign code. Brickner said Dorn "is not only doing a great job but at a very reasonable price."

- The city has collected \$11,000 so far this year from rental charges at municipal properties. In 2013, council voted to charge for use of facilities like Pavillion Park, the arboretum and Rocky Hill Park.

- Allen said the city has had preliminary conversations with representatives from the state Transportation Improvement Board about funding support for an upgrade of Appleway Avenue from Molter to the city limits as well as a roundabout at Mission and Molter.

- The city has been dealing with an unusually high bee problem this summer, Allen said. An on-call pesticide contractor has been addressing the issue.

- Council unanimously approved the county hearing examiner's recommendation to move ahead with the Trutina preliminary plat, which is part of Greenstone's River District development.

On the Docket (August)

- The annual council retreat will take place on two dates this year — Aug. 18 and Sept 1 — both at 6 p.m. at City Hall. The agenda includes discussion of the comprehensive plan, sign code, aquatic facility, community center and library as well as the capital facility plan and council priorities.

- Police Chief Brian Asmus will give a report on the Safewise program at the Aug. 4 council meeting.

- Council will discuss selection of a consultant for street projects involving Liberty Lake Road, Mission Avenue and Molter Road on Aug. 4.

- Sam Martin will speak to council about the Butterfly Garden dedication and recognition at Pavillion Park on Aug. 4.

- In addition to the retreat agenda on Aug. 18, council will review annual amendments and the periodic update to the comprehensive plan.

Ultimately, council decided to bring the change order back to the Aug. 4 meeting for a vote. Dan Dunne and Shane Brickner were in the minority.

"We all understand this needs to be paid," Langford said. "I'm simply asking that we move forward with consistency."

Public hearing on 2016 budget

Finance Director R.J. Stevenson presided over the first public hearing involving the 2016 city budget on July 21. Additional hearings will be held on Nov. 3 and Nov. 17.

"This is a chance for the public to address issues and concerns and what they would like to see in the budget," Stevenson said.

Peterson is expected to present his ver-

sion of the budget to council on Oct. 20. If all goes as scheduled, the budget would be approved by Dec. 15.

In reviewing budget numbers from this year, Stevenson said revenue is up 5 percent from 2014, led by an increase of 16 percent in utility tax income. Revenue from building permits is already at 73 percent of the projected budget at the year's halfway point.

On the flip side, expenditures are 23 percent higher than last year, spurred by a 2 percent hike in wages at City Hall, a bump in parks department staffing and the purchase of police vehicles. Stevenson emphasized that although spending is up at this point, the number still represents only 44 percent of the established budget for 2015.



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COVER STORY

H₂O

Continued from page 11

ground and will suspend irrigation accordingly.

"We think integrating things that can measure the outside conditions into your irrigation system is only going to improve the efficiency and save money," Jenkins said.

Adams said it's vital for property owners to be knowledgeable about irrigation timers and their effect on watering efficiency and cost.

"Sometimes, we'll go out to a home that is a couple of years old and the irrigation timer is still set for new turf and those requirements are much higher than established turf," he said.

Keeping watch on a sprinkler systems can mean significant savings in the long run, Jenkins said.

"You need to watch what you're doing periodically to check if your system leaks, like if you accidentally ran over one of your sprinkler heads with a lawnmower," he said. "A broken sprinkler head can lead to over 6,000 gallons of water over the course of a summer."

As the education continues, Skipworth said he is encouraged by the strides the community has taken in water conservation and awareness in the time he has been with Vera and LLSWD.

"Being in the water game for over 40 years, I have seen the Valley including the Liberty Lake community go from dumping water on the ground to being aware of how they use it," he said. "We still have a ways to go, and we will always need to remind the community about water use."

Low rates, expanded service

As Liberty Lake has grown, so have the district's efforts to keep up with the community's demand for water. In 2001, the year Liberty Lake incorporated as a city, LLSWD provided just over 711 million gallons of water to 1,841 connections. By 2008, those numbers had risen to nearly 993 million gallons and 2,635 connections.

Last year, the district distributed 1.09 billion gallons to 3,046 connections. On some level, the expansion has meant supplying less water, Adams said, as larger agricultural expanses with high water needs are replaced by residential developments with smaller landscapes.

Despite the growth, LLSWD continues to charge the lowest base rate for water in the region at \$10.59 a month after tax. The cost has not shifted since 1994. In 1980, the rate stood at \$10 a month. By comparison, the city of Spokane charges \$14.50 while other utilities like Pasadena Park Irrigation District #17 (\$32.33) and Orchard Avenue Irrigation District #6 (\$35.29) feature even higher monthly charges.

Over time, LLSWD added a tiered system which means customers pay more after a certain level of usage. Usage above 976 cubic feet per month (1 cubic foot equals 7.48 gallons) is charged at the next tier, while water over 3,131 cubic feet goes up another step.

Jenkins notes that inexpensive, readily accessible water can make it a challenge to implement conservation themes in Liberty Lake.

"We're not wasting a lot but there are efficiencies that could be had with just a few changes," he said. "We're not helping matters with cheap water. That doesn't really change behavior and that's what we're talking about here is change in behavior from what you've been doing to optimize."

LLSWD is currently conducting a water rate study that Adams said will determine the future of foreseeable costs to ratepayers. A decision on a rate change is expected within a year.

"We're looking at operation and maintenance costs, including what capital upgrades are needed," Adams said. "We emphasize water conservation with our customers, but the cost of water also depends on how efficient the utility is that's providing it. We want to provide economical water. We're dually responsible to be as efficient and economical as possible with the way we operate and with our ratepayers' money so we can continue to have low rates."



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NEWS

Ramping up awareness of substance abuse

Liberty Lake class helps parents learn more about usage among kids

By Craig Howard
SPLASH CONTRIBUTOR

When Ken Zigler talks to parents about the dangers of drugs, the topic hits heartbreakingly close to home.

For nearly a decade now, Zigler has been telling the story of his son, Tim, who passed away in March 2006 after taking a prescription medication given to him by a fellow student at Ferris High School. Tim was 17 years old.

Working with the Greater Spokane Substance Abuse Council (GSSAC), Zigler speaks to students, teachers, neighborhood groups and medical professionals about substance abuse awareness and intervention. The opposite end of the spectrum, he said, can lead to tragedy.

"Ignorance is horrible when it comes to drugs," Zigler said. "I talk to everyone about what this stuff is doing."

In 1999, a total of five people died in Spokane County from accidental prescription drug overdoses. By 2008, that number had increased to 100. GSSAC Executive Director Linda Thompson says her organization is dedicated to communicating the sobering truth about the impact drugs and alcohol can have on young, unsuspecting lives.

Later this month, Zigler and Thompson will be among a group hosting a class in Liberty Lake designed to help parents improve their awareness of substance abuse signals and establish methods to help kids avoid the traps of drugs and alcohol. "Be Aware Because You Care — A Parent's Guide to Clean and Sober Kids" will be held at 7 p.m. Aug. 25 in the Mica Peak Room at the Liberty Lake Portal. Tickets are \$10, with all proceeds benefiting GSSAC.

"I hope the participants in this class will learn helpful information about how to recognize drug use, understand community norms around alcohol, marijuana and other drugs and be equipped with skills for advocating for healthy choices among youth," Thompson said. "Every one of us has a chance to contribute to a healthy, safe environment through knowing the facts, being a strong role model, and contributing to prevention in our community."

Officer Mike Thomas, a drug recognition expert with the Liberty Lake Police Department, will be the featured speaker at the class. Attendees will also receive information from the 2014 Washington State Healthy Youth Survey that Thomp-



SPLASH PHOTO BY CRAIG HOWARD

Liberty Lake City Council Member Keith Kopelson is teaming with Greater Spokane Substance Abuse Council Executive Director Linda Thompson and the Liberty Lake Police Department to facilitate a class for parents on drug and alcohol use among kids.

son said "shows use rates, perception of harm trends and perceived community attitudes about alcohol, tobacco, marijuana and other drugs among our youth."

"As parents, we need to know about alcohol and other drugs so that we can provide our children with current and accurate information," LLPD Chief Brian Asmus said. "If we have a basic knowledge of common drugs, know their effects on the mind and body, and the symptoms of their use, we can discuss these subjects intelligently with our children. In addition, well-informed parents are better able to recognize if a child has symptoms of alcohol or drug-related problems."

Liberty Lake Council Member Keith Kopelson, who serves on GSSAC's development committee, came up with the idea for the class earlier this year.

"After a few meetings, it occurred to me that the biggest impact in fighting this challenge was to focus on our youth and taking steps to help stop it before it becomes a problem," Kopelson said. "There are so many different drugs and chemicals, parents could easily miss some of

the signs of use. This knowledge is a great deterrent and a great way for parents to protect their kids from all the dangerous substances that are everywhere."

Thomas says there needs to be a dedicated effort to counteract the misleading messages about drugs that have become so prevalent, particularly after the passage of I-502 in 2012 that made

marijuana legal in Washington for those 21 and over. The initiative does not allow for use of the drug in public or by those operating a vehicle.

"In this day and age where drugs are more plentiful, available, potent and unfortunately becoming more socially acceptable, parents need some tools to help them understand when the change in their kids behavior, grades and attitudes may not just be from a stage in their adolescence, but may be caused from a much more serious problem like drug use, and even drug addiction," Thomas said.

In recent years, Thomas said law enforcement "has seen a large increase in medication abuse, marijuana consumption and the use of synthetic marijuana by our youth."

"People have a false belief that cannabis is non-addictive and a user can stop whenever they want," Thomas said. "We have learned this is just not the case. Users can and do become addicted to marijuana just as they can become addicted with any other drug."

Kopelson expressed hope that the class — and future ones like it — would lead to additional support for GSSAC in terms of funding and volunteers.

"This organization is crucial in the fight against drug and alcohol abuse in the Spokane area," Kopelson said. "Due to government funding cutbacks, the fight against drug and alcohol abuse became a major challenge for GSAAC. The efforts of a few staff members and other volunteers definitely makes an impact on its mission, but there are many basic needs which include funding from our community and local businesses to further the efforts in reducing this ever growing problem which has become a bigger fight since I-502 passed."

Thompson said "support from the community is critical to keep GSSAC's county-wide prevention efforts going."

"With the privatization of hard liquor and the legalization of recreational marijuana for those 21 and over through the initiative process came the promise of prevention resources," she said. "To date, none of those resources have come forth. GSSAC continues to apply for private foundation, government, and corporate funding in order to provide that county-wide prevention but we really need help from the community to make prevention happen."

Thomas, who also serves on the GSSAC development committee, said the class will help parents "identify the potential problem before it becomes an addiction."

"This class in no way will make people experts in drug recognition, but the people who attend come away from the brief class with some better understanding about drug and alcohol use and the potentials for addiction," he said.

Thompson agreed.

"Knowing the signs and symptoms to look for when drug and/or alcohol use is suspected can be difficult for even the most knowledgeable parent," Thompson said. "Sometimes the mood swings, anxiousness, and changes in behavior are just typical teenage behaviors but being educated on what to look for and how to ask the questions without being accusatory is key to helping your child. The more information adults have, coupled with a willingness to truly know what is going on with a youth, will result in positive outcomes when it comes to determining if someone has a drug or alcohol problem."

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NEWS

Gameplan for schools

Compiled by Josh Johnson
SPLASH STAFF WRITER

As part of the \$121.9 million construction bond voters approved in February, two projects impacting Liberty Lake-area students will be taking shape in advance of their official opening with the 2017-2018 school year.

Central Valley School District officials unveiled architectural renderings and site plans in June and are sharing them with readers. More information and visuals are available at cvsd.org. For more information, call the district at 228-5400.



GREENACRES RENDERING (LEFT) AND SITE PLAN BY ARCHITECTS WEST

Greenacres Elementary

What's being done?

The original 1978 school building is being renovated and expanded, increasing student capacity from 515 to 624. New construction will be added to the east side of the current structure, parking, bus drop-off and parent pick-up will be reconfigured and current structure layout will be updated and modernized. Safety measures will also be a priority, as the current open-concept school will see walls added and offices realigned.

Who is doing the work?

Architects West of Coeur d'Alene is in charge of the design, while Lydig Construction will serve as the general contractor.

When will it happen?

The design is being fine-tuned and finalized through the year, with construction scheduled to start in March 2016 and wrap up in June 2017.

How will students be impacted?

Students will remain on the Greenacres campus during the months of construction. District officials explained that the new construction portion of the project will be the focus in spring 2016, which will then allow classes to shuffle into the new portion during the 2016-2017 school year as work shifts to the present structure. CVSD Director of Communications Marla Nunberg said the district is working with Lydig to maintain an environment that is not only safe but educational, looking for learning opportunities for the students tied to the ongoing construction.



LIBERTY LAKE K-2 RENDERING AND SITE PLAN (BELOW LEFT) BY MMEC ARCHITECTURE & INTERIORS



Liberty Lake K-2

What's being done?

A new elementary school is being built, the only completely new construction project resulting from the February bond. To be located in the vacant lot to the east of the current Liberty Lake Elementary School and Liberty Lake Ballfields, the project will expand elementary capacity by 624 students. The new school will house kindergarten through second-grade students, meaning the current LLES will transition to serving students in grades 3-5. The Central Valley Kindergarten Center on Barker Road will close when this new school opens for the 2017-2018 school year.

Who is doing the work?

MMEC Architecture & Interiors of Spokane is in charge of the design, while the general contractor for the project is still being determined.

When will it happen?

The design is being fine-tuned and finalized through the year, with construction scheduled to start in January 2016 and wrap up in March 2017.

How will students be impacted?

Unlike projects at other schools in the district, some of which will see students temporarily relocated, this is new construction — meaning students will only be impacted when the project is finished. CVSD Director of Communications Marla Nunberg said that a process of adjusting school attendance areas will be happening in the coming months in anticipation of the 2017-2018 school year, when Liberty Lake kindergarten students will join the campus — and likely some students who previously found themselves in the Greenacres attendance area will shift to Liberty Lake.

Education Briefs



SUBMITTED PHOTO

CV students competed in national FBLA conference

Six Central Valley High School students traveled to Chicago for the Future Business Leaders of America (FBLA) National Leadership Conference June 27 to July 2.

A press release said senior Ryan Baker placed second in computer problem solving, and junior Kyle Wang scored third in securities and investments. Juniors Coleman Entringer, Kieran Natarajan and Henry Jiao earned top 14 honors as finalists in Global Business.

In addition, N.E. Washington State Regional Vice President Henry Jiao and State Parliamentarian Collin Dunn, both CV juniors, began their terms as state officers.

Only two percent of all FBLA members attend the national conference, advisor Duane Barnhart said. Baker earned his second trip this year, as did Entringer and Dunn. Wang has qualified all three years of his high school career.

Colleges honor local students

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

Six CV students recently participated in the FBLA National Leadership Conference in Chicago including (front row) Kieran Natarajan, Kyle Wang, Ryan Baker; (back row) Collin Dunn, Henry Jiao and Coleman Entringer.

from schools or parents.

Eastern Washington University

Spring Dean's List, 3.5+ GPA

Brandon Carey, Sunny Collins, Kimberly Foley, Sara Grodzanich, Miranda Hill, Emily Hollenbeck, Sophie Kaatz, Rebecca Kissack, Victoria Lechner, Rebecca Mackay, Travis Mackay, Jordan Marlatt, Alexis Marlatt, Maria Mccauley, Kelsey McCune, Kellen Middleton, Alise Olson, Karissa Olson, Bhavneet Sidhu, Miranda Spencer, Rosharon Swank, Courtney Tibesar, Joshua Wanner

University of Montana (Missoula, Mont.)

Graduate plus Dean's List, 3.5+ GPA

Ariel Linton, bachelor of arts in liberal studies

Washington State University

Spring President's Honor Roll, 3.5+ GPA

Sophie Marisa Ascaso; Hanna Christine Bledsoe; Caleb A Corson; Delaney Nora Dorsey; Amanda Nmn Ellis; Brett Thomas Lannen; Malia Iwalani Listella; Shawna Richardson McDonald; James Edward Pappas; Alina Tabia Peterson; Heather Andrea Potack; Emily Anne Schilb; Janelle Marie Schweitzer; Homa Shaarbaf; Connor James Stephenson; Spencer Kyle Stephenson; Jacob Michael Vanlandingham; Kyle Richard Wells; Matthew Thomas West

Washington State University

Spring graduates

Sophie Marisa Ascaso, Bachelor of Science in Zoology, summa cum laude; Delaney Nora Dorsey, Bachelor of Arts in Political Science, magna cum laude; Amanda Nmn Ellis, Bachelor of Science in Nursing; Samuel Noah Fosberg, Bachelor of Arts in Business Administration; Tarik Berriochoa Jensen, Bachelor of Arts in Business Administration; Malia Iwalani Listella, Bachelor of Science in Nursing, summa cum laude; James Edward Pappas, Bachelor of Arts in History, summa cum laude; Heather Andrea Potack, Bachelor of Arts in Social Sciences; Chad Thomas Steenvoorden, Bachelor of Arts in Criminal Justice, summa cum laude; Connor James Stephenson, Bachelor of Arts in Business Administration, cum laude

Whitworth University

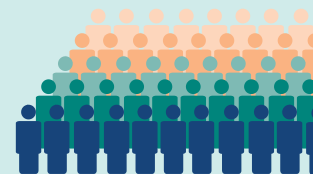
Laureate Society, 3.75+ GPA

Cheyenne L. Gibson, Kelsey A. Glynn, Nicole Kallestad, Dakota R. Klamovich, Moisey Y. Mikheyev, Tanner R. Walker

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MILLION

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*Data from Economic & Revenue Impact Software by Applied Economics



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CVSD.org



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PERFORMING

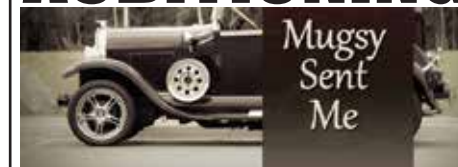


Directed By Pat Thomas

AUG 22 at 8pm

PG13 IMPROV COMEDY
\$7 tickets available at door

AUDITIONING



Written By Dan Neidermyer
Directed By Andy Renfrew

AUG 17 & 18 at 6pm

Performing in October

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

COMMUNITY

Community Briefs

Hot dog eating contest to be held in LL

Bubbadogz is putting on a Nathan's Hot Dog eating contest Aug. 22 in the Chevron parking lot, 1109 N. Liberty Lake Road. All profits will benefit Honor Flight.

From noon to 4 p.m., there will be live music and a classic car show. A representative from Honor Flight will be present to answer questions about the nonprofit.

For more information, contact 944-6200 or 703-9345.

LLCT announces board changes

Liberty Lake Community Theatre recently announced new names to their 2015/2016 board of directors. Nick Kittilstved was named vice president, Jeanette Nall was named treasurer, and Rick Pentland is serving as facility coordinator.

This came on the heels of the news that Kevin Kuecken was stepping down as board treasurer. Kuecken served as the first director for LLCT and had been an active part of the theater before the nonprofit group was

formed. A press release said donations are being solicited to dedicate a piece of theater in his name.

The theater is also starting a teen board for ages 12 to 17. Those interested in being a part of this group can email info@libertylaketheatre.com or call 279-1911.

CV class of 1960 holds reunion

Central Valley High School Class of 1960 is having a 55-Year Reunion beginning with a cruise on Lake Coeur d'Alene on Sept. 18 followed by a reunion dinner Sept. 19 at the

Coeur d'Alene Resort Hotel. For more information, call Sharon at 208-262.9477.

LL woman wins house in raffle

Judy Felice of Liberty Lake was the winner of North Idaho College Foundation's Really Big Raffle drawing in early July, and a \$300,000 home was her grand prize.

Cash and prizes totaling more than \$335,000 were given away at the 22nd annual event, a press release said, including the house built by students in NIC's carpentry program.



LIFE *at ten*

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U.S. Congresswoman
CATHY MCMORRIS RODGERS

Sunday, August 2, 2015, at 10 a.m.

We are honored to have U.S. Congresswoman Cathy McMorris Rodgers -- and you! -- join us as we celebrate the 10th anniversary of Lakeside Church. See you at 10!

Lakeside Church
23129 E Mission Ave., Liberty Lake, WA
www.lakesidechurch.cc
(509) 210-9779

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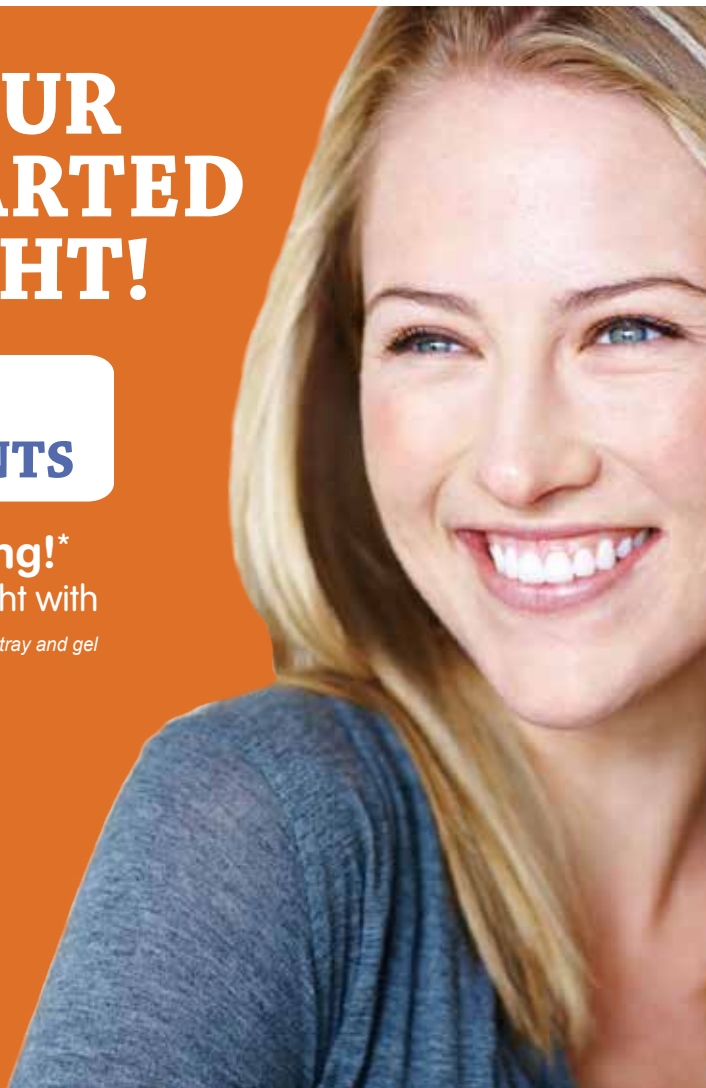
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COMMUNITY

Calendar of Events

COMMUNITY EVENTS

July 31 | Happy Birthday, Harry! 2 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. Ages four and up are invited to celebrate the boy wizard with refreshments, crafts and games. For more: 232-2510

July 31, Aug. 1 | Central Valley High School class of 1985 reunion This 30-year reunion will kick off 6 to 9 p.m. Friday night at the Sullivan Scoreboard. There will be a party starting at 6:30 p.m. Saturday at Mirabeau Park Hotel with 80s music. For payment info and more: visit Facebook page Central Valley High School Class of 85 "30" Year HS reunion

Aug. 2 | Life at Ten 10 a.m. Lakeside Church, 23129 E. Mission. Celebrate the 10-year anniversary of Lakeside with special guest U.S. Congresswoman Cathy McMorris Rodgers. Children's programming and activities provided. For more: www.lakesidechurch.cc

Aug. 4, 6, 11, 29 & 31 | Volunteer with Washington Trails Association 8:30 a.m. to 3:30 p.m., Liberty Lake Regional Park, 3707 S. Zephyr Road. The 7.5 mile loop trail is undergoing some improvements, and a group will be working on maintenance as well as trail realignments. For more: www.wta.org

Aug. 6 | Game night at the Library 5 to 7 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. All ages are welcome to play games featuring movie themes as well as classic board games such as Battleship, Settlers of Catan and Connect Four. For more: 232-2510

Aug. 7 | Community carnival 6:30 to 8:30 p.m., Stepping Stone, 23306 E. Mission. This annual event includes a petting zoo, pony rides, face painting, food and games. Tickets cost 25 cents. For more: steppingstonelibertylake.com

Aug. 8 | "I Found My Heart in Richland" book signing 11 a.m. to 2 p.m., Barnes & Noble, 15310 E. Indiana Ave., Spokane Valley. Liberty Lake resident Nico McClellan will be autographing her new book penned under the name N.L. Fowler.

Aug. 10 | Summertime Essential Oils 6 to 7 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. This free informational class will introduce attendees to the healing properties of essential oils for bumps, bites, burns and more. For more: 232-2510

Aug. 12 | eBooks and eAudiobooks class 4 to 5:30 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. Library staff will explain the process of downloading titles to portable devices. You need an activated resident library card to download digital content. For more: 232-2510

Aug. 15 | Mutt Strut 8 a.m. to 1 p.m., Pawpular Companions Pet Supplies, 21950 E. Country Vista Dr. The 5th annual event will include a 2.5-mile pledge walk to benefit Higher Ground Animal Sanctuary. Following the walk there will be an ice cream social (people and doggie ice cream), store vendors with free giveaways and raffle prizes. To register or for more: www.pawpularcompanions.com

Aug. 17, 20 | Movie showing and book club: "Deep End of the Ocean" Liberty Lake Municipal Library, 23123 E. Mission Ave. The library will be showing the movie 5:30 p.m. Aug. 17. The discussion of the book by Jacquelyn Mitchard will be 6:30 p.m. Aug. 20 at Barlow's, 1428 N. Liberty Lake Road. For more: 232-2510

Aug. 19 | Community blood drive 9:30 to 11:30 a.m., Liberty Square, 1421 N. Meadowwood Lane. Greenstone is hosting this blood drive. Donors are asked to bring photo ID and donor card. To make an appointment or for more: www.inbcasaves.org

Aug. 22 | Pie Festival 9 a.m. to 1 p.m., Liberty Lake Farmers Market, 1421 N. Meadowwood Lane. You can buy, win or eat a pie at this special event which will include a pie walk and pie eating contest. For more: www.lfarmersmarket.com

Aug. 22 | Nathan's Hot Dog Eating Contest Noon to 4 p.m., Chevron parking lot, 1109 N. Liberty Lake Road. Matt Wastenev of Bubbadogz is putting on this event with all the profits going to Honor Flight Spokane charity. There will be a classic car show around the perimeter of the parking lot and a live band playing. For more: 944-6200

Aug. 28, 31 | Movie showing and book club: "Big Fish" Liberty Lake Municipal Library, 23123 E. Mission Ave. The movie will be shown at dusk Aug. 28 at Pavillion Park, and the book discussion will be held 5:30 p.m. Aug. 31 at the library. For more: 232-2510

See CALENDAR, page 21

Play in the Park

Free upcoming events in Liberty Lake's parks:

Aug. 1, dusk at Pavillion Park: "Night at the Museum: Secret of the Tomb" (PG)
Larry spans the globe, uniting favorite and new characters while embarking on an epic quest to save the magic before it is gone forever.

Aug. 6, 7 p.m. at Rocky Hill Park: The Camaros
Join the LL Running Club for their weekly run that will end in the park for a community gathering and rock and roll music during this Rock the Block concert.

Aug. 8, dusk at Pavillion Park: "Rise of the Guardians" (PG)
When the evil spirit Pitch launches an assault on Earth, the Immortal Guardians team up to protect the innocence of children all around the world.

Aug. 14, dusk at Half Moon Park: "McFarland USA" (PG)
During this shoes and cinema event, a neighborhood run will be followed by this recent movie of a cross country coach who transforms a team of athletes in a small California town into championship contenders.

Aug. 15, 2 p.m. at Rocky Hill Park: Ice Cream Social
Celebrate the end of LL Library's summer reading program with popsicles, ice cream and water games for kids.

Aug. 15, 6 p.m. at Pavillion Park: An evening with Dawes
As always, admission is free to FOPP concerts including this one featuring Americana soul by Dawes.

Aug. 21, 6 p.m. at Alpine Shores Beach Club: Angela Marie Project
The Angela Marie Project is back in Liberty Lake for another Rock the Block concert sponsored by FOPP.

Aug. 22, 5 p.m. at Pavillion Park: "Cyrano de Bergerac"
Montana Shakespeare in the Parks will make its fifth appearance in Liberty Lake for an outdoor performance of Edmond Rostand's play.

Aug. 28, dusk at Pavillion Park: "Big Fish" (PG-13)
A son tries to learn more about his dying father by reliving stories and myths he told about his life. This Pages to Pictures weekend event is in collaboration with the Liberty Lake Municipal Library.

Aug. 29, dusk at Pavillion Park: "Charlotte's Web" (G)
Wilbur the pig hatches a plan with Charlotte, a spider that lives in his pen, to ensure that he will never end up on the dinner table. This Pages to Pictures weekend event is in collaboration with the Liberty Lake Municipal Library.



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COMMUNITY

CALENDAR

Continued from page 20

Aug. 30 | Church in the Park 10:30 a.m., Pavillion Park. Enjoy a morning of celebration with EastPoint Church featuring a service, free children's activities and inflatables, live music and food vendors like Ben and Jerry's ice cream and Shameless Sausages. For more: www.eastpointchurch.com

Recurring

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

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

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

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

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

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

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

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

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

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

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

MUSIC & THE ARTS

July 30 to Aug. 2 | "Tikki Tikki Tembo" Liberty Lake Community Theatre, 22910 E. Appleway Ave. This children's play tells the story of a Chinese boy with a long name who falls into a well. Tickets are \$12. For show times and more: www.libertylaketheatre.com

Aug. 15 | Hearts for the Arts 6 p.m. Liberty Lake Community Theatre, 22910 E. Appleway Ave. Drinks, hors d'oeuvres, silent auction and a performance of "Caught in the Act" will be a part of this evening. Limited seats available. Tickets are \$35. For more: www.libertylaketheatre.com

Aug. 17-18 | Auditions for "Mugsy Sent Me" 6 p.m., Liberty Lake Community Theatre, 22910 E. Appleway Ave. For more: www.libertylaketheatre.com

Aug. 22 | This, That or the Other 8 p.m., Liberty Lake Community Theatre, 22910 E. Appleway Ave. Tickets are \$7 for this PG13 improv comedy. For more: www.libertylaketheatre.com

Aug. 28-29 | Cowboy Supper Shows Rockin' B Ranch, 3912 Spokane Bridge Road. The 21st anniversary commemorative performances will also be held Sept. 25-26 and Oct. 9-10. For show times and more: www.rockinbranch.com or 891-9016

Recurring

Spokane Valley Camera Club 7:15 p.m., third and fourth Monday of the month (September through April), Liberty Lake Sewer and Water District building, 22510 E. Mission Ave. Club meetings start back up Sept. 21. All levels of ability—students through experienced photographers—are invited to learn. Social events include field trips and workshops. For more: 951-1446 or www.sv-cc.org

CIVIC & BUSINESS

Aug. 6 | Chamber Golf Tournament 1 to 7 p.m., Meadowwood Golf Course, 24501 E. Valleyway. This friendly competition is for all skill levels. Prizes, dinner and drinks are included. For cost and more: www.spokanevalleychamber.org

Recurring

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

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

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

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

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

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

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

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

HEALTH & RECREATION

Aug. 3-5 | Fun and Fitness Camp 1:30 to 3 p.m., Rocky Hill Park. U-District Foundation is offering a free camp for kids age six to 16. Registration begins at 1:15 p.m.; kids are encouraged to wear athletic shoes. To register or for more: 927-1222 or www.udistrictpt.com

Aug. 3-7 | Advantage Basketball Camp 9 a.m. to 5 p.m., HUB Sports Center, 19619 E. Cataldo Ave. Cost is \$265. For more: www.advantagebasketball.com


Aug. 8 | Inland Empire Martial Arts Tournament 8 a.m., HUB Sports Center, 19619 E. Cataldo Ave. Registration depends on competitions; spectators' admission fee is \$3. For more: www.hubsportscenter.org

Aug. 11-13 | Elite Sports Skills Futsal Fun Camp 9 a.m. to 3 p.m., HUB Sports Center, 19619 E. Cataldo Ave. Ages 5 to 6 (\$75) are from 9 to 11:30 a.m. while ages 7 to 13 (\$135) are the entire day. For more: www.elitesportsskills.com

Aug. 17-19 | NBC Basketball Camp 9 a.m. to 3 p.m., HUB Sports Center, 19619 E. Cataldo

See CALENDAR, page 22

Come see local Liberty Lake author
N.L. FOWLER
for her first book signing of
I FOUND MY HEART IN RICHLAND



August 8, from 11-2
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COMMUNITY

CALENDAR

Continued from page 21

Ave. The cost for this camp for ages eight to 12 is \$160. For more: www.nbccamps.com

Aug. 22 | BubbleBall Invitational 9 a.m. to 3 p.m., HUB Sports Center, 19619 E. Cataldo Ave. Cost is \$60 per team. For more: www.hubsportscenter.org

Recurring

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

Liberty Lake Community Tennis Association Rocky Hill Park. The group offers adult evening clinics 6:30 p.m. Mondays and Thursdays, kids clinics 9 and 10 a.m. Saturdays, and a ladies day 10:30 a.m. Tuesdays. Clinics run through Aug. 30. For more: 255-9293 or larrywest1@live.com

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

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

Ride the RIM Registration is now open for the Sept. 19 and 20 century and family bike rides

that start in Liberty Lake and travel throughout eastern Washington and northern Idaho. For more: www.rotaryinmotion.com

Spokane Valley Women's Evening Golf Club 4:30 to 6 p.m. Mondays, Liberty Lake Golf Course. This nine-hole club plays through Aug. 31. For more: Spokanevalleywomensgolf@gmail.com

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

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

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

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

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A special section
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Kids find the fun in summer fitness

By Dani Guarisico
SPLASH CONTRIBUTOR

Some people think of “working out” at a gym or fitness center as the opposite of fun, but a group of kids showing up to a new program in Liberty Lake don’t see it that way.

CrossFit Kids is a program that teaches new skills every week that are, indeed, intended to get kids moving. But the laughter and wide smiles on participants’ faces seem to reveal they are enjoying every minute of it.

“It’s very fun,” says Emma Johnston, 12. “I come in every morning excited to learn.”

Emma’s brother Luke, 10, agrees that the classes can be both challenging — and a blast.

“I like the coaches,” he said. “It’s really fun and hard.”

One of those coaches, Amanda Good, said the CrossFit Kids program is intended to keep kids moving without sacrificing enjoyment.

“If it’s not fun, it’s not worth it,” Good says.

She adds that the goal of the program is to create a lifelong love for fitness, and all of it is “110 percent” completely safe. The program, designed specifically for kids, includes plenty of breaks from the intensity and opportunities for water. The classes are constantly changing, adapting to the different ages of the kids in attendance. CrossFit Kids helps kids develop skills while working on proper techniques to prevent injury and work the right muscles.

The CrossFit Kids program is located at the home of CrossFit Liberty Lake, 22808 E. Appleway Ave. The program started this summer but will continue throughout the school year with schedules built around the typical student schedule.

At the end of a recent session, the kids gathered for a game that may as well have been called workout dodgeball. After dividing into teams, participants tagged each

other with plush colored balls. If hit, the tagged person had to do a set number of jumping jacks or push-ups — depending on the color of the ball — before rejoining the fun.

“My kids adore it,” says April Jorgenson. She enjoys watching her three children be active while taking pride in achieving personal goals, two things they will benefit from as they grow.

Her 11-year-old daughter Lani understands that this exercise is reaping rewards.

“It’s fun ‘cause it makes me stronger and keeps my body healthy,” she says.

FOR MORE

CrossFit Kids was developed as a method of adapting the principles of CrossFit to kids ages 3-18. CrossFit Liberty Lake, located at 22808 E. Appleway Ave., began offering classes this summer. Coach Amanda Good encouraged parents to come in and test the program — the first class is free. For more, visit www.crossfitlibertylake.com or call 893-4115.



SPLASH PHOTOS BY DANI GUARISCO

CrossFit coaches work with kids on jumping techniques during a class at CrossFit Liberty Lake. Below, class participants gather around Amanda Good as she teaches them how to properly do a pull-up.



COMMUNITY

SHARPEN YOUR SHARK SMARTS

Compiled by Sarah Burk
SPLASH GRAPHICS EDITOR

If you happened to miss Shark Week last month on Discovery Channel, have no fear! Chew on these facts and figures about one of the world's most fascinating creatures.

In some form, sharks have been around for millions of years. Even before dinosaurs roamed the earth, sharks hunted through the oceans.

There are over 400 types of sharks, but only 30 species have been known to attack humans.

Sharks range in size from 6 inches to 45 feet, which is as long as a school bus.

A shark skeleton is made of cartilage instead of bone, which allows greater flexibility.

Two-thirds of a shark's brain is dedicated to its keenest sense — smell.

Shark skin is made of denticles instead of ordinary fish scales. The denticles are constructed like hard, sharp teeth and help to protect the shark from injury.

Sharks never run out of teeth. If one is lost, another spins forward from the rows and rows of backup teeth. A shark may grow and use over 20,000 teeth in its lifetime!

Most sharks give birth to live young, but a few species lay eggs. The ones with pups that grow inside the mother have fewer babies at a time than sharks that lay eggs outside the body.

While sharks do search for a safe place to lay eggs or give birth, they do not care for their babies after they are born.

Sharks can have from one to 100 babies at a time, depending on the type of shark. Baby sharks are called pups.

Bull sharks can swim in salt and fresh water and have even been found in the Mississippi River.

Not all sharks are fierce carnivores (meat eaters). The most harmless sharks — including the basking shark, the whale shark and the megamouth shark — tend to be the largest! These huge sharks eat plankton, a tiny shrimp-like creature found in the ocean.

Mako sharks are the fastest swimmers (up to 43 miles per hour).

The most dangerous kinds are the great white shark, tiger, hammerhead, mako and bull sharks.

Source:
www.kidzone.ws/sharks/facts.htm

A whale of a shark

Compiled by Tammy Kimberley
SPLASH STAFF WRITER

The whale shark (*Rhincodon typus*) is the biggest fish on the planet, rivaling some of the largest dinosaurs in weight. The species is believed to have originated about 60 million years ago. Despite having the word “whale” in its name, these sharks are in no way related to whales.

International Whale Shark Day, which

is celebrated on Aug. 30, was started to recognize these gentle giants. Even though they are great in size and part of the shark family, whale sharks do not pose any real danger to humans. They are a docile fish, meaning they are tame in nature and not aggressive toward humans.

Test your knowledge on these magnificent creatures by taking the multiple choice quiz below. Answers can be found at the bottom of page 26.

1) Where are whale sharks known to reside?

- A. Great Lakes area
- B. Arctic Ocean
- C. Mississippi River
- D. Warm oceans and tropical waters

2) What is the average lifespan of a whale shark?

- A. 50 years
- B. 70 to 100 years
- C. 125 to 150 years
- D. 200 years

3) Whale sharks feed mainly on...

- A. Microscopic plants and animals including plankton
- B. Fish
- C. Lobsters
- D. Dolphins

4) Whale sharks typically swim and feed...

- A. Near the top of the water
- B. Along seashores
- C. In gulfs and bays
- D. Along the ocean bottom

5) The mouth of a whale shark typically contains how many rows of teeth?

- A. 10
- B. 100
- C. 300
- D. 500

6) How many fins does a whale shark have?

- A. Two dorsal (top) fins
- B. Four pectoral (side) fins
- C. A pair each of dorsal fins and pectoral fins
- D. None

7) How long is a typical whale shark's body?

- A. Up to 10 feet
- B. 10 to 15 feet
- C. 18 to 32 feet
- D. 50 to 60 feet

8) What is the average weight of an adult whale shark?

- A. A ton
- B. 20 tons
- C. 50 tons
- D. 75 tons

9) How fast can a whale shark swim?

- A. Up to 3 miles per hour
- B. 5 to 10 mph
- C. 20 to 30 mph
- D. Over 30 mph

10) How do whale sharks prefer to live?

- A. In a large group
- B. In a group of 4 to 6 whales
- C. With a mate
- D. Alone

11) How do whale sharks care for their young?

- A. They lay eggs and protect them until hatched.
- B. They lay eggs and leave them immediately.
- C. They leave them after a live birth.
- D. They care for their young for six months before sending them out on their own.

12) A whale shark's skin is marked with...

- A. White stripes
- B. Pale yellow spots and stripes
- C. An orange checkered pattern
- D. Yellow and purple polka dots

Sources: www.animalstime.com/whale-shark-facts-kids-whale-shark-diet-habitat/, www.redmangrove.com/whale-shark-interesting-facts/

COMMUNITY

COLORING ACTIVITY



A list of shark tales

Compiled by Tammy Kimberley
SPLASH STAFF WRITER

National Booklovers Day is on Aug. 9 — what a great time to read about sharks! Check out these related books available through the borrowing systems at Liberty Lake Municipal Library and the Spokane County Library District.

“Shark”

By Miranda MacQuitty

“Fly Guy Presents: Sharks”

By Tedd Arnold

“Never Take a Shark to the Dentist (and other things not to do)”

By Judi Barrett

“Sharks Have Six Senses”

By John F. Waters

“Surprising Sharks”

By Nicola Davies

“Jack Gets a Clue: The Case of the Loose-Toothed Shark”

By Nancy Krulik

“Shark vs. Train”

By Chris Barton and Tom Lichtenheld

“Shark Wars”

By EJ Altbacker



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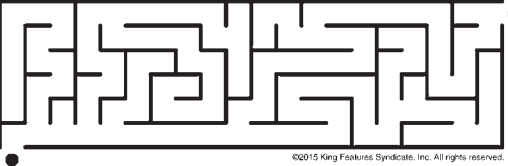
Food sculpture selected in summer drawing



SUBMITTED PHOTO

Delayna Clark, 9, was the winner of the recent Wave drawing for her food creation (offered in the May issue of The Splash). She wrote that her turtle was made with toothpicks, celery, green apple, kiwi and blueberries. For her prize, she received a package of summer treats.

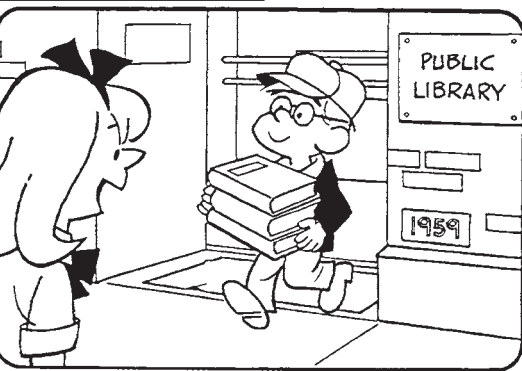
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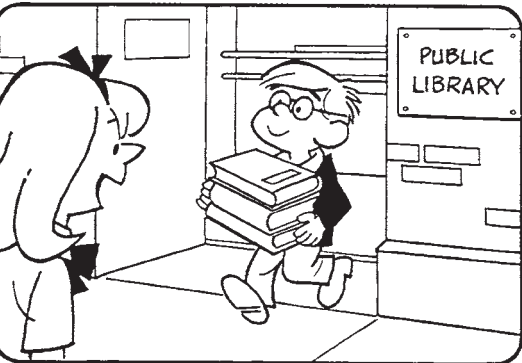
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HOCUS-FOCUS

BY HENRY BOLTINOFF



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COMMUNITY

Learn a little about lefties

Compiled by Tammy Kimberley
SPLASH STAFF WRITER

Did you know that 10 percent of the world is left handed? That means that around 30 million people in the U.S alone favor the left hand over the right. There are many fascinating studies on advantages that left-handers may have over their

right-handed counterparts.

For nearly 40 years, people around the globe have celebrated being left handed with International Lefthanders Day on Aug. 13. In honor of this day, decide whether each of the statements listed below are true or false. You can check your answers at the bottom of the page.



T or F?

- 1. Women are more likely to be left-handed than men.
- 2. There are such things as left-handed scissors and writing utensils.
- 3. Left handers are most likely to pursue creative careers.
- 4. Of the seven most recent U.S Presidents, four have been left handed.
- 5. Left handers adjust to seeing underwater more quickly than right handers.
- 6. Fingernails grow faster on the right hand than the left of those who are left handed.
- 7. Being left handed runs in the family, so it is thought to be genetic.
- 8. Southpaw is another term used to describe a left-handed individual.
- 9. Many who are left-handed draw figures that face to the left.
- 10. Left handers seem to be have an advantage in certain sports, such as baseball, tennis, fencing and boxing.

Sources: www.leftyfretz.com/left-handed-facts-infographic/, www.facts.randomhistory.com/facts-about-left-handedness.html



Junior Whirl

by Hal Kaufman

ODD LOT! You are asked to place the consecutive odd numbers from 1 through 17 in the diagram at right so that each row of three numbers across, down and diagonally totals 27.

1	2	3	4	5
1	C	A	M	E
2	A			
3	M			
4	E			
5	L			

Three of the numbers are in place. Those to be inserted are 5, 9, 11, 13, 15 and 17. Remember, straight-line rows are to total 27. Time limit: Two minutes.

Top row across: 11, 1, 15; next row: 13, 9, 5; bottom: 3, 17, 7.

WHAT'S UP! Find the five-word secret message if code word is HELICOPTER and code is 756 456 0198 75 0126. P.S.: Number code word letters 0 to 9.

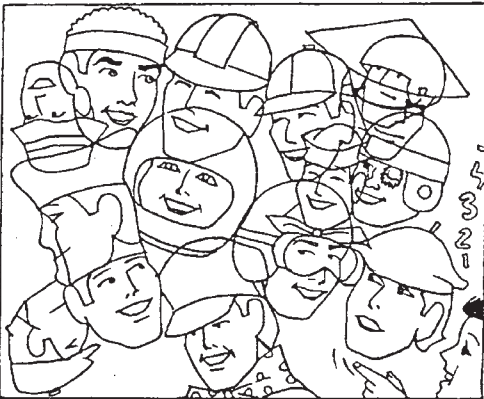
Message: Top cop here to help.

CAMEL LOT WORKOUT

Letters of five words, the first of which is CAMEL, are used to form a word square above. How quickly can you find these words? Word definitions are as follows:

1. Desert animal (already in place).
2. Over one's head.
3. Dominant theme of a design.
4. Expel from home or property.
5. Another name for a southpaw.

Remember, words in a word square read alike both across and down.



HAT STUFF! Our artist says there are as many as 15 persons wearing hats in the picture above. How many can you find?



SEA, HERE! Business has its ups and downs at Joe's place. Add these colors by number: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh tones. 6—Lt. green. 7—Dk. brown. 8—Purple.

SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

ELEPHANT

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible twosomes: Neat, help.

Super kid, super-rare need

LLER second-grader's unique form of dwarfism requiring cross-country treatment

By Treva Lind
SPLASH CONTRIBUTOR

At age 7, Calvin Smith will tell you he likes to play Wii games and camp as part of his favorite summer activities.

This soon-to-be Liberty Lake Elementary second-grader also is gaining more awareness this season about the rare type of dwarfism he has. If asked, he'll clearly recite key medical words for the rare skeletal disorder: Metatropic Dysplasia.

He's also noticing that friends and neighbors are helping his family with fundraisers to cover travel expenses to see a specialist, said his mother Tanya Smith. Because of his type of dwarfism, Calvin endures joint pain and other progressively worsening symptoms daily, including some signs of spinal compression, so he's now requiring higher-level treatment beyond care he receives in Seattle, she said.

"There are less than 100 documented cases of Metatropic Dysplasia in the world," Smith said. "It affects the long bones, spine and joints, causing dwarfed stature, extreme curvature of the spine, compression of vital organs and joint pain."

Metatropic means "changing shape," and in some cases, the condition leads to paralysis or even death. Calvin has seen a doctor at Seattle Children's Hospital since age 1. In October, he's scheduled to see Dr. William G. Mackenzie, a renowned expert on skeletal dysplasia and musculoskeletal conditions of childhood, at Nemours/Alfred I. duPont Hospital for Children in Wilmington, Del.

"While Calvin's been well cared for at Seattle Children's Hospital, not a single doctor or geneticist there has ever treated Metatropic Dysplasia," his mom said. Because Calvin is experiencing increasing pain on a daily basis, his family wants to take him to an expert on the condition, she said, "especially if surgery is eventually needed."

It's now difficult for Calvin to walk much past a block. Some

profiles:

CALVIN SMITH

Age
7

Family

Dad and mom, Ryan and Tanya Smith; sister, Clara, 4; brother, Cyrus, 2

School

Liberty Lake Elementary, second grade this fall

If I were a superhero

I'd be Superbrain. It's a story my mom wrote about me.

Favorite hobby

I like to play the Wii

Best school subjects

Math and science

preventative approaches include special surgeries that straighten the spine and ease the pain.

"Right now, he has a lot of pain," Tanya Smith said.

About \$4,500 was sought initially to cover travel, lodging, rental car and one fun afternoon for Calvin after two days of appointments scheduled in October with Dr. Mackenzie. Smith said dollars so far raised will pay for airfare for her, Calvin, and his grandmother for that initial visit. Any funds not used will be saved in a specific account for subsequent visits, and toward a wheelchair or other mobility device as needed.

The family expects Calvin will require visits to the Delaware physician one to four times per year until he is 18. They have health-care insurance and have been able to pay co-payments for Calvin's past tests and appointments, but the insurance doesn't cover travel costs to see a specialist.

Among community fundraisers, a June 25 cookie sale at the Smiths' home brought in more than \$800, after a Facebook event spread. A family friend who is a professional massage therapist also gave chair massages for donations, offered to people who came by to purchase cookies.

"We had a lot of donations of



SUBMITTED PHOTOS

Liberty Lake's Calvin Smith, 7, has a form of dwarfism known as Metatropic Dysplasia. There are fewer than 100 documented cases of the condition in the world, requiring him to seek specialized treatment in Delaware.

homemade cookies from friends, neighbors, family," Smith said. "People texted their friends, and also the word got out through our church. We go to the LDS church over here."

To help with his future travel and related expenses, people also are donating directly to the Calvin Smith Benefit Fund at Spokane Teacher's Credit Union (STCU) using ID #346153 in person or at stcu.org. Additionally, people can watch Calvin's video and donate at www.youcaring.com/calvin-smith-376968. The YouCaring.com site is an online fundraising and crowdfunding website.

Smith said a friend, Kelsy McHenry, also has set up a raffle fundraiser to benefit Calvin tied to Thirty One Gifts. McHenry is offering \$10 raffle tickets, with the chance to win merchandise items during 31 days of August. Drawings are held each day during the month. For information, people can email McHenry at kelsymchenry@yahoo.com or call 995-8650.

Calvin and his parents, Ryan and Tanya Smith, have lived in Liberty Lake for about six years. Calvin has a sister Clara, 4, and brother Cyrus, 2. The family enjoys camping, movies and visits to Rocky Hill Park in Liberty Lake.

Ryan Smith works as an air traffic controller at Spokane Inter-

national Airport. Tanya Smith is a photographer, graphic designer and writer. After taking a children's literature writing class, she wrote a book called "Superbrain."

"It's about Calvin and dwarfism," she said. "In the story, he finds out what's special about him, and it's his special brain powers."

Calvin is smart and loves Legos.

"I like to invent cool symmetrical shapes," he said. "I read at the third-grade level. My favorite book is 'Diary of a Wimpy Kid.'"

At home, he's often playing with his sister, Clara, and the two are about the same height now, their mom said.

"I think the average for this condition is people stop growing at about the first-grade year. He's not expected to grow much more. Just this year he's starting to notice, 'Why am I not as tall as my friends? Why can't I run as fast?' So this YouCaring campaign and cookie fundraiser has been good for him to better understand what's going on. He's knowing people care."

Calvin's family also plans sometime next year to hold an aware-



ness event about dwarfism in Liberty Lake, although details are yet to be worked out. The organization, Little People of America, at www.LPAonline.org, also provides resources, and Calvin is a local chapter member.

"There are over 200 types of dwarfism; people usually don't know that," Smith said. "Little People of America is a good information source."

"Part of what we're trying to do with awareness is so that kids at his school know more about him, and why he's shorter and slower. I feel like he's really smart and talented. As long as he has the physical care he needs, he'll be able to do great things in his life, like any other kid."

The Fountain

About and for Liberty Lake seniors

Brought to you by



SENIOR LIVING COMMUNITY

SCOPE-ing out the community

Couple has patrolled LL neighborhoods for 15 years

By Sarah Robertson
SPLASH CONTRIBUTOR

Many people decide to start volunteering when they retire, providing an invaluable resource to many non-profit and community organizations.

But not many people decide to take up fighting crime in their retirement. That's more or less what the folks (retired and unretired) at Sheriff's Community Oriented Policing Effort (SCOPE) are doing.

One such couple that has been involved with SCOPE for the last 15 years is Bruce and Marge Johnson. The Johnsons said they enjoy SCOPE because they get to help the community.

"We didn't like going to senior citizen places," Marge, 85, said with a chuckle. "SCOPE is interesting. You get to do a lot of different things."

Both Johnsons credit (or blame) Harry Hansen for recruiting them for SCOPE. The organization began a chapter in Liberty Lake in 1999. Started by Karen Biggs-Pagliaro and Wendy Van Orman, SCOPE has been an integral part of the Liberty Lake community ever since.

The Johnsons' roots run quite deep in Liberty Lake. Even though the couple just recently moved outside of city limits, Bruce, 82, called Liberty Lake home for 54 years and Marge lived there for 40 years. They couldn't imagine not staying involved in SCOPE and the community, and they have already started recruiting their new neighbors for the program.

Marge came to Liberty Lake by way of Illinois, Indiana and California. Her first husband moved around a lot in order to



SPLASH PHOTO BY SARAH ROBERTSON

find work as a teacher. When they reached Liberty Lake, Marge said she was tired of moving and here she would stay.

"I thought it was so great to live by a lake," she said.

Bruce came out from Michigan with his family in 1948. His father started a mobile home franchise in Spokane, and the family had a cabin at Liberty Lake. Bruce eventually bought land near the cabin and built his own house, which is still in the family.

Bruce and Marge enjoy staying active and involved in the community that they have been part of for so long. As Bruce will tell anyone willing to listen, "Join SCOPE to help other people. Be a volunteer and see what goes on in the community."

Their favorite part of SCOPE was night patrols until Marge had cataract surgery. Night patrols check for open garage doors, unlocked businesses and suspicious activity in general. They keep in close contact with police. Most of the time, things stay

Bruce and Marge Johnson can be found patrolling around Liberty Lake neighborhoods or helping at special events as part of the local Sheriff's Community Oriented Policing Effort (SCOPE) chapter.

Fountain profiles:



BRUCE AND MARGE JOHNSON

Ages
Bruce, 82, and Marge, 85

Biggest Change in Liberty Lake
"About 4,000 homes," Bruce said. "I remember when people would come out by train to the resorts on the lake. There was a merry-go-round and a little park."

Favorite local event
Fourth of July Celebration, concerts and events at Pavillion Park

Involvement with SCOPE
15 years

Activities
Both love boating and the trails around Liberty Lake. Marge is a long-time member of the garden club, and Bruce used to enjoy riding his motorcycle through the hills and finding remnants of old Prohibition stills.

Give Back

Spotlighting timely needs our community can meet together

To our friends and neighbors in the greater Spokane Valley:

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

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

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

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

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

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— King Crossword —

Answers

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

See SCOPE, page 29

COMMUNITY

Trivia Test

- 1. U.S. STATES:** What time zone is the state of Alabama in?
- 2. LANGUAGE:** What does the Greek prefix "crypto" mean?
- 3. SCIENCE:** What does an ichthyologist study?
- 4. MOVIES:** What was the first major movie to show a flushing toilet?
- 5. ABBREVIATIONS:** What does BMW stand for?
- 6. MUSIC:** Who wrote the Beatles' song

"Here Comes the Sun"?

- 7. MEASUREMENTS:** The word "octennial" refers to a recurring period of how many years?
- 8. ANIMAL KINGDOM:** What is the only mammal that can fly?
- 9. GEOGRAPHY:** What did the African nation of Burkina Faso used to be called?
- 10. MYTHOLOGY:** Who was the Egyptian god of the afterlife?

— 2015 King Features Syndicate Inc.

SCOPE

Continued from page 28

pretty calm, but once in a while things get a little exciting.

Marge recalls accompanying a law enforcement officer at a domestic violence call: "It made me a little nervous, but I was happy to help."

Bruce's most memorable night patrol was calling the police after finding a business unlocked. The police sent in their K-9 unit to look for people hiding in the building. It all came to nothing, which Bruce and Marge were both glad of.

Most of their time now is spent volunteering at events such as the Liberty Lake Loop Run and other athletic events as well as the symphony in the park and Easter egg hunt. If there is an event in the area, SCOPE will probably have a presence.

SCOPE generally attends events to help with traffic control and parking lot issues such as monitoring handicapped parking. According to current SCOPE president Joe French, who has known the Johnsons for 35 years, the couple attend nearly all events and are always willing to do what's needed.

"Marge and Bruce always bring cookies to every meeting," French chuckled. "We gotta' have our sweets!"

Bruce and Marge really enjoy the social aspects of the group. They love being in the

Fourth of July parade with the SCOPE golf cart and handing out candy to kids as well as attending the annual appreciation dinner and summer potluck.

Liberty Lake SCOPE has about 20 volunteers, but French said they are always looking for more. Volunteers must be 18 years of age and older, able to drive, and pass a background check. After that, there is about six to eight hours of training and a defensive driving course that all volunteers must take in order to drive county vehicles.

"I remember when we used our own rigs and just used magnetic signs and lights for patrol," French reminisced. Now, the group has their own car and golf cart.

The organization's main focus in Liberty Lake is on events, school patrol (making sure kids are getting to and from school and watching for suspicious people and vehicles), night patrols and patrolling the Centennial Trail. SCOPE also offers vacation patrol. If you're going to be out of town and want an extra set of eyes on your home, all you have to do is call.

French would like to remind people interested in the program that you don't have to volunteer for every event or every patrol. It can be as little or as much time as you are willing to put into it.

If you're interested in volunteering or want more information on the services SCOPE provides, contact Joe French or Ray Baesler at the SCOPE office, 755-1143.

King Crossword

ACROSS

- 1 Stashed
- 4 "Kapow!"
- 8 Crooner Jerry
- 12 Cinnabar or galena
- 13 — mater
- 14 Soul singer Redding
- 15 Magnetic coil
- 17 Cry
- 18 Vim
- 19 Lemieux milieu
- 21 Roulette bet
- 22 Grave
- 26 House on an estate
- 29 "Glee" network
- 30 Meadow
- 31 Winged
- 32 Grecian vessel
- 33 Opening day?
- 34 Omega preceder
- 35 Emulate
- 41-Across
- 36 Edison rival
- 37 Excluding all else
- 39 Bro or sis
- 40 Existed
- 41 Ms. Earhart
- 45 Prop for Dr. House
- 48 Grammatical slip
- 50 Culture

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
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				21			22			23	24	25
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45	46	47				48	49					
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53						54				55		

- | | | |
|----------------------|-------------------------------|-------------------------------|
| medium | 8 "Wheel of Fortune" purchase | 32 James Joyce masterwork |
| 51 Always | 9 Noshed | 33 Mediterranean three-master |
| 52 Jungfrau, for one | 10 Recline | 35 Peninsula st. |
| 53 Band in Boston? | 11 Sixth sense, for short | 36 Stopwatches |
| 54 Talk back | 16 Fielder's woe | 38 Basins' accessories |
| 55 In medias — | 20 Courteney of "Cougar Town" | 39 Comic Soupy |
| | 23 "Desire Under the —" | 42 Teller |
| | 24 Repast | 43 Gilligan's home |
| | 25 Houston acronym | 44 Pumps up the volume |
| | 26 Navigator's stack | 45 Upper limit |
| | 27 Moreover | 46 Past |
| | 28 Hammer's target | 47 Siesta |
| | 29 Saute | 49 Eggs |

DOWN

- 1 Firetruck necessity
- 2 Unyielding
- 3 Take out of context?
- 4 Brit's sausage
- 5 Harold of silents
- 6 Parisian pal
- 7 Unger's sloppy roommate

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Answers to Trivia Test 1. Central 2. Hidden or secret 3. Fish 4. "Psycho" 5. Bavarian Motor Works 6. George Harrison 7. Eight 8. A bat 9. The Republic of Upper Volta 10. Osiris



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COMMUNITY



DAWES PRESS PHOTO

Rising folk-rock band to play Pavillion Park

By Josh Johnson
SPLASH STAFF WRITER

A rising California folk-rock band known for its classic sound will grace the Pavillion Park stage at 6 p.m. Aug. 15.

"An Evening with Dawes" comes two months after the release of the four-member band's fourth album, "All Your Favorite Bands." The free concert is part of Friends of Pavillion Park's 18th annual Summer Festival and serves as one of the highlights of this year's series of performances.

The longtime volunteer who does a great deal of FOPP's heavy lifting when it comes to scouting and booking bands, Chris Apted, said that in Dawes, concert-goers will enjoy a critically acclaimed band with a national profile that is on the rise. Apted compared Dawes' sound to a "mix of the Allman Brothers, the Beach Boys and the Eagles."

This nod to a throwback sound with a modern vibe was reflected in a swarm of mostly positive media accompanying the June 2 release of "All Your Favorite Bands." Newsweek described Dawes as "the inheritors of '70s-style California folk-rock." The band also enjoyed plugs from Rolling Stone, NPR and the New York Daily News, among other outlets.

The Chicago Sun-Times had an even more effusive take on Dawes: "With its modern take on old-fashioned songcraft and interplay, Dawes may ultimately be the most satisfying American band of its generation."

Currently on an international tour, Dawes is composed of Taylor Goldsmith (lead vocals, guitar, lyricist), Griffin Goldsmith (drums, background vocals), Wylie Gelber (bass) and Tay Strathairn (keyboards, background vocals). In publicity materials, Taylor Goldsmith said the title track, which he co-wrote with Jonny Fritz and reads like an

IF YOU GO ...

"An Evening With Dawes"

6 p.m. Aug. 15 • Pavillion Park

The show is free, and attendees are encouraged to bring low-back chairs. A shuttle will run from an overflow parking lot at Liberty Lake Elementary School. Concessions will be provided by the Liberty Lake Kiwanis Club.

ode to a treasured friendship, was inspired by his own personal definition of wishing someone the very best.

"The main line of the title track is 'And may all your favorite bands stay together,'" Goldsmith said. "I know that my favorite bands are a really deep part of who I am. ... I would love for someone wishing me well to put it in the terms of 'may all your favorite bands stay together.' That would be a real friend."

Speaking of favorite bands, Dawes has a particularly famous disciple.

"If you're looking for a rock n' roll band, this is pretty much all you need," David Letterman said when introducing Dawes for their sixth, and final, appearance on the "Late Show" during one of its swan song episodes in April.

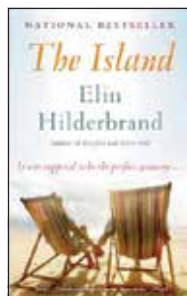
After the band performed "Things Happen" from the new album, Letterman announced his own new gig.

"People say to me, 'When you're done with the show, what will you do?'" the iconic comedian deadpanned. "I'm happy to announce I'm joining Dawes."

Splash intern Dani Guarisco contributed to this report.

Cool off with a hot book

Staff and supporters of Liberty Lake Municipal Library recently recommended a list of their favorite summer reads for adults.

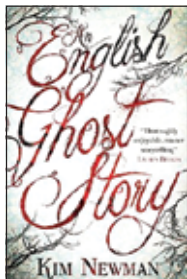


"The Island" by Elin Hilderbrand

Light reading for summer tells of four women who head to a summer cottage on a remote island off the coast of New England for a month of R&R. Birdie, the mother, takes her sister and

two daughters away from various situations that complicate their lives in an effort to resolve heartache and promote laughter and relationships. What starts as a peaceful getaway becomes much more!

— Carol Johns, Library Board Member



"An English Ghost Story" by Kim Newman

This highly inventive, supernatural scare weaves English school-girl stories from the early 20th century and their reclusive author-

ess with a modern dysfunctional family and a mercurial old house with a history. Newman doesn't miss a psychological beat as he builds up the family's hopes for a new start and brings to bear the pressure the Hollows (the house) exerts for their individual disintegration. "An English Ghost Story" tells a good scare without gore or excess and includes a little bit of wisdom for families in the bargain.

— Pamela Mogen, Library Director



"The False Prince" by Jennifer Neilson

There is nothing like escaping into a strange land of magic, courtly intrigue and medieval battle. But I don't want to be drawn into epic, multi-volume fantasy

fiction that is overly blood thirsty and sexually explicit, so I often head to the young adult section. I recently read a YA series I enjoyed titled the Ascendance Trilogy by Jennifer Neilson. In book 1, "The False Prince," a nobleman collects stray and orphaned boys in order to find viable and controllable impersonators for the long-lost

prince of a country on the verge of civil war; but perhaps he is better at finding would-be princes than he had planned...courtly intrigue indeed!

— Delain Miller, Technician/Cataloger



"The Shining" by Stephen King

This is a great choice because there is a movie and a miniseries based on it and it would be fun to compare the different presentations of the same story. The story is very

scary and, unlike the characters in so many horror movies, you really care about them. It takes place in a hotel that is cut off from civilization by the winter weather, and this isolation escalates all the problems. The scariest thing to me was watching Jack Torrance slowly lose his mind. This book is a treasure and surely worth another look.

— Ronda Gimlen, Library Clerk



"The Big Burn" by Timothy Egan

If you enjoy learning about local history, this book tells the story of the largest wildfire in American history that burned over three million acres in the Bitterroot Mountains of Ida-

ho and Montana. The summer of 1910 was very dry—no rain in June or July—when strong winds began blowing on an August afternoon. The fire that had been holding in the surrounding mountains suddenly began approaching Wallace, Idaho. This book tells the story of how firefighters and local citizens saved the town. The lessons they learned from that fire still influence the way wildfires are fought today. Woven into this story is the history of the Forest Service and how this event helped drive President Theodore Roosevelt's stance on the conservation of public lands.

— Linda Dockrey, Library Board Member



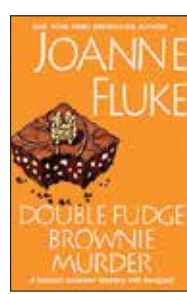
"Boys of Blur" by N.D. Wilson

A fantasy novel for all ages, "Boys of Blur" brings a twist to the Old English poem "Beowulf" by setting it in the swamps and sugarcane fields of Florida. When the time comes

to harvest the sugarcane and burn the fields, the boys of Taper, Fla., find sport by racing the flames to catch rabbits trying to escape the fire. But rabbits aren't the only things lurking in the sugarcane. Twelve-year-old Charlie Reynolds and his step-second cousin Cotton Mack must discover the secret evil hiding in the swamps and defeat it before the town of Taper becomes a city of the

living dead. Wilson is a master storyteller, weaving fantasy and magic into everyday life. Through his writing, we come to understand more of the world we live in.

— By Carissa Hale, Inter-Library Loan Clerk

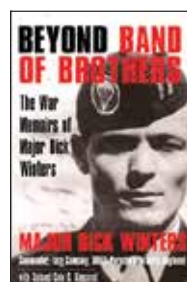


"Double Fudge Brownie Murder" by JoAnne Fluke

If you enjoy murder mysteries that are not gruesome and jump out of the dark and scare you, you will enjoy this delightful mystery. Hannah Swenson

owns a bakery in Minnesota, always seems to be in the wrong place at the wrong time, and keeps finding bodies. She also gets involved with solving the crimes, usually by accident. She has to manage solving the mystery, all while baking the newest concoctions at the bakery and managing her two boyfriends. This fun read will have you guessing until the end!

— Georgette Rogers, Circulation Supervisor



"Beyond Band of Brothers: The War Memoirs of Major Dick Winters" by Dick Winters

If you loved the HBO Mini Series, you will like this book. It delves into the life of

Major Dick Winters and gives you much more insight into his life and that of Easy Company.

— Travis Montgomery, Technical Specialist



"The Night Circus" by Erin Morgenstern

The Le Cirque des Rêves is like no other circus you've ever seen. Magicians Prospero the Enchanter and the mysterious Mr. A.H. enter into

their final competition. It's a game of magical prowess, where the contenders don't know the rules, and the lives of all around them are at risk.

Both magicians have protégés raised to develop their gift for magic and enter into a fatal game exhibited at the Night Circus. Matters only become more complicated when the two competitors fall in love and must take the competition to its final conclusion.

Morgenstern has created an enchanting and dreamlike world with beautifully described characters, interwoven storylines, and just enough suspense to keep you reading to the end.

— Shardé Mills, Adult Services Librarian

Game Night

5 to 7 p.m. Aug. 6

Take over the library with your favorite board game.

Games feature movie themes, including movie trivia and Disney Scene It. Also, don't miss out on classic board games, such as Battleship, Settlers of Catan and Connect Four. All ages welcome!



Ice Cream Social

2 p.m. Aug. 15 at Rocky Hill Park

Celebrate the end of the summer reading program with popsicles, ice cream and water games for kids to enjoy!



ALSO IN AUGUST

Summertime Essential Oils

6 to 7 p.m. Aug. 10

For bumps, bites and burns, this free informational class will introduce you to the healing properties of essential oils, homemade recipes and more.

eBooks & eAudiobooks Class

4 to 5:30 p.m. Aug. 12

Learn about the library's eBook and eAudiobook collections as well as access to free digital music and magazines. We will show you the step-by-step process.

Pages to Pictures Weekend

Dusk, Aug. 28-29 at Pavillion Park

Watch the movie "Big Fish" (Aug. 28), and then return to talk about it at the library at 5:30 p.m. Aug. 31 (copies of the book are available now for check out). On Aug. 29, the children's classic "Charlotte's Web" (Aug. 29) will continue to delight all ages.

Liberty Lake Municipal
LIBRARY

www.libertylakewa.gov/library
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COMMUNITY

Shakespeare in the Parks returning with charming 'Cyrano'

By Benjamin Shedlock
SPLASH CONTRIBUTOR

Pack your picnic, folding chair and fencing foil. Montana Shakespeare in the Parks is bringing live theater to the Summer Festival at Pavillion Park for the fifth consecutive year. The Aug. 22 production will offer the poetry, swordplay and everyman aspirations of Edmond Rostand's "Cyrano de Bergerac."

In Pavillion Park's outdoor setting, audiences can integrate their outdoor experiences into professional theater and break its traditional taboos. While enjoying swordfights, French costumes, and brash and romantic 19th-century poetry, families can head over to a splash pad, a skate park, and tennis and basketball courts. The Liberty Lake Kiwanis will sell concessions.

"The event atmosphere is relaxed, fun, enjoyable and accessible for all ages," Friends of Pavillion Park Board Member Laura Frank wrote in an email.

Combining theater and the outdoors creates a unique participatory experience for Montana Shakespeare. Each season, they select the 10 best actors from the more than 500 auditions solicited nationwide. Most of these professional actors work in dark theaters in big cities like Chicago and New York, "and they feel a certain disconnect between them and the audience," said Montana Shakespeare Artistic Director Kevin Asselin. "In daylight, the audience is truly one with the actors. There's no fourth wall, and we tell the story together."

This classic beauty and the beast tale follows Cyrano, a talented poet with a large nose, who loves Roxanne, a woman beyond his means. He writes love poems to

her through the attractive Christian, with whom Roxanne falls in love. Cyrano's ugly nose limits his social status, and Cyrano settles insults to his appearance through sword duels.

"He's an everyman who lives by the pen and the sword," Asselin said.

But performing outside presents challenges. June and July's heat did not spare the company, clad in period costumes of authentic materials. A long swordfight early in the play between Valvert and Cyrano "puts a lot of wear on our actors," Asselin said. They are also a skeleton staff, and the play is only part of the day for the actors, who build and strike the set and only take three days off for the summer.

Despite the grueling heat and schedule, actors and audience enter Cyrano's world together. The swordplay and costumes root this production in time and give it a sense of adventure. In that opening fight scene, "Valvert is in this pompous, arrogant costume littered with fleurs-de-lis," Asselin said. He hears children "giggle every time they watch a swordfight on stage." Their delight gets them closer to the play's language, what Asselin refers to as its "heightened text."

Cyrano issues brash challenges to would-be duelers and relates love poems to Christian underneath Roxanne's balcony.

"He's so specific in his use of poetry to color sarcasm and onomatopoeia to show the emotion and sounds he's experiencing," Asselin said.

But like many pre-modern plays reminiscent of Shakespeare, we struggle to tune in our contemporary ears.

"What I encourage the audience to do is to allow their ears to adjust to the language in the same way we have to allow our eyes to adjust to a dark room," Asselin said.

Montana Shakespeare in the Parks, an outreach program of Montana State University's College of Arts and Architecture, has plenty of experience connecting with audiences. Based in Bozeman, Mont., it is staging its 43rd season in mostly rural Northwest communities.

Although Liberty Lake is not rural, Asselin values the mission of providing well produced, high-quality theater here. For Frank, it "is a great introduction to both live theater and Shakespeare for children and attendees of all ages!"

Audience members familiar with other



SUBMITTED PHOTO COURTESY OF WINSLOW STUDIO AND GALLERY

Danny Junod plays the title character — known for his love poems, swordplay and large nose — in "Cyrano de Bergerac."

classical works will recognize Cyrano as an everyman.

"Cyrano's character is similar to that of Hamlet," Asselin said.

Struggling for recognition, he is by turns sarcastic, brooding and sentimental. He seeks the drama of war and the intimacy of relationships. He "uses his heroicism and valiant behavior to mask certain levels of insecurities." Ultimately, Cyrano recognizes that status doesn't bring happiness and learns to live well through words.

As for the rural part of its mission, Asselin said the 19th-century French setting highlights life in the Northwest through Cyrano's "romantic sense of adventure and love." He compares Cyrano's sense of adventure to the way rural communities choose to live among beautiful landscapes where life is more challenging and less financially rewarding.

"There's no better place to be embracing both those words and nature simultaneously," Asselin said.

To keep its performances accessible to these communities, Montana Shakespeare's performances are free. They are subsidized by corporations, federal and state grants, and donations collected at performances, which, according to Asselin, make up 35 percent of the budget.

Frank is proud of the support and reaction Liberty Lake has given Montana Shakespeare.

A past group of audience members told Frank that if Friends of Pavillion Park

IF YOU GO ... "Cyrano de Bergerac"

5 p.m. Aug. 22, Pavillion Park

The traveling theater troupe returns for the fifth consecutive year to perform Edmond Rostand's 1897 romantic comedy. Friends of Pavillion Park will host the play, which is free and open to the public. Montana Shakespeare in the Parks will accept donations at the performance. Liberty Lake Kiwanis will sell concessions. Sections nearest the stage are reserved for blankets and low-back chairs.

For more: www.pavillionpark.org or www.shakespeareintheparks.org

didn't reprise Montana Shakespeare, "they would start a collection to fund it."

With the traveling theater returning to Liberty Lake, Friends of Pavillion Park is promoting the best viewing experience possible. They are designating the closest sections by seating type "to help optimize viewing," Frank said. "So if you want to be close to the action, bring a blanket or low-back chair."

There are also new restrooms this year, but parking at Pavillion Park is limited. Overflow parking can be found at Liberty Lake Elementary School at North Molter Road and East Boone Avenue.

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Jimmy McGoldrick continued family's motorboat legacy

By Ross Schneidmiller

LIBERTY LAKE HISTORICAL SOCIETY

"Little Jimmy McGoldrick, 12-year old son of Milt McGoldrick, thrilled a crowd of nearly 2,000 spectators as he flashed to victory in the Runabout Four and One-Half Mile Motorboat Race at Conkling Park on Lake Coeur d'Alene yesterday. The youth, driving Ma's Worrie in his first race, easily outclassed his more experienced rivals."

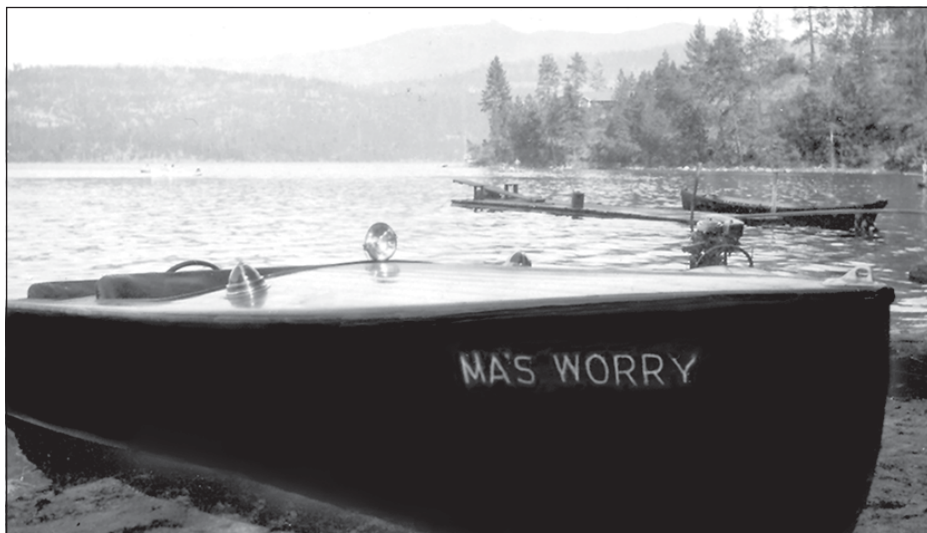
— *The Spokane Daily Chronicle*,
Aug. 5, 1929

The boat was a gift from his grandmother. He had received it about three weeks before the race. Since that time, he had been skimming the water of Liberty Lake where his family had a lake home. He also practiced at Coeur d'Alene Lake preparing for the event.

In a 2001 interview, Jim McGoldrick remembers his uncle advocating for him: "Uncle Ed went to Grandma and said, 'This boy is old enough to have a boat, he needs a boat, he deserves to have a boat.'"

His grandma agreed, but when they got to the lake with the Yandt 16-foot runabout with its Evinrude Speedy Twin outboard motor, his mother wasn't so sure. She did not want him getting hurt, but she okayed it after making him promise to wear his kapok life preserver and to be careful. Fittingly, he named the boat "Ma's Worrie."

With his family's history in boats, it wasn't surprising young Jimmy would become a boat enthusiast. It all started in 1910, when his Uncle Ed hitched a team of horses to his launch to bring the "Mary Lucille" to Liberty Lake for the McGoldrick family's first summer on Wicomico Beach. Sporting a two-cylinder, two-cycle Gray Marine engine, Ed entered the "Mary Lucille" in that August launch race. Enthusiasm built as A.E. Gallagher's boat (the multiple silver cup winner, "Killarney") now had competition. Unfortunately, when race day came, weather conditions were not good; the wa-

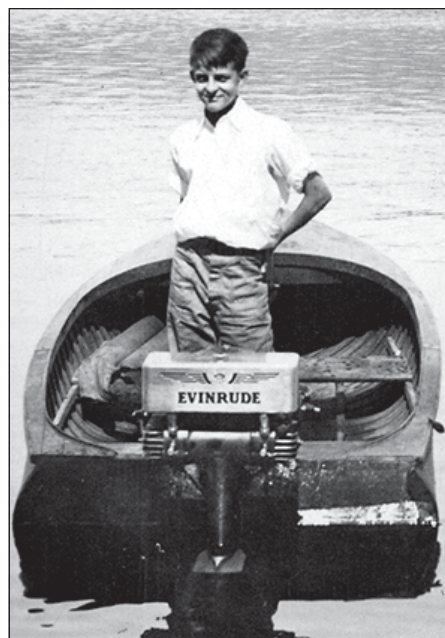


PHOTOS COURTESY OF LL HISTORICAL SOCIETY

Jimmy McGoldrick was age 12 when he captained his boat, "Ma's Worrie," to a victory on Coeur d'Alene Lake in the summer of 1929. He had put the boat through its paces practicing at his family's home on Liberty Lake.

ter was unusually rough on the west side of the course. Not favorable for fast time, the "Mary Lucille" and "Killarney" were withdrawn from the race. Though disappointed, Jim's Uncle Ed was now turned on to the sport of boat racing.

The McGoldrick family, supporting Ed with his new passion, traveled to Portland, Ore. The Willamette and Columbia rivers near the city were fast becoming a hot spot for motorboat racing on the West Coast. There, they saw boats sporting the latest in hulls designed to displace less water, moving the boat faster. They came home with a three-cylinder launch, the "Comet," which had been successful in the river races. Ed entered the boat in Liberty Lake's 1912 Regatta and brought home top honors and a silver cup.



If having a family legacy wasn't enough to create a fascination in motor boating, the McGoldrick's neighbor at Liberty Lake was. Joe Pedicord, a gold cup hydroplane racer, had a summer home next door. Many years



Neighbors & Neighborhoods

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his senior, Pedicord enjoyed the young McGoldrick's help with everything boats and motors. He was a pioneer in the home building of speedboats, naming them the "Peddy Boy," "Peddy Boy II" and the "Peddy Boy Junior."

Like Joe Pedicord, whose boat names started the same and ended with which edition it was, Jimmy's first boat was followed by Ma's Worrie II, III and IV. As Jimmy was skipping over the waves of Liberty Lake, it wasn't just his mother who was paying attention to his boating abilities. This author had an opportunity to visit with Jim and his wife of 72 years, Milaine, in the summer of 2012. She explained that her parents, Scott and Edith Jones, also had a summer home along Wicomico Beach when she was growing up. Jim was a few years her senior, but she knew who he was and observed from a distance his love of boating. They became high school sweethearts at Lewis & Clark in Spokane and married about six years later in 1940.

Both very active in various pursuits, they shared the passions of boating as well as flying, with each being a licensed pilot. Together, they acquired a vintage boat collection equaled by few but envied by many. Both Jim and Milaine are gone, Jim in 2012 and Milaine last year. What began at Liberty Lake, then Coeur d'Alene Lake and the Pend Oreille River continues today with their family — a love and appreciation of boats and those who taught them how.

Ross Schneidmiller is president of the Liberty Lake Historical Society.

DID YOU KNOW?

- The McGoldrick Family owned the McGoldrick Lumber Mill, one of Spokane's largest employers in the early to mid-1900s.
- Jim McGoldrick's grandfather, J.P., the family patriarch whom Jim was named after, was one of the original 50 investors in the Northwest-based General Insurance Company of America, which formed Safeco Insurance. Today, Safeco Insurance, along with its parent company Liberty Mutual, is one of Liberty Lake's largest employers.
- Milaine McGoldrick's grandfather, Arthur

D. Jones, at one time owned nearly all the land between Liberty Lake's north shore and the current location of the Liberty Lake Fire Station. The north side was commonly called Jones' Beach.

- Conkling Park was a well-known resort at the head of Coeur d'Alene Lake near the mouth of the St Joe River.

- For more than 50 years, the lakefront where the Coeur d'Alene Resort now stands was home to the Yandt Boat Works. Starting in 1915, they built over 75 boats specializing in fast runabouts and the water taxi trade.

- Before 1900, life jackets were made from cork and balsa. After that, a material called kapok became popular as the fill material for life vests. Kapok is a vegetable fiber found in tropical tree pods. The kapok fiber was sealed in plastic packets to prevent exposure to water.

- The Liberty Lake Motor Boat Club held the first races of its kind in 1907 at the lake. The course went around the lake, covering four to five miles. These boats, commonly called launches, were capable of speeds up to 10 miles per hour. The race entries were made up of the resort tour-

ing boats and resident-owned launches. The race was handicapped as to allow a fair but competitive race. The handicap allowed race officials to compensate for fast or slow boats in final results and to award the race to the boat with the highest achievement rather than the quickest time. The motorboat club awarded silver cups to the top three finishers. On an unusually rough day, as was experienced in August of 1910, the scratch boats, those with no handicap, would have a hard time winning even though they crossed the finish line first.

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COMMUNITY

August heats up at theater

Children's play, gala and improv on tap at LLCT

By Lauren Campbell
SPLASH CONTRIBUTOR

As the temperature rises this summer, it doesn't mean the curtains close at Liberty Lake Community Theatre. LLCT continues to be busy throughout August as the group reaches the tail end of their season, providing a great chance to get involved with some exciting events happening there.

July 30 through Aug. 2 is the final weekend to see "Tikki Tikki Tembo," a unique production written and directed by Kenneth Boles. The script is based on a children's book, which is itself based on a Chinese myth about why short names are so popular in the culture today.

The main character, a boy whose full name is Tikki Tikki Tembo No Sa Rembo Chari Chari Ruchi Pip Peri Pembo, gets stuck in a well. In the course of trying to rescue him, his younger brother meets all sorts of unique characters — such as a kung fu master, an incompetent musician and a deaf gardener — and eventually the brothers learn that life is much easier with a short name.

The cast of "Tikki Tikki Tembo" includes multiple children, ages eight and up.

"They're having a lot of fun, plus they're learning about another culture and another time," Boles said.

Boles has over 20 years of theater experience under his belt, and over a de-



cade working in children's theater. He has worked with Liberty Lake Community Theatre on six other productions in a wide variety of capacities. He said he loves working with kids and introducing them to the world of theater in a playful way. The young people in his cast particularly enjoy the dance sequence and the unique characters, he said.

"Tikki Tikki Tembo" is a cute, light-hearted family show, suitable for kids of all ages. Boles sought to also include references that would draw in the parents in the audience.

"I'm a parent. I know what it's like to not particularly want to go to something and know that I had to for the kids," he said. "So I tried to make it fun for the parents too."

The show started its run on July 24 and continues with 7 p.m. shows on July 30-31 and Aug. 1. The final show is a 2 p.m.



SUBMITTED PHOTOS

The play "Tikki Tikki Tembo," written and directed by Kenneth Boles, tells the story of brothers who learn that life is much easier with a short name. The production is finishing its run at Liberty Lake Community Theater the first weekend of August.

IF YOU GO ...



July 30 to Aug. 1 at 7 p.m.
and Aug. 2 at 2 p.m.

Liberty Lake Community Theatre
22910 E. Appleway Ave.

Tickets for this children's production cost \$12
online or at the door.

For more: www.libertylaketheatre.com

Cast of "Tikki Tikki Tembo"

Momma Woo: Melanie Delaney
Chang: Savannah Dumwell
Tooku Rue: Frances Morgan
Tikki Tikki: Abigail Dawn
Nagameso: Jen Butler
Phong: Josie Dawn
Master Dim: Alicia Townsend
Jubay: Tyler Degenstein
Shen: Gracie Wohl
Ling: Emily Charbonneau
Ping: Brooklyn Butler
Raoul: Mikaila Delaney
Pong: Mikenzie Delaney
Yen: Sydney Wasteneay

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matinee on Aug. 2. Tickets cost \$12 online or at the door.

On Aug. 15, the theater is hosting the third annual Hearts for the Arts Gala, a special event to raise money for the 2015-2016 season. The gala will include a silent auction, drinks (the event is only for those over the age of 21), hors d'oeuvres, and a production of "Caught in the Act." Limited tickets are available for this special, one-night-only event for \$35.

The theater also has an improv show coming up on Aug. 27, where the troupe will perform comedy under the name "This, That and the Other." Improvisational comedy is unplanned, and the show tends to be rated PG-13. Tickets are available online or at the door for \$7.

For more, visit www.libertylaketheatre.com.

Liberty Lake Theatre Annual Gala



Aug. 15 at 6 p.m.

Liberty Lake Community Theatre

This third annual event serves as a fundraiser for the 2015/2016 season. The night will include a silent auction, drinks, hors d'oeuvres and a production of "Caught in the Act." The event is open for those age 21 and over. Limited tickets are available and currently being sold online for \$35 each (or \$60 a pair).

For more: www.libertylaketheatre.com

Liberty Lake Theatre Annual Gala

HEARTS FOR THE ARTS

8.15.15

Liberty Lake Community Theatre is hosting a silent auction to benefit the 2015/2016 season. Join us for drinks, hors d'oeuvres, and a mainstage performance of "Caught in the Act." Limited seats available. Tickets onsale now.

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Present this coupon good for admission or concessions at the "This, That and the Other" Improv performance on August 22nd at 8:00pm.



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AUG 22 at 8pm

22910 E Appleway Ave, Liberty Lake
\$7 tickets available at door

Shutterbug Snapshots



Clockwise from left: Susie Mid-daugh recently captured a hummingbird in flight and a soaring hawk. She is part of the Spokane Valley Camera Club which starts meeting again on the third and fourth Mondays beginning Sept. 21

Michael Hassett discovered an osprey nest on the Liberty Lake Trail. He also photographed a young owl and a Virginia rail near the Saltese Flats area.

Amber Englehardt shared this photo of a baby deer feeding off its mother in Amber's front yard.



SUBMITTED PHOTOS

Summer camping



SUBMITTED PHOTO

Boy Scout Troop 413 took a camping trip to the Olympic Peninsula recently.

Splash Travels



Above: Chet and Starlet Turner visited Seaside and Cannon Beach in July with The Splash. Chet is a Parker Aerospace employee, and Starlet is a licensing specialist for Spokane County.

Right: Mark Beattie (right) took The Splash along on his travels to Dar es Salaam, Tanzania, where he met up with Tobias Swai (left). Beattie said that Swai spent the summer of 2011 in Liberty Lake while studying at Gonzaga University and fondly remembered the Yard Sale Day, Fourth of July events and concerts in the park.



SUBMITTED PHOTOS

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



LIVIN' IT UP ON THE FOURTH

SPLASH STAFF AND SUBMITTED PHOTOS

City employee Tim Holman shot some of the fireworks display launched by the city of Liberty Lake at the ball fields (left), while Jack Baratta photographed fireworks over the lake (right).



Milonga entertained crowds during the concert in Pavillion Park, as Rich Semler shared in the photos above and at right.



Despite the 100-degree weather, families flocked to the Alpine Shores neighborhood for the annual Fourth of July parade. Multiple prizes were awarded by parade organizers to floats and groups such as (counterclockwise below) the Coyle family's Shark Attack, Littlest Firecracker Lizzy Mathews and the Rasmussen Family Lawn Chair Brigade.



Therapeutic Associates plans move to LLAC

Athletic Club's construction project will add mezzanine while preparing space for new tenant

By Treva Lind
SPLASH CONTRIBUTOR

A construction project that began late July will soon increase the size of Liberty Lake Athletic Club. That upgrade also will prepare new space to bring in a local physical therapy office onsite.

Grant Bafus, the athletic club's owner, said the project is expected to take around 90 days to complete and will add almost 3,000 square feet, all as part of a second-level addition. The club also is remodeling some existing main-level space to accommodate a practice area for Liberty Lake Physical Therapy-Therapeutic Associates, with Steve Allen as director.

A cycling room and stretching area will move upstairs to the new mezzanine, and that new cycling space will be designed so it can be used also for yoga, ballet, Pilates and other sessions. The second-floor level additionally will have more room for adding new cardio equipment, Bafus said.

"We'll spread out cardio and weight training equipment on both upper and

lower levels," Bafus said. "There will still be a true weight room; the one we have now won't change dramatically. We're going to spread out some of the machines a little bit more, such as adding new cardio upstairs, and also some new pieces we don't currently carry. The goal is to add more cardio equipment."

Steve Allen said the physical therapy practice likely will move into its new 1,600-square-foot quarters at the club around late October from its current office at 23505 E. Appleway Ave. Liberty Lake Physical Therapy-Therapeutic Associates has 10 employees. Among those, Allen works as a physical therapist along with two others, James Tangredi and Sean Campbell.

"It's a great move for us because we're going to align with a highly-respected, well-run athletic club," Allen said. "I've had access to work with my patients there for years. This is a chance for our clients to have access to the pool and the facility. That's a real plus and better service and care than we can currently provide pa-



SPLASH PHOTO BY TREVA LIND

Contractor Samuel Butler of REACON Construction LLC is overseeing a project at Liberty Lake Athletic Club that will expand space and enable a tenant — the Liberty Lake Therapeutic Associates practice — to move in.

tients onsite without going somewhere."

Therapeutic Associates is a Seattle-based corporate business, with a majority of clinics in the Pacific Northwest. As one of about 70 clinics, the Liberty Lake facility has operated since 2001.

Allen added, "We see a fair amount of Liberty Lake Athletic Club members. It will help them, perhaps after an injury, to be able to connect with them there at the club. It's nice exposure; we'll be on the ground floor. I've known Grant for some time, and I really respect the man, his business model and his ethics. I feel honored we've been included."

Bafus also described the pairing with Allen and his associates as a win-win.

"It will be a great partnership and will enhance the amount of wellness offerings we can provide to our members," Bafus said.

"It's important to us," Bafus added. "It's a one-stop shop for healthy living. You've got Steve Allen who has an excellent reputation locally and regionally. You put him in here and his staff, and it's just a good marriage of two businesses that complement each other. There are a lot of members from the athletic club who use Steve Allen, and this will be much more convenient for them."

Because the project will demolish the current cycling room and a stretching area to build the new physical therapy space, spin classes will be temporarily on hold. However, most member uses and classes are expected to continue as scheduled during construction, Bafus said.

He said the project will relocate some fitness equipment and add a larger, functional training and stretching area.

"We'll have a little bit of everything on both levels," he said. "Ultimately, it will increase the square footage of our weight room. It will allow us more square footage for cardio and weight equipment overall. We will increase the square footage for both our cardio area and for our weight room by about 20 percent each."

This is by far the biggest improvement project for the club in seven years, which has also seen new flooring installed a few years ago, some other small upgrades and equipment updates.

The addition of a second floor mezzanine will span from the north weight room wall to the south basketball court wall.

"Basically it covers the west end of the weight room, and above what used to be the cycle room, and will span north-south walls within the weight room," he said.

A temporary wall on the main level will separate the new space being worked on from the current weight room, which will temporarily reduce the size of the weight room just during construction. Bafus said a few machines may be unavailable on a short-term basis as well, but members will have access to the facility for most needs, he added.

"There might be slight interruptions to the facility, mostly for cyclists. We won't be able to hold the cycle class through construction at around 90 days from start, but just the spinning classes will be on hold."



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BUSINESS

750 Comcast jobs planned for LL

New 80,000-square-foot building to be built on Meadowwood Tech Campus

By Craig Howard
SPLASH CONTRIBUTOR

At the July 21 Liberty Lake City Council meeting, City Administrator Katy Allen brought up an unnamed company that would bring hundreds of jobs to the community and further propel plans for a possible traffic roundabout at the intersection of Mission and Molter.

We now know that company is Comcast.

The multinational mass media company will occupy 80,000 square feet in a new building on the Meadowwood Technology Campus by next year. According to Comcast spokesman Walter Neary, the site is part of the company's "new initiative to improve customer service" and will eventually be home to 750 employees.

Liberty Lake joined Tucson, Ariz., and Albuquerque, N.M., as one of three locations in the western U.S. selected by Comcast as part of the program.

"This was a very competitive process," Neary said. "We considered a lot of areas. Liberty Lake just emerged as a great location. They won a nationwide competition."

Jim Frank, CEO of Greenstone Homes which owns the Meadowwood property, said the plan is to have the building ready for Comcast by January. He estimated that tenant improvements would take another four to five months, putting the official opening of the site sometime in May or June.

"This is a testament to Liberty Lake's quality of services and infrastructure provided by the city," Frank said. "Along with sewer, water and roads, this was about our

trail system, the amount of open space and the quality of the workforce in this area."

Comcast hosted a meet and greet event on June 9 at its Spokane headquarters to promote the onset of employment opportunities. The company has a one-year lease at a site on Sullivan Road in Spokane Valley where 100 employees are now in training. Neary said that the interim building would close when the Liberty Lake location is ready.

"We've recognized for some time that the Spokane area has a fantastic workforce and that this is a great place to live," Neary said.

Comcast has also announced that veterans and family members of veterans would comprise 15 percent of the staff at the new office.

Neary said the company is hiring now, and interested applicants can visit cmcsa.jobs/SpokaneWa.

Frank said the original Hewlett Packard building that represented the flagship structure of the Meadowwood Tech Campus and encompasses 200,000 square feet "is now essentially full." Earlier this year, a 60,000 square foot building known as "Meadowwood 3" was completed for Liberty Mutual Insurance. Frank said there are plans "to complete the balance of frontage improvements on Mission Road," including landscaping and sidewalks. The Comcast project will also add parking and a separate entrance.

"The city welcomes Comcast and its new employees," said Liberty Lake Mayor Steve Peterson. "Liberty Lake is a place for Comcast to truly call home as it builds its business and customer base. Comcast and its employees will be able to live, work and play in our friendly community with access to very affordable housing, multiple transportation alternatives, educational and recreational opportunities."

■ ■ ■ In Biz

Family Home Care recognized as one of top employers in state

Family Home Care, 22820 E. Appleway, was recently named one of the 100 best companies to work for in 2015 by Seattle Business magazine.

It is the fourth time the provider of in-home private care to Inland Empire families has been recognized. A press release said that FHC was one of only two companies recognized from Eastern Washington this year and the only employer from the greater Spokane area who achieved this designation.

Established in 1966, Family Home Care has over 200 employees who serve hundreds of clients in Spokane, Whitman and Asotin counties in Washington as well as Kootenai, Latah and Nez Perce counties in Idaho. For more, visit www.FHCcares.com.



SUBMITTED PHOTO

President Jeff Wiberg accepted the award for Family Home Care on July 1 at the Washington State Convention Center in Seattle.

Pioneer School hires Tichy

Pioneer School recently announced the hire of Liberty Lake resident Ann Tichy as a second grade teacher for the 2015-2016 school year. Tichy taught at Liberty Lake Elementary School until retirement and also has participated in international teaching.



TICHY

"We look forward to having Ann join the Pioneer staff, as she brings us 42 years of teaching experience," said Betty Burley-Wolf, Pioneer School director. "She is a master at differentiating curriculum and will share her world travels with her students, as well as her lifelong love of learning."

Pioneer School is a non-profit educational organization in Spokane Valley that serves students in kindergarten through fifth grade. For more, visit www.pioneerschool.com.

Physzique offers testing day

Physzique is holding its first Athletics Training Day at all studios to challenge the physical limits of their athletes and provide them opportunity to earn athletic bands. The Liberty Lake studio, located at 1611 N. Molter Road, will be holding its testing 9 a.m. to 3 p.m. Aug. 1.

According to a press release, the testing involves a series of fast-paced, full-body exercises utilizing body weight movement, weight training and plyometric exercises. Participants must be active members of Physzique. Individuals who pass will receive a completion band and eligibility to participate in an upcoming competitive event.

Donations for 2nd Harvest Food Bank will also be accepted during the event. The public is invited to watch and/or bring a food donation. For more, call 999-6680.

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

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A single 1/2" wisp of milfoil can multiply into 250 million new plants in a year. — Washington State Department of Ecology

Milfoil can choke out fish, outboard motors and swimmers. Please check for milfoil when leaving *every* lake. Pick up fragments from your watercraft (or beach) and place in *trash*. Thanks!

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www.libertylake.org/milfoil2015

The district will be dive harvesting and applying herbicide to the lake in the coming weeks. See our website for details, or call 922-5443.



SPLASH PHOTO BY JAY RIVERA

Chad Kimberley gets in some exercise early on July 4 along Liberty Lake's Fallen Heroes Circuit Course.

See Chad run ... or jog slowly



By Chad Kimberley
SPLASH COLUMN

I am a runner.

I never thought I would write that sentence and actually mean it.

Now others may not view me the same way. Others might view my running and see me as a plodder, a fast walker, an injured jogger or a 911 call waiting to happen. But after this month of activities, I can't help but think that now I have finally graduated to the level of official runner.

This month, I set out to do some running around town by jogging the Fallen Heroes Circuit as well as participating in the Liberty Lake Loop four-mile run. Thankfully, the Loop includes plenty of other people who can serve as my spotter if I keel over from exhaustion, but

to guarantee a spotter, I asked my buddy Jay to head out way too early in the morning as to beat the ridiculous heat wave and complete the Circuit.

We decided on July 4 as the date for our run as it seemed appropriate to complete the Circuit on the day we celebrate independence and remember those who have served and given their life in service. We started out at Rocky Hill Park with the plan to do at least one complete set on three to five pieces of equipment at each stop before jogging off to the next station on the circuit course.

As we headed down the road toward Pavillion Park, I was thankful for two things: sprinklers that seem to spray directly into your face as opposed to the grass that needs to be watered and the fact that Jay had an ESPN radio Mike and Mike podcast playing to give us some jogging entertainment to take the mind off the pain.

When we hit the Trailhead station of the Circuit, I loved the fact that they spread out

See RUN, page 46

Hoopin' it up



KD's Krewe went undefeated at Hoopfest 2015 to win the fifth grade girls bracket. Pictured are Libby Awbery, Teagan Colvin, Lizzy Gresch and Josie Miller.



Flicka Da Wrist, made up of Colton Marsh, Tayshawn Colvin, Joey Neer and Dylan Darling—also went undefeated to win the sixth grade boys bracket.



The Beast Ballers played eight games in two days of 100+ degree heat to fight their way through the Hoopfest loser's bracket and take home second place. Pictured are Talia Emmerson, **Corinne Westby**, **Romy Robinson** and Grace Kalua. (Liberty Lake residents in **bold**.)



SUBMITTED PHOTOS

For the second year in a row, Wild Thunder played together to win their Hoopfest bracket. The fourth grade boys included Kolby Roche, Grayson Landers, Zac Olson and Tucker Stocum.

Swim + Run + Bike = Winners



SUBMITTED PHOTOS

Swimmers take to the water during the Valley Girl Triathlon in and around Liberty Lake on July 12.



Emma Fredekind, 10, did the sprint tri as a team with her mom, Nicki Fredekind. Emma swam and ran while her mom did the bike portion.



Emma Whybrew, 17, received second place in the 18 and under group.

An Ironman



SUBMITTED PHOTO

Kevin Glynn and his wife Laurie celebrate the finish of Kevin's race at the Coeur d'Alene Ironman. Glynn was the top finisher from Liberty Lake with a time of 11:07:41.

SPORTS

Scoreboard

7/11 LIBERTY LAKE LOOP

Age group results

Men 10-12
Connor Larsen, 43:14.44; Renner Barnes, 47:11.31

Women 10-12
Nadiri Dutton, 37:53.88; Brooke Barnes, 38:45.97; Tiffany Vontobel, 1:04:52.31

Men 13-15
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7/12 VALLEY GIRL TRIATHLON

1/3-mile swim, 12-mile bike, 3-mile run finishing at Pavilion Park

Liberty Lake finishers (by place overall)
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See SCOREBOARD, page 44

Sports Brief

LL residents complete Ironman

Thirteen Liberty Lake residents were among the more than 2,000 participants who completed the thirteenth annual Coeur d’Alene Ironman June 28.

The top male finisher among Liberty Lake residents was Kevin Glynn, who completed the 140.6-mile event in 11:07:41. The top female finisher from Liberty Lake was Stacey Robinson with a time of 15:22:19.

Others who finished the course were Rod Grozdanich in 12:35:35; Brandon Spackman in 12:53:23; Matthew Mattison in 13:31:24; Darin Vaughan in 13:45:54; Matthew Peterson in 14:01:15; Eric Mcauliff in 14:12:43; Kris Spinning in 14:48:25; Travis Hunt in 15:01:23; Amie Holmquist in 15:36:28; Kristina Northcutt in 16:51:35 and Monica Eschenbacher in 16:59:13.

The overall top male finisher in the race finished in 8:20:35, and the top female finisher had a time of 9:23:27.



SPLASH PHOTO BY MIKE VLAHOVICH

Ben Terrell, Zach Rademacher, Isaiah Puryear and Nathan Synoground set up a ruck during a practice session for the Liberty Lake-based Goth Rugby Club.

Rugby evangelists

LL club trumpets the benefits and fun of growing sport

By Mike Vlahovich
SPLASH CONTRIBUTOR

Goth Rugby player Zach Rademacher likely was ordained to play the sport. It’s in the family’s DNA.

His dad, Brett, played and was featured in a 1980s newspaper story, pictured tossing the pigskin while practicing — in the snow.

Nearly 30 years later Brett Rademacher is general manager of the youth Goth Rugby club, a year-old enterprise based in Liberty Lake.

“I tried soccer and it wasn’t for me. I needed a contact sport,” Zach, 17, said of his introduction to the sport. “My older sister got into (rugby). I got excited about it and said I wanted to try. There’s tackling and everybody gets to run with the ball. There is really no other sport like it.”

Brett harkened back to his playing days and the juices started flowing. He has four sons in the Goth program.

“I had played and loved it,” says Brett, who spreads the rugby gospel with the zeal of an evangelist. “My wife was not too keen on it (at first), but we had a blast.”

Big or small, size doesn’t matter. There’s a place for everyone in a sport that is essentially football without pads, plus elements of other sports thrown in.

The object of the game is relatively simple even if terminology confuses: Move a ball that is bigger than a football with rounded ends forward non-stop and score by running, drop-kicking or after passing. The pass, however, must be thrown backwards with an under-hand motion akin to lobbing watermelons into a bin. Any one of 15 players can touch the ball.

The halves begin with a drop kick. Stoppages for infractions result in different ways to restart play. Familiar to most is the scrum, where eight players a side lock arms, the ball is thrown into the middle where players called hookers battle to “hook” the ball back to their teammates.

Scrum positions have exotic names: loose-head and tight-head props; locks; open- and blind-side flankers.

Behind the scrum, seven players line up diagonally: the left wing, outside and inside centers, fly half and scrum half. To their right diagonally are the right wing and fullback.

In order to score five points, the ball must contact the ground once it crosses the goal line. Extra points are worth two

See RUGBY, page 45

Gratitude infiltrates seams of society

By **Todd Kiesbuy**
SPLASH GUEST COLUMN

When asked to write a brief article on what gratitude means to me, I accepted with the thought that it would be an easy assignment which I could complete in no time. I was wrong. On the surface, gratitude seemed simple and easily explained, but a deeper look threw me into the complexity of what gratitude represents and how it impacts our society.

In writing this article, I wanted to start with the question of what this character trait truly means. There is the general understanding of the definition of the word “gratitude” as defined by Webster’s Dictionary: “A feeling of appreciation or thanks and the state of being grateful.” So let’s think of gratitude as saying “thank you” to the person that helps pick up the papers you dropped in the hallway; as a head nod and smile when someone holds the door for you; as a simple gift to a co-worker for his or her effort. Is that all there is to it? There has to be more to gratitude than simple pleasantries.

After additional thought, I realized that there are multiple layers as to how gratitude is expressed and its impact on society. For example, gratitude can be shared and expressed by millions through our support for those who serve in the military. Or it can be very private and unspoken as often happens with an organ recipient. It can be expressed in self-reflection in appreciation for life’s simple gifts. People often show true gratitude by giving of their time or monetary support,

because it is voluntary and unconditional, and it should be given without obligation or expectation. As a recipient, there is a feeling of an oddly reverse gratitude that can be awkward and uncomfortable to convey, because it can be difficult to accept gratitude from strangers or even someone close.

As an employee of Avista Utilities, I’m fortunate to be given the opportunity to show my gratitude toward the communities I serve. Avista is overflowing with employees who dedicate themselves to community service in ways that are inspirational and contagious. In 2014, their generosity resulted in more than 48,000 hours of volunteer service to more than 800 organizations across our service territory. This expression of gratitude has gone on for years and will continue for years to come. Recent research from The University of Michigan showed that “cultivating feelings of gratitude and generosity can have a profound effect on mental and physical wellbeing of those who give. People who donate their time doing volunteer work experience reduced stress, an enhanced sense of purpose and even greater longevity.”

In the end, I found that the virtue of gratitude is very complex. It means something very different to everyone, but it is a virtue that everyone can exemplify and appreciate. Quotes that stood out while researching this unique character trait include:

“It is not happy people who are thankful. It is thankful people who are happy.” — author unknown

“Gratitude is not only the greatest of virtues, but the parent of all others.” — Cicero

Todd Kiesbuy is a Regional Business Manager for Avista Corp, and his areas of responsibility include the Spokane Valley and the West Plains. Todd has been with Avista for 11 years and started in the emergency dispatch department, later becoming a construction design coordinator. Kiesbuy serves on the PACE Board, City of Spokane Valley Chamber of Commerce Board of Directors and the Board of Natural Resources for Kootenai County. He volunteered his time to be the PACE guest columnist for the month of August.

About the Opinion Page

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

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

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

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

Letter to the Editor

Lake fireworks a highlight of the Fourth

We want to extend an official thank you to Tim and Denise Coyle for their commitment to the over-the-lake fireworks display for 23 years! This is the highlight of our Fourth of July celebration, and we really appreciate the work of the Coyles and everyone else who helps make this happen every year. The fireworks display is a great grassroots community asset and another example of why this is such a great place to live.

If you haven’t already donated, please make a donation to the Liberty Lake Fireworks Fund. Send your check to Liberty Lake Fireworks Fund, P.O. Box 430, Liberty Lake WA 99019.

We’ve all got to keep supporting this amazing event. Thanks for your dedication.

**Kottayam V. Natarajan
and Alison Ashlock**
Liberty Lake



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COMMUNITY GOLF

6/22 Spokane Valley Women’s League

Flight A: Gross, Marie Neumayer, 51; Net, Gail Bailey, 37
Flight B: Gross, Bobbie Hunsinger, 54; Net, Jen Stark, 42
Flight C: Gross, Kathleen Burns, 57; Net, Colleen Lynn, 36
Flight D: Gross, Nancy Moore and Ann Armstrong, 70 (tie); Net, Gerri Vance, 39
Chip In: Sandy Nowaski, #8

6/25 Liberty Lake 9-Hole Club

1st Flight: Gross, Robin McKee, 46; Net, Bette Devine, 34
2nd Flight: Gross, Arla Beck, 54; Net, Ann Archibald, 36
3rd Flight: Gross, Luana Hager, 62; Net, Judy Booth, 37

7/1 Trailhead Ladies 9-Hole Club

Flight A: Gross, Alison Block, 49; Net, Susie Hanson, 35
Flight B: Gross, Iness Walth and Joy Russell, 55 (tie); Net, Diane Rudnick, 36
Flight C: Gross, Linda Kunstmann, 63; Net, Sharon Spear and Judy Clark, 41 (tie)

7/2 Liberty Lake 9-Hole Club

1st Flight: Gross, Sharon Woolf, 47, Birdie #3; Net, Bette Devine, 35

2nd Flight: Gross, Arla Beck, 54; Net, Marylou Nowels, 33
3rd Flight: Gross, Luana Hager, 65; Net, Rebecca Curry, 44

7/8 Trailhead Ladies 9-Hole Club

Flight A: Gross, Bea Carroll, 45; Net, Bobbie Larsen, 28
Flight B: Gross, Joyce Jacobs and Iness Walth, 51 (tie); Net, Ann Parman and Eleanor Badinger, 35 (tie)
Flight C: Gross, Hedy Longworth, 56; Net, Sharon Spear and Shirley Roberts, 36 (tie)
Chip In: Eleanor Badinger, #2

7/10 Liberty Lake 9-Hole Club

1st Flight: Gross, Sharon Woolf, 47; Net, Mary An Grannell, 40
2nd Flight: Gross, Sadie Rueckert, 51; Net, Kathy Camyn, 34
3rd Flight: Gross, Luana Hager, 64; Net, Darlene Reilly, 48
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Flight B: Gross, Barb Byington, 58; Net, Jen Stark, 39
Flight C: Gross, Colleen Lynn, 54; Net, Donna Dill, 38
Flight D: Gross, Elaine Edwards, 61; Net, Nancy Moore, 39
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Flight A: Gross, Diane Perry, 49; Net, Marie Neumayer, 39
Flight B: Gross, Bobbie Hunsinger, 45; Net, Laurie Stewart, 36
Flight C: Gross, Sandy Nowaski, 61; Net, Ann Armstrong, 51
Flight D: Gross, Patty Bordelon, 69; Net, Terri McDaniel, 40

7/16 Liberty Lake 9-Hole Club

First Flight: Gross, Sharon Woolf, 46; Net, Roxy Powell, 37
Second Flight: Gross, Sadie Rueckert, 56; Net, Lorraine Martin, 36
Third Flight: Gross, Polly Soderquist, 63; Net, Darlene Reilly, 36

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THE

Splash

Volume 17, Issue 8

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About

The Liberty Lake Splash

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

Subscriptions

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SPORTS

RUGBY

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and are kicked from wherever the ball touched down, somewhat comparable to a soccer corner kick. A penalty kick or drop kick during live play through football-style goal posts is worth three points.

Defensively, in the interest of safety, rugby's tackling style is being adapted to football programs.

"There're a lot of concussions in football. They wear helmets and think they're indestructible," Zach explained. "In rugby, you don't have pads on and hits can hurt more, so you have to have the right technique when tackling."

Legend has it that rugby evolved in the early 1800s when a soccer player picked up the ball and ran with it.

Local colleges have men's and women's club teams. More are becoming intercollegiate programs like at Central Washington University, which Brett says is one of the best in the country. He added that a survey concluded that rugby is the second-fastest growing sport in the U.S. behind lacrosse.

Back home, Post Falls had started a program and he took his sons there halfway through the season.

"The coach resigned and asked if I'd be interested in starting another team," Brett said.

He wears several hats, including that of a state commissioner, "So I help oversee the development of youth rugby, basically from Ellensburg to the Idaho Border."

Today, there are two teams in Post Falls, one in Coeur d'Alene, his program, a team in Yakima, another in Wenatchee and, he said, lots of teams in Seattle. Goth is made up of players from several area high schools.

"We're a first-year team with three experienced veterans," Zach Rademacher said, "so we're all still learning."

The youth version is fast-paced and has seven players a side and seven-minute halves. Tackling concept is like to touch or flag football "tackling."

"It's really easy to coach and really fun to play," said Brett. "Kids burn off a lot of energy, and the parents love it. It's not as complex as regular rugby."

Seven-a-side rugby will be part of the Olympic Games in 2016. The U.S. will defend the gold medal it has held for 92 years. So what if 1924 was the last time it was an Olympics event?

Brett says currently this country isn't among the top-tier teams. But as youth programs continue to flourish and the sport continues to gain popularity in college, it shouldn't take long to get there.

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THE Splash

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SPORTS

RUN

Continued from page 42

the fitness equipment along the trail so you would work out a bit, run (sorry, jog) a bit, and continue till the end. Jay and I were now more than halfway through the circuit and loved the experience to this point. As we took a right on Country Vista and headed up towards the Arboretum, I was recalling my joys of growing up in the Midwest where there were no hills or slopes to run.

As we landed at the station which will be formally dedicated on Sept. 11 in honor of a fallen member of the Coast Guard, we came across an exercise element that I sadly struggled at: the balance beam. Seriously, I can't walk a balance beam. Thanks to two torn ankles that occurred during my college years, I find that I walk beams as well as I stand on a paddleboard. Splash and Crash.

Finally, we made it to Town Square Park, where I worked out on a few machines and began to drool in anticipation as the burrito man arrived to set up for the Independence Day edition of the Liberty Lake Farmers Market. At this point, we made two very good decisions. First, we did not get a burrito. Second, we drove ourselves back to Rocky Hill, thus avoiding an additional 1.5 miles of jogging.

Our final tally was a nearly 60 minute workout, 3.55-mile jog and a chance to honor and remember the fallen heroes who allow us to enjoy a great Fourth of July in Liberty Lake.

Next, it was time to run the Loop. The Liberty Lake Loop is the one event that I have done every year since my family and I moved to Liberty Lake just over seven years ago. But this, my eighth Loop, was awesome because I did not have to pull a wagon, push a stroller or help my kids make it to the finish line. Now, my oldest daughter became the rabbit that I tried to chase throughout the race, which kept me going till the finish.

This year, I accomplished a first: I jogged up the first two hills of the Loop

until the two-mile water station. Again, I was reminded that I miss the flatness of the Midwest. But I felt great joining my daughter as we walked the next section (i.e. hill) of the race until we could start the downhill push toward the finish.

As my daughter and I passed the three-mile mark, we slowed down a bit (OK, we walked a bit) and enjoyed hanging out and chatting. That was until a friend jogged by and let me know that my wife was just a few yards back from us and catching up quick.

Two options were presented, and I ran them by my daughter: ditch the wife/mom and take off for the finish or enjoy finishing as a family. Option three happened instead. Tammy joined us, and Bri took off to beat us both easily to the finish. The last stretch of the race heads up hill once again, and I was shocked to find that I still had some kick left in my legs as I hit the finish chute with my best time ever: 43:59.

I realize that time is not overly impressive, but for me to break 44 minutes was a major success. To top it off, it even garnered me a third-place medal for my age division. Along with my wife's third-place medal, we both got bragging rights over the daughter who left us in her dust down the stretch.

After these back-to-back weekends of running, I realized that I am now a runner. I used to mock runners. I questioned the sanity of people who got up at 4:30 to hit the streets. I wondered aloud about the running attire of girls in skirts and dudes in short shorts. But now I find myself already planning for the next race, thinking about personal best times and setting out clothes the night before to get up before the sun to run the next day.

See you all on the streets of Liberty Lake. If you see a guy NOT wearing short shorts but lying near a gutter, please call my wife and medical personnel. Odds are, it is me.

Sports columnist Chad Kimberley and his family live in Liberty Lake.



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500 more miles in life's winding journey

LL's Cindy Esch riding bike to make a healing she experienced possible for others

By Staci Lehman
SPLASH CONTRIBUTOR

Cindy Esch says she's not an athlete, yet she plans to ride her bike 500 miles in 10 days — after not having ridden a bike for 18 years.

Crazy? Maybe, but no more crazy than the past decade of her life.

Like a butterfly, the symbol of the nonprofit organization she co-founded with her husband, Chuck, the Liberty Lake resident has transformed both mentally and physically in recent years. The events leading to this change started when Esch was a kid and culminated this year with the development of Childhood Saved, a non-profit organization that provides financial assistance and emotional support to survivors of childhood sexual abuse.

“Like a caterpillar, when a survivor heals, they are free to finally fly,” Esch said.

It took many years for her to fly, though. When she married Chuck 19 years ago, she fell into a deep depression and contemplated killing herself. Not because of the marriage, but because of a secret from her past. Esch had been sexually abused as a child.

Initially, counseling didn't help, and her therapist threatened to have her committed as a danger to herself. Chuck began attending sessions with her and revealed a secret of his own — he had also been sexually abused.

The couple spent more than a year in therapy, making great progress and healing. Something else was troubling them, though.

“We noticed that people in the group sessions would often quit coming after a while and heard that they had run out of insurance benefits and couldn't afford to pay for therapy themselves,” Esch said.

The couple spent thousands of dollars of their own money to continue treatment as long as needed and swore to each other that if they could ever afford it, they would help pay for other people's treatment.

Life got better but then harder again after Chuck had a massive stroke. Esch took a year off work to be his caregiver and gained



SPLASH PHOTO BY STACI LEHMAN

Childhood Saved founder Cindy Esch takes her bike for a spin in Rocky Hill Park. She plans to put 500 miles on the bike between Aug. 29 and Sept. 7 to raise funds for the nonprofit, which provides the resources necessary for victims of childhood sexual abuse to experience healing.

40 pounds. Already overweight, her doctor told her she needed to lose weight to avoid serious health problems of her own. She started a program with Take Shape for Life, a weight loss and healthy living program, and quickly lost 55 pounds.

With her husband recovering, Esch was looking and feeling good — until she woke up one morning in February 2012 to find a lump in her left breast. Tests showed it was just a cyst — but that she had metastasized cancer in her other breast. The chemotherapy that followed was physically devastating.

“A week and a half later, my white blood cell count was so low that I had to be quarantined so I wouldn't catch a cold or anything else,” Esch recalled. “It would have killed me at that point.”

Esch had multiple side effects from the chemo and was so weak at one point she couldn't lift her head. She thought she was going to die.

“I picked out an outfit and told Chuck to bury me in this,” she said. “And then we cried.”

She didn't die, though. Her recovery was slow, but she pulled through. However, she had somehow gained 30 pounds during her illness. The day after her last

chemo treatment, her doctor told her to lose the weight or it would be obesity that would kill her. She went back to Take Shape for Life, lost 96 pounds and found a new career. Seeing how effective the program was, Esch trained to be a certified health coach with Take Shape for Life and has been doing it ever since.

Thankful for both of their recoveries, from both physical health issues and the ravages of sexual abuse, Cindy and Chuck Esch decided it was time to start giving back and set about trying to figure out how to fund a nonprofit that would pay for therapy for other people.

“I was talking to an acquaintance who mentioned that she had once raised money by doing a bike ride, and the light just went on,” she said. “I would do a ride to

draw attention to childhood sexual abuse and raise money to help others heal.”

The fact that she hadn't ridden in 18 years wasn't a deterrent. Along with legal work to form Childhood Saved, Esch started training. Gary Degastine with Northwest Recumbent Cycle in Post Falls loaned her a three-wheel Terra Trike Sportster until she could pay for it. Her neighbor, Judy McGrady, stepped in to pay for it and told Esch to pay her back when she could.

With hundreds of miles of training in her legs, Esch will embark on the 500-mile ride at 5 a.m. Aug. 29 from Rocky Hill Park, chosen because the land used to be her grandfather's farm.

She will ride through eastern and central Washington and Moscow and Lewiston, Idaho, stopping along the way to tell her story in speaking engagements and raise funds and awareness for Childhood Saved.

The ride also ends at Rocky Hill Park — on Labor Day, Sept. 7. The public is invited to a celebration event featuring a walk, music, demonstrations and more. The event is tentatively planned between 3:30 and 7:30 p.m., with Esch expected to arrive at her 500-mile “finish line” during that timeframe.

For Esch, though, this event is just the beginning. She hopes it inspires others to answer the call of caring for victims and helping them to find the type of healing she found — building a movement of people who will help “shine a light.”

“Close your eyes and imagine you see a scared child cowering in a dark corner, because that is what victims of childhood sexual abuse carry inside them — a scared child cowering in a dark corner,” she said. “Now imagine you could shine the light of hope and healing into that darkness. That is what you are doing when you support Childhood Saved. You are shining the light of hope and healing into the darkness that is childhood sexual abuse. You are giving someone back a life worth living and letting them know they are worth saving.”

BE A PART OF THE JOURNEY

Learn more about Childhood Saved, including how you can donate in support of Cindy Esch's 500-mile ride, at www.childhoodsaved.org. The ride begins at 5 a.m. Aug. 29 and ends Sept. 7 at Rocky Hill Park in Liberty Lake. Esch is expected to arrive at the park between 3:30 and 7:30 p.m., and during that timeframe a celebration will be ongoing, including a walk, music, demonstrations and more. Follow her journey on social media and get the latest event details at facebook.com/childhoodsaved.



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