



Brandon Long, left, and Angelo Clark whip heavy ropes during a PE class with exercises in a new fitness regimen that has students turning out for more. — Scott Hunter photos

New fitness program offers a new culture at Lake Roosevelt Schools

Dozens of students get up early to work hard

by Scott Hunter

A training program at Lake Roosevelt Schools has inspired dozens of teenagers to get up early to work out before school every day, for no credit.

“We bring a culture,” said former professional football player Nathan Overbay, now a key trainer with Advanced Performance X-Train, or APX.

The company that began in 2007 is in 60 high schools, clubs and sports programs, offering training and nutrition programs.

“It’s probably the top training

facility in the Pacific Northwest right now,” said Loren Endsley, Lake Roosevelt’s new physical education teacher, who worked at the Spokane facility in the summer and learned the system.

So did his fiancée, Cassie Wendt, also a teacher at the school, who had been through the program as a high school athlete herself, attending Ferris High School in Spokane.

The two of them volunteer their time each weekday morning, opening up a new weight/training room fashioned out of the former art room in the old school building.

Although the program is also incorporated into the PE curriculum, on most days, about 40 kids show up at 6:45 a.m. to work out.

“In August I started it, and everyone told me I’d be lucky if

I had five kids show up,” Endsley said. In the summer, they trickled in, but by the first day of school, 25 came, and attendance has grown from there.

The exercises are fun, always changing, and geared toward the motion needed in each individual sport. Athletes in one sport train for the kind of motion they need in the field or on the court. Although they do use weights, training is based on growing appropriate strength, not pumping maximum weight, Endsley said.

A morning visitor to a session will find kids working hard, often in twos, on weights, using chains, or using huge rubber bands, or waving heavy ropes. They use exercise balls, and jump as quietly as possible onto a two-foot stand. Whiteboards outline the day’s approach for individual programs.

And between grunts, there are smiles.

“Any program that can get 40 high schoolers in at 6:45 in the morning ... has to have something going for it,” said Grand Coulee Dam School District Superintendent Dennis Carlson.

The school board gave a green light to the \$6,000 yearly expenditure that includes training and support, with monthly visits from Overbay and others. Last week, the head of Washington State University’s nutrition program came to talk with the kids about how to eat healthy food. At 6:45 in the morning, 48 kids came to listen — for no credit.

“It gives kids a new drive,” explains Jocelyn Moore, a junior and volleyball player who now works out every day and goes to

See PROGRAM page 2

Council candidate forum set for Thursday night

by Roger S. Lucas

Residents of Coulee Dam will have an opportunity to get to know at least some of their candidates for city council positions in the November 3rd election.

A forum will be held beginning at 6 p.m. Thursday, Oct. 22, in the community room at city hall.

Scott Hunter, publisher of The Star newspaper, will act as moderator of the event.

Six candidates running for the three open council positions have been invited to participate in the forum, but only three plan to attend.

Candidates will have an opportunity to provide information about themselves and later answer questions from the public and the evening’s moderator.

The candidate forum will go from 6-8 p.m. and light refreshments will be available.

The three not attending are Ben Alling, who will be on his annual hunting trip; Ken Miles, who will be traveling out of state; and Bonnie Femling.

Candidates David Schmidt, running against Femling; Herb Sherburne, running against Alling; and Keith St. Jeor, have not declined.

The races are tied to a number of challenges the town faces, such as the new wastewater treatment plant, consolidation of services with other towns or cities, water issues, and more.

The public is invited to meet the candidates and to ask questions.

Council: push for consolidation

by Scott Hunter

When the mayor of Coulee Dam told the town council last week that consolidating police services might not go anywhere for years, they asserted it was worth pushing for anyway.

Mayor Greg Wilder filled the council in on talks he’d had with Grant County and Okanogan County officials concerning the details of police dispatch if Coulee Dam Police were to serve Electric City. The two municipalities have emergency services dispatched from different county centers, creating technical issues and possibly long delays on some calls. He wanted to explore the idea of simply consolidating services, but the talks hadn’t gone well and it seemed that political differences would make any consolidation of police departments unlikely.

He suggested pushing ahead with plans to find a new police chief to replace newly-retired Pat Collins. Maybe a few years in the future, the time would be right to approach the idea of consolidation, he suggested.

But Councilmember Shawn Derrick pushed back.

“Every time I’ve ever talked to anyone about combining emergency services in these towns, it’s always come up in a pretty positive light.”

He said it would save money operationally.

Councilmember Gayle Swagerty agreed and noted that a study done in the 1990s had showed consolidation of even whole towns is possible.

Duane Johnson agreed, suggesting the town and its citizens would save money and be better served by combining police, fire and ambulance. “And operationally I think it would be more effective, because ... you’d have one point of communication,” he said.

Wilder said that he was in total agreement with the concept, but that the pragmatic issues are more complicated than they might appear.

He said he will continue to discuss the matter of police consolidation with Grand Coulee’s incoming mayor and police chief.

Newsbriefs

Perpetual summer hours for trash

The governing Regional Board of Mayors agreed last week to make year-round what have previously been summer-only hours at the Delano Regional Transfer Station.

Beginning Nov. 1, hours will be from 8 a.m. to noon on Monday, Tuesday, Thursday and Friday; and 8 a.m. to 3 p.m. on Saturday. The extended program will cost about \$2,000 per year more than the current expense. Fall cleanup dates this year will be Nov. 14–21, when residents can bring their garden waste to the transfer station without charge.

School year not extended

The state Office of the Superintendent of Public Instruction has granted Grand Coulee Dam School District’s appeal for four waiver days at the beginning of the school year. The district started school four days

late because of fires in the area and because part of the school facilities were being used for fire relief. It means that students in the district will have 176 days of instruction rather than the usual requirement of 180.

Local help for veterans

The Spokane Mobile Vet Center is coming to downtown Grand Coulee Wednesday, Oct 28, beginning at 11:30 a.m. Veterans can receive counseling, and get help with VA benefits. For more information you can call Josh Anderson or Steve Holbert at 509-444-8387.

Councilmember Lonna Bussert, who has been the city’s chief promoter of the park, said that the project is going to take some time to develop. Additional fundraisers are being planned, including another future garage sale.

The city acquired some surplus playground equipment from the school district, and it awaits the completion of a park plan before it can be installed.

Park fund grows

by Roger S. Lucas

The Regional Board of Mayors effort to begin a recycling program is in a tailspin.

Even its chairman, Electric City Mayor John Nordine III, said he wasn’t in favor of it.

The mayors had agreed to take the recycling issue to their respective councils, getting permission to purchase a \$13,000 recycling bin.

The first town to address the issue was Elmer City. Its council didn’t even vote on it and said no thanks.

Electric City’s council was cool to the idea and was fearful that it would force garbage rates to increase.

by Roger S. Lucas

A conditional-use permit may be the best way Grand Coulee can move forward to allow a Grand Coulee couple to purchase Center School.

Mervin and MaryJo Monteith appeared before the planning commission last week to pursue interest in putting in a fiber processing center in the old Center School building.

The city’s planning commission was unable to move forward on the issue because only Chairman Tammara Byers was present for

the meeting.

The city did have its planner, Jerry Litt, of SCJ Alliance, at the meeting, trying to walk the rezoning request through the zoning process.

The Center School and property on which sits is currently zoned R-1 (residential).

The Monteiths explained that they represent the North American Wool Cooperative (NAWC) out of Oroville, a non-profit group. Its president, Vicki Eberhart, attended the meeting.

They said that any equipment

needed for processing animal fibers would fit in a medium-size room. Parking wouldn’t be a problem, even if the fiber mill had full employment (from 27-37 workers), because the school currently has enough off street parking.

A Grand Coulee businessman, Dale Baty, who had had an interest in purchasing the property earlier, cautioned the couple about the high water and energy costs at the site. An average monthly water, sewer and garbage bill for the Center School was about \$2,005, school officials noted,

and the power bill was \$1,550 a month. Baty said the estimate for razing the building was \$350,000 to \$500,000.

The property had been assessed at more than \$2.7 million by Grant County, putting a large tax burden on any purchaser, but that seemingly wouldn’t be a problem for a non-profit operation. “To get non-profit status, any buyer would have to apply to the state, and if that was granted they wouldn’t have to pay real-estate taxes,” according to Melissa McKnight at the Grant County

See FIBER MILL page 2



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Tyrell Kiser works with a big stretch band while Loren Endsley, center, talks with Taren Redstar in the new weight room kids helped to build in the former art room of the old school.

Program

Continued from front page

bed at 9:30 p.m. “I look forward to getting up in the morning,” she added.

Moore said because of the program she has changed her diet, and cut out junk food.

“Now I don’t ever have an appetite for that,” she said.

Overbay, who spent seven years playing football for the Denver Broncos and the Detroit Lions, said 70 percent of success in sports is rooted in good nutrition, so that’s a very big part of

the program.

That aspect is what sold the school board, Carlson said.

“I’m really excited about the future,” Endsley said, noting that many middle schoolers are training now.

Endsley is also a football coach at the school, and Wendt can be seen on the sidelines at games, helping athletes work out muscle cramps. When that season is over, Endsley promises, they want to figure out how to open the pro-

gram up to the adult community.

For now, Endsley is working on spreading the enthusiasm in the school.

“To have a safe place to go in the morning, to have a safe place to do something constructive, is something that’s been missing in the community for a long time,” Carlson said. “It’s one of those things that can change lives; there’s no question about it.”

Fiber mill

Continued from front page

Assessor’s office. McKnight said the school is up for a reassessment this year.

Assessments are based on square footage, a market multiplier, and various other factors, she said. The land is assessed at \$40,370.

The school and its property sit on about an 8.3-acre parcel.

If the couple is able to purchase the school, the Monteiths could see a fiber processing operation, a library holding information on animal fibers and animal husbandry, a fiber art gallery, a retail store featuring articles made from animal fiber, an education complex for such groups as 4-H and community gatherings, and more.

The school district purchased the building last October for \$155,000 and a current appraisal came in at \$190,000.

The district advertised the building for sale earlier this year, but no one bid on it.

The Monteiths have an alpaca farm in Lincoln County with about 40 animals.

The couple got some support

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He loves to fix guns

Gunsmith always wanted own business

by Roger S. Lucas

Some people are lucky and choose vocations that are also their hobbies.

That’s true with Dennis Buchanan, who owns and runs Buchanan Armory in Electric City.

“I’ve always loved guns,” he said Tuesday.

Buchanan came to the area after applying for and getting a position with the Bureau of Reclamation. That was from 2007 to 2010.

The new gunsmith (he has been open nearly a year) has a small shop on the highway across from the Vet Center.

Got a trigger problem with your gun? He can fix it. He loves working on guns.

“I have always had this thing of taking things apart and putting them back together,” he said.

He and his wife, Amanda, and their two children, Donovan, 5, and Sadie, 4, live in Electric City.

“I have always wanted my own business,” Buchanan stated as a customer walked through the door.

The gunsmith spent five years in the Navy where he served on a missile destroyer, targeting drug smugglers in Central America. Their task was to assist the Coast Guard in intercepting boats loaded with drugs trying to gain entry into the United States.

After leaving the Navy, Buchanan took a guard position in a Colorado prison and determined that it wasn’t what he wanted to do. He went back to school and earned a degree in gun technology (heavy in math).

There, he learned the nuts and bolts of being a gunsmith, teaching him to confine his practice



Dennis Buchanan, of Buchanan Armory in Electric City, stands in front of several rifles he has on consignment. His specialty is fixing whatever is wrong with firearms. — Roger S. Lucas photo

to taking care of customers with gun problems.

That involved sometimes making needed parts, cleaning, and adjusting parts so hunters had a safe firearm.

Buchanan has a consignment policy. He won’t take a gun on consignment unless he deter-

mines it is a safe firearm.

Buchanan was raised in California. He got out of the Navy in San Diego where jobs were scarce, and that brought him to the Northwest.

The armory will do custom work, but will send the task out to a specialist.

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event details and photos at
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CMC Welcomes



Dr. Sam Hsieh

Joined our team

August 2015

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Grand Coulee
509-633-1911
www.cmccarges.org



Coulee Medical Center is pleased to announce that Dr. Sam Hsieh has joined our team as a general surgeon.

Born in Canada, Dr. Hsieh (pronounced Shay) is board certified. He graduated from the Royal College of Surgeons in Ireland, Dublin, Ireland. His main focus is on general surgery, used in colonoscopies, gallbladder disease, soft tissue disease, gastrointestinal disease, hernias, thyroid, laparoscopic, vascular, and varicose veins. He completed his surgical residency at the University of Texas Medical Branch, Galveston, Texas, in June of 2015.

OPINION

Letters from Our Readers

To the voters of Coulee Dam

Recently, I had the privilege of spending time with three of the candidates running for the Coulee Dam Town Council. Although I spoke with each individually, I was very surprised to hear how similar their actions and views were. I told them I would be writing to The Star to share what I had heard, and if any mistakes have been made, the responsibility is mine.

Ben Alling was the first to talk with me, followed by Bonnie Femling, with Keith St. Jeor last. Here is a summary of our discussions:

All three are long-time residents of Coulee Dam. Ben was born in the area in 1948, Keith in 1974. Bonnie arrived in 1941 and has spent her last 47 years in the Coulee area. The reason they all gave for their many years in the area was, “Because it’s a great place to live!” All three have spent years working for the USBR, although holding other jobs earlier.

In 1968, after graduating from high school, Ben was caught up in the Vietnam War. The day after he was asked how he wanted to serve, he was on his way to basic training, then welding school. He was top of his class. But that didn’t help him on his first night of active duty. He was stabbed in the chest by a civilian Vietnamese and spent the next 17 days in the hospital. Those two experiences - welding and wounding - probably explain two of his life-long interests, his work life and his continuing interest in EMT service.

After continued schooling in welding, Ben went to work for the USBR on a temporary appointment. He continued to work for the Bureau from 1976 until his retirement. When Rod Hartman, then mayor, asked him to help out by joining the fire department, Ben could see that there was also a need for more trained EMTs. He has expanded his training in both fields whenever possible.

Bonnie’s work experience covers a wide range of jobs, including cashiering, bookkeeping, acting as an aide in the school system’s “Right-to-Read Program,” running her own business and going

to work for the USBR in 1975 as an office worker. She was promoted to “drafting aide” and is still doing drafting. But now she works with highly-automated computer equipment, a long way from the hand-drawn blueprints of her early days.

Keith St. Jeor is another native of Coulee Dam, born in 1974. After graduating from the local high school, he spent the next four years at Eastern Washington University, earning a double degree, in electronics and engineering, gaining experience while working in the school’s technical department. In 2002, he joined the USBR power systems Control Division, where he progressed through all the steps until he is now supervisor of that division, managing it while teaching others.

All three have been involved in service to the community. Ben was fire chief for several years. Although he prefers working with his hands. When Wayne Rawley, then chief, asked Ben to take over the job, Ben did so, taking every opportunity to learn. He is still a firefighter/EMT, although now associated with Grand Coulee Ambulance, as is Bonnie.

Witnessing a tragic accident is what sent Bonnie in search of whatever training in first-aid she could find. At that time, only the Red Cross offered any first -aid program. Bonnie learned all she could, and when EMT training came into being, she took every opportunity to advance her knowledge. In 1983, she was asked to become a part of the Coulee Dam Fire Department, becoming the first woman to serve as both Coulee Dam firefighter and EMT.

Both Ben and Bonnie served for many years on the Coulee Dam Town Council. Both see this as a way of helping to keep their town as “A Great Place to Live.”

Keith has become involved in using his computer and research skills for the same reason, “to keep this town a great place to live.”

The Veterans of Foreign Wars has always been one of Ben’s oth-

er great interests. He has been very active in the annual ceremony honoring our Veterans at the Memorial Day Isle of Flags. Bonnie does all she can to aid this project. She loves buying at the VFW’s Summer Sales. You can usually find Ben delivering, sorting, in the back fixing stuff, or doing whatever needs doing.

The blood bank is one of Bonnie’s pet projects. When she discovered that blood donated here was not being used for area patients, but was going to the Yakima area instead, she went to work to change things. As a result of her efforts, blood that comes from here is used by our area patients. Part of this blood supply, to the amount of nine gallons, came directly from Bonnie.

Keith is a fairly recent person on the service scene. He has used his computer skills in fact-finding on a wide variety of topics involving our town. We need his skills since a large portion of population is not comfortable or proficient with the computer age.

In closing, Keith, Bonnie and Ben all expressed in their own way the same thought. They want more clarity in how information is obtained and on how decisions are reached.

This is where we, the citizens, need to take a more active part in our town government. We need to make our concerns felt, whether it involves chickens or trees or side-walks, or moving money around from one fund to another. We need to follow, as best we can, the spending of large sums of money on projects like the waste-water treatment plant.

All three of the candidates expressed over and over that they need to know your questions, your wants, your wishes, so the town remains “A Great Place to Live.” And they all said, “We will do our best to manage the affairs of the town, but we need you to tell us your opinions, your thoughts.”

Carol Netzel

Kim Stanger,
Indian Education Director
Grand Coulee Dam
School District

Dodie Boyd, Shelly Black, Natasha Vargas, Coraline Vargas, Lexi Hanway, The Star Newspaper, Dorothy Palmer, Dorthey Zacharle and Sisters and all of our gifted presenters.....

If your name is not on the list, we apologize. We loved having everyone’s help.



Aches and pain of aging and hunting

I remember my first day of high school football practice. What I remember more is the next day barely being able to get out of bed. Every muscle, joint and bone seemed to scream with an extreme aching that had never been felt before by this young teen. Fast forward to this past weekend. It was the opening day of hunting season, and as I write this, those same muscles are singing the same tune they sang many years ago.

Of course, on many occasions over the years between our youth and our current status we have all put in many a hard day’s work and felt it the next day. As we get older and older, it seems it takes longer and longer to recover. The phrase “pain in the neck” must have been uttered the first time by a hunter who packed his heavy deer gun up, over, around, under, and through the sagebrush-infested stomping grounds of the elusive legal buck’s domain. Painkiller of choice was applied as soon as he was back in his warm, dry, comfortable home.

Picture this: you stomp all over the country, seeing your desired treasure on only a few fleeting occasions and on land where you do not have permission to tread. Dejected and depressed, you make the slow journey home like a heartbroken teenager, head hung low, dragging your way with a heavy gear bag, feet slowly shuffling. As you begin to climb your stairs, which seem like Mount Everest to your hips and knees, you glance over at your apple tree to see your treasure has been waiting for you at home all day. Perfectly legal and perfectly broadside and perfectly undisturbed. The hunter’s body says you win today, Mr. Buck, and continues

his climb and licks his wounds in bed. Only to do it again the next day, except adding a glance at the now vacant spot under the tree.

Back during those football years, we recovered very quickly from those grueling workouts; but today, a few years later for sure, we take weeks, and sometimes months, before the muscles simmer down and get back to normal. Thank goodness for natural healing oils. They work and smell good. Also, a hot bath really feels good after a day of wet socks and heavy boots. When I think about it now, it makes me wonder why any of us put our bodies through this kind of ordeal year after year for days on end. As I sit and try to wonder why I should ever again don the camo and get my hopes up, I see a shoulder-mounted whitetail deer hanging on the wall, and the memories flood back to me of that day. Friends, laughter and good times dance in my mind. A smile comes to my lips as I drift off to sleep. A vision of monster deer clouds my dreams and tomorrow can’t come fast enough.

Just like the kid who dreamed of being the next Laurence Taylor or Barry Sanders and knew that practice made him a better player in the future, the hunter knows that around the next ridge awaits his next big deer and the only way to get there is to pick up each mud-infested boot and keep on going. The next game will be your big game and the next hunt will be your big hunt. The hard part is just ignoring the body’s screams of defeat and proving to the pain that success is just one more practice away or one more sagebrush away. Push through and get there, which goes not only for football and hunting but all obstacles that life throws at us.

Coulee Recollections



Eighty-One Years Ago

South end of government camp. – 1934

Lots of help appreciated for the “gathering”

On behalf of the Grand Coulee Dam and Nespelem School Districts, we would like to thank everyone who helped make the 2015 Cultural Awareness Gathering a success.

We were blessed to have perfect weather that day.

We would like to thank the following people and groups: Coulee Dam Credit Union, Zion Lutheran Church, Faith Community Church, Nazarene Church, Grand Coulee Fire Dept., Coulee Dam Fire Dept., Colville Tribe Public Works Dept., Colville

Tribes Employment and Education, CCT K-12 Program, CCT Diabetes Program, CCT Donations Committee, CCT Fish & Wildlife, Nespelem School, LRHS and LRE ASB, GCDS D PTA, LR student volunteers, Jess and Karrie Utz, Butch Stanger, Tiffany Gerard, NNDF - Rhonda St. Pierre and Tim, Weinstein Beverage Co., Safeway, Sheila Darnold, Patty Desautel, Sandy Davidson, Steve Harrington, Andy Ade, Tim and Grace O’Sullivan, Mike Wilson, Terry Miley, Jenny Miley, Janice Archer, Patsy Gould,

And we’ll miss her, too

The closing of the Fusion Café comes as an unfortunate loss to the community and to myself as well. I would like to take this opportunity to thank all of the customers I have had the privilege

and honor of serving in my job as waitress these past seven years. Thank you for your kindness and generosity. I appreciate all of you for being part my life and would like you to know you will

be missed. Thank you for touching my life.

With heartfelt thanks,
Wiyaka Steinke

The Star reserves the right to edit for length, spelling and grammar, but every effort is made to keep the writer’s intent. Libelous material and UNSIGNED LETTERS WILL NOT BE PRINTED. A writer’s name may be withheld by request but only after editorial board review. Please include a daytime phone number so we can contact you if we have questions. Send letters to The Star, Letters, P.O. Box 150, Grand Coulee, WA 99133. Fax to (509) 633-3828 or e-mail The Star at: star@grandcoulee.com

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Scott Hunter	Editor and Publisher	Roger Lucas.....	Reporter
Gwen Hilson	Production Manager	Launi Ritter.....	Proofreader

Meetings & Notices

CHAMBER MEETS AT PEPPER JACK’S FOR OCTOBER

The Grand Coulee Dam Area Chamber of Commerce will be meeting this Thursday, Oct. 22, at noon, at Pepper Jack’s Bar & Grille in Grand Coulee. General business will be discussed.

DEMOS TO MEET

Okanogan County Democrats will meet Saturday, Oct. 24, at 11 a.m. at Koala Street Grill, 14 Koala Drive, Omak. There will be discussion and planning of the 2016 County Caucuses and 2016 Conventions for county, state and national.

The quarterly meeting of the Washington State Democrats 4th Congressional District Committee will follow at 1 p.m. Guest speaker will talk about the pending Southeast Asia Trade Agreement being considered by Congress. No-host lunch will start at noon.

OKANOGAN COUNTY SCHOOL RETIREES ASSOCIATION TO MEET

Okanogan County School Retirees’ Association meets at 11 a.m., Friday, Oct. 30, for a general meeting/no-host lunch at Koala Street Grill, 914 Koala St., Omak. Okanogan High School’s small group chorus, under the direction of music teacher, Kathy Bryson, will perform. For more information call Jennie Hedington at 509-422-2954.

CARE AND SHARE FOOD BANK

The food bank at the Church of the Nazarene has normal operating hours every Friday from 2 to 4 p.m. It is located at the Church of Nazarene, Hwy 174, Grand Coulee. The bank still can use clean, plastic grocery bags.

LOCAL AA MEETINGS

Confused in the Coulee AA meetings are held on Mondays and Fridays at 6 p.m. at the Vets Center in Electric City. Call Paul at 633-3377 days or 633-3345 evenings. New Hope Group meetings are held Wednesdays at 6 p.m. at the Vets Center. These are open and non-smoking.

In Nespelem, the group Bound and Determined holds its meetings Monday evening at 7 p.m. at the Catholic Church. Contact Myrna at 634-4921 for more information.

Senior Menu

Wed., Oct. 21 - Dinner

Pork Roast, Mashed Potatoes and Gravy, Mixed Salad, Apple-sauce, Cake. Happy Birthday

Thurs., Oct. 22 - Dinner

Broccoli Chicken Divan (Broccoli, Chicken, Rice, Cheese), Sunrise Salad, Apple Crisp

Fri., Oct. 23 - Breakfast

Biscuit and Sausage Gravy, Eggs, Fruit Bowl, Orange Juice

Mon., Oct. 26 - Breakfast

Country Skillet,(Meat, Eggs, Potatoes), Toast, Fruit Bowl, Orange Juice

Tues., Oct. 27 - Dinner

Chicken a’La King with Noodles, Mixed Salad, Green Vegetable, Fruit Cup, Pie

Wed., Oct. 28 - Dinner

Hamburger Steak with Grilled Onions, Scalloped Potatoes, Fruited Jell-O, Cookies

Thurs., Oct. 29 - Dinner

Pork Loin, Caputosh Testa, Green Vegetables, Applesauce, Ice Cream

Fri., Oct. 30 - Breakfast

Breakfast Burritos (Meat, Eggs, Potatoes), Banana Bread/Muffins, Fruit Bowl, Orange Juice

TOPS MEETINGS

TOPS (Take Off Pounds Sensibly) Chapter 1524 meets on Tuesdays at 9:15 a.m. at Grand Coulee Senior Center prior to the exercise group gathering at 10 a.m. Come and join for the health of it. The SAIL exercise class follows this meeting beginning at 10 a.m. There is no charge. Also, a SAIL exercise class is held Mondays, Wednesdays, and Fridays, from 6:30 – 7:30 p.m., at the Coulee Dam Community Church.

FAMILY HISTORY CENTER AVAILABLE

The Church of Jesus Christ of Latter-day Saints invites all who desire to utilize the Family History Center in the Coulee Dam Chapel, located at 806 Spruce Street in Coulee Dam. The center is now open each Wednesday from 6 to 8 p.m. The family history centers are free, open the public ,and staffed by knowledgeable volunteers. Each facility offers both novices and experienced family historians the tools and resources to learn about their ancestors.

SENIORS HAVE WHEELCHAIRS, CRUTCHES AVAILABLE

Through the Grand Coulee Dam Senior Center, a program is available to members and other persons who for a short time need wheelchairs, walkers, crutches, canes, bath stools and other mobility aids.

For those who have any of the above items that are from the center and are no longer used, please return them. If you have any of the above items in good condition and would like to donate them to the center, it would be extremely appreciated. For those who cannot deliver, pickup is available. Call 633-2321 for more information.



Carpenters celebrate 50 years

Richard and Lucy Carpenter recently celebrated their Golden Anniversary on a Honolulu, Hawaii vacation, including a cruise to many other islands and Maui.

Richard and Lucy (Haydock) were united in marriage at the First Christian Church in Bremerton, Washington in 1965. The couple has made their home in the Grand Coulee area since 1985. Richard retired as an electrician at the USBR and Lucy as a Central Services Tech at Coulee Community Hospital.

The couple has two children: Richard Carpenter Jr. (Spokane) and Kerri (Joe) Lauseng of Grand Coulee; three granddaughters: Rindi, Liz and Sara; two grandsons: Joseph and Chris; and six great-grandchildren.

Flu A community guide for prevention and care

*From the desk of Infection Control
Sandy Edwards, RN*

Vaccination is the best protection against the Flu. The U.S. Centers for Disease Control and Prevention recommend that

everyone age 6 months and older has an annual flu vaccine. A nasal-spray vaccine is an option for healthy children ages 2 and up, as well as for healthy nonpregnant adults through age 49. Talk with your healthcare provider.

If you do not have insurance or cannot afford the flu shot, please call this number at Coulee Medical Center: (509) 633-6354 (desk of Molly Morris). Coulee Medical Center will ensure you receive your Flu vaccine.

Coulee Medical Center exists to serve any person who needs compassionate, respectful, professional healthcare.

Coulee Medical Center may be a small community hospital, but our commitment to those who depend on us is big.

Through our full offering of services and large network of referral and visiting providers, we provide our patients access to the comprehensive, quality care you need—right here at home.

411 Fortuyn Blvd.
Grand Coulee
509-633-1911
www.cmccares.org



WSU Master Gardener volunteer training offered

WSU Extension Master Gardeners needs you! WSU trains local Master Gardener volunteers to provide public education to Okanogan County communities. Master Gardeners assist the public in solving gardening and home horticulture problems, and they also provide educational programs to adults and youth on topics related to gardening, home food production, water conservation and much more.

If you would like to serve your community, while increasing your gardening knowledge and skills, you really should consider becoming a WSU Master Gardener. Volunteers receive a 16-week training course on topics ranging from soil fertility to growing vegetables to landscape design, and in return are asked to give 40 volunteer service hours in their first year. To remain active, each following year Master Gardeners volunteer for at least 25 hours, and complete 10 hours of continuing education classes.

To learn more about this opportunity, please contact the WSU Okanogan County Extension Office at 509-422-7245 as soon as possible. Colville Reservation residents are invited to train in Okanogan County as well. Application deadline is November 1, 2015, and the next training class begins in January 2016. We look forward to serving with you!

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported thorough your local Extension office.

Win a FREE pair of glasses in our Halloween Raffle

Bring the kids into the office
Oct. 19-22 and Oct. 26-29
for a FREE goodie bag
as well as
a chance to win a
FREE pair of glasses.



407 Burdin Blvd., Grand Coulee
509.633.0340 GillespieEyeCare.com



Church Directory

CHURCH OF THE NAZARENE

Welcomes you.
Everyone is invited.
Pastor Adrian Harris
2 miles east of Hwy 155 on Hwy 174
Adult Sunday School 9:30 a.m.
Sunday Worship 10:45 a.m.
Church office 633-2186

COULEE DAM COMMUNITY CHURCH PRESBYTERIAN (U.S.A.) Offers You a Warm Welcome!

Worship Service 9:00 a.m.
Fellowship 10:00 a.m.
Adult Sunday School 10:30 a.m.

509 Central Drive, Coulee Dam
Church: 633-1790

FAITH COMMUNITY

A Foursquare Church
PASTOR STEVE ARCHER
16 Grand, Electric City
Sunday Morning Service: 10:00 a.m.
KIDS' Church and Nursery
Call the Church Office 633-3044 to find out about other regularly scheduled meetings.
Come Worship The Lord!



BANKS LAKE BIBLE CHURCH

25 School Avenue, Electric City, 633-0670
“An Independent Bible Church”
Pastor Bill Williams - Everyone Welcome!
Adult Sunday School 9:30 a.m.
Coffee Fellowship 10:30 a.m.
Morning Worship 10:45 a.m.
Evening Worship 6:00 p.m.
Call for schedule of mid-week events.

SEVENTH-DAY ADVENTIST

Come Worship & Praise With Us
103 Continental Heights, Grand Coulee Church (509) 633-3030
Pastor Eric Chavez - (509) 207-9460

Fit For Life 9:00 a.m.
Bible Study 10:00 a.m.
Worship Hour 11:00 a.m.
Fellowship Meal 12:30 p.m.
Midweek Mannah (Wednesday) 6:00 p.m.

GRAND COULEE COMMUNITY METHODIST CHURCH

Modeling our ministry after the New Testament
405 Center St., Grand Coulee
Certified Lay Minister
Monty Fields
Church Office 633-0980
Sunday Worship 10:00 a.m.
Thursday Bible Study (begins 9-24) 1:30 p.m.

ZION LUTHERAN

PASTOR SHAWN NEIDER
348 Mead Street, Grand Coulee
Church 633-2566
Coulee City Bible Study 8:00 a.m.
Coulee City Worship 9:00 a.m.
Zion Bible Study & Sunday School 9:45 a.m.
Zion Worship 11:00 a.m.
Wednesday Bible Study 7:00 p.m.

Nursery Available • NEED A RIDE? CALL 633-2566

**FAX IT
at the Star
633-3828**

Coulee Cops

Compiled from police files

Grand Coulee Police

10/6 - A man who lives on Spokane Way told police that his house had been ransacked while he was out of town. He said two television sets and three guns were among items taken. He said it would take him a little time to determine what else might have been taken.

10/12 - An Electric City man told police that someone had stolen a \$100 transmission jack from his porch and advised police of who he thought might have taken it.

10/13 - A man on Wenatchee Ave. NE told police that his neighbor's dog had mauled his cats and that he had to put two of them to sleep. The officer said he would contact the owner of the dog.

- An Omak man fell asleep and ran into a truck and trailer parked in front of Coulee Hardware. A passenger in his vehicle sustained some injuries and was taken to Coulee Medical Center. The driver was given a negligent driving citation.

- Police were called to the Variety Store on a report that there was a disturbance and that a man had a large stick. Police found a woman who had reported that someone had taken \$1,400 from her the night before in Coulee Dam. Later, she said she'd lied about that. Since no crime had been committed, police left.

- An Odessa man was arrested and police are asking the prosecutor's office to charge him with attempted robbery. He allegedly pointed a stun gun at a couple on Burdin Boulevard after asking for money. The couple closed the door on him and later heard a shot.

10/14 - A Whatcom County detective asked police to inform an Electric City family of a death that occurred in Bellingham.

- Police were notified of a "missing person" who had left for Spokane Valley but never arrived. An officer called Lincoln County enforcement officials who stated they had assisted the man after he had run out of gas, then assisted him later because his battery went bad. On the latter report, Lincoln County Sheriff officers said the man had been stuck on a wheelchair ramp, but after the battery was jumped he'd gone on his way.

- Ferry County asked local officers to advise a man in Electric City that his father had passed away.

10/15 - Lincoln County reported that an officer checked on a vehicle blocking the roadway and found a vehicle with the motor running and an unresponsive man behind the wheel. The officer opened the door and turned the ignition off, waking him. When the officer opened the door he could smell marijuana. The man woke up and, when asked how much marijuana he had been smoking, responded, "Keller."

10/16 - A man on East Grand Coulee Avenue was arrested on domestic violence assault charge and taken to Grant County Jail. When police arrived, no one would answer the door, and the manager

of the trailer lot let them in with a key. The officer found both the man and woman in the shower, and blood in the bathroom area. The woman said that the man had pushed her to the floor and when she got up she hit him.

- Police arrested a man on a domestic violence charge and more after he fled a Fortuyn Road location to a house on Birch Street in Coulee Dam. The man faces charges of second-degree assault, domestic violence, harassments, threatening to kill, unlawful imprisonment, interfering with the reporting of domestic violence, fourth-degree assault, and domestic violence.

- A man that officers knew to be wanted on an arrest warrant was seen walking in the alley on Burdin Boulevard. He was arrested and taken to Grant County Jail.

10/17 - Police returned to its owner a purse that had been found on Second Street.

Coulee Dam Police

10/12 - A resident on Sixth Street complained to police about a vehicle that had been parked in front of his place for over a month. He was asked to fill out a vehicle hulk permit that would allow him to have the vehicle removed.

10/13 - A woman and a man told police that they were to meet a man they knew at Mason City Park, but when he showed up he flashed a knife at them and took a cell phone and a wallet containing \$1,400. Later, all three were at the Variety Store in Grand Coulee and the woman took back the story she had told police about the Coulee Dam incident.

- A man riding a moped at the top of the dam was stopped because he didn't have a helmet on, and had no mirrors or license plates. He also had no driver license. He was cited.

- A man who purchased a phone from a man at the Coulee Dam Casino said that the phone had a number on it and when the number was called he got a party in Odessa who said that the phone had been stolen. The matter is under investigation.

10/15 - Police were called to the elementary school because of a custodial dispute. The officer learned that the father of three children had come to the school because the mother couldn't be reached. Due to a change in the parenting plan, the father wasn't supposed to have custody. The matter was turned over to Colville Tribal Police since the parties were tribal members.

10/17 - A man on Spruce Street told police that someone had entered his residence through a back window and had taken two rifles valued at a total of \$600. Police could see pry marks on the window.

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A	I	N	O	I	N	A	V	I	T	E	S	I	N	I	R
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A	C	T	E	R	S	N	O	D	I	S	M	E	M	E	R

Answers

Super crossword



All smiles

Corban Wilder and Tanya Ang smile after being crowned king and queen at the Lake Roosevelt Junior/Senior High School's homecoming Friday night. — Scott Hunter photo

No more pay boost for long service

by Roger S. Lucas

Electric City struck down its own "longevity pay schedule" at its meeting last week.

The city had passed a resolution in 2002, initiated by then-mayor Ray Halsey, affirming the benefits of attracting and keeping key employees by giving them a longevity pay raise after 25 and 30 years employment.

Halsey at the time wanted a method to keep key employees on the job, and thought that a bump in pay was the way to do that.

The resolution grandfathered

in employees who had 10 years in at the time of the resolution.

Two employees have benefited from the resolution:

Randy Gumm, manager of the transfer station and before that the landfill, came to work for the city in 1972; and public works Ken Dexter, who started with the city in 1977.

Both have received longevity wage boosts of a total of 10 percent.

Action by the council last week ends the practice.

Stats

Continued from page 5

Good Luck Raiders!
Check us out
grandcoulee.com

Calling All Veterans

The Star Newspaper plans its annual "Salute to Veterans" in its November 11 edition.

Veterans: send in your service picture so it can be included in the special tribute set aside for veterans. DEADLINE IS FRIDAY, OCT. 30

You can e-mail
your picture to
gwenhilson@gmail.com
(file should be 1 mb or more)
or bring it by the
Star Office and drop it off.

Those who have submitted pictures for previous editions are already in our system.
For more information call 633-1350

800-572-5678
www.cdfcu.com

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