

Golumbia River Business Review

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Matt Luchsinger lives a ruff life at NW Balanced Dog Training

By BEN MITCHELL

HOOD RIVER — Hood River is a great place for dogs and dog owners, with plenty of hiking and recreation opportunities and a wonderful dog-friendly attitude exhibited by many local businesses.

Some dogs, however, need some work to curb their bad behaviors when they're in public (or at home) and oftentimes, their masters need some training as well. The dogs may chew too much, are aggressive, or run away despite being called. Others have puppies that just need to start off on the right paw with some proper obedience training, or dogs that just need someone to take them on an adventure while their owners are cooped up at work.

Since last fall, many of those people have been taking their four-legged canine friends to Matt Luchsinger, who is the founder and owner of NW Balanced Dog Training in Hood River. As the business' name suggests, Luchsinger takes a balanced approach in his training, focusing on training of the animals in an approach, that, judging by the testimonials on the business' page, have proven highly successful. From puppy training to dealing with aggressive dogs, Luchsinger states on NW Balanced Dog Training's website: "There's no dog that we can't handle," but reminds owners that, "...it's up to you to make the change!"

Luchsinger hasn't been a fulltime dog trainer for long, but he's owned and been around since he was a kid growing up in the hilly region of Central New York. His wife, Sarah Breeze, also works with animals as a certified vet technician at the All Animal Care Clinic in Hood River and the Tanasbourne Veterinary Emergency clinic in Beaverton.

"I grew up on a large farm in Tully, (N.Y.) so we always had a dog, if not two, and horses and cows, so I kind of grew up with them," he says.

After graduating from Tully moved out to Hood River to ski, although he grew up playing

both the mental and physical lacrosse and passed up opportu- to get calmed down, we don't Eugene, he says. nities to play at the collegiate level. Lacrosse, he notes, is a lifestyle back east, where "kids are literally raised with a stick in their hand." (Side note: while dog training is his full-time job, Luchsinger also serves as the head coach for the Hood River Valley High School boys lacrosse team, who saw success this year with the team's first-ever Cascade Cup championship win.)

Luchsinger spent his time skiing and working at various board shops around town such as Second Wind and Big Winds. His path to dog training began, however, in 2010, when he went to the Hukari Animal Shelter and adopted Buck, a 7-month-old pit bull/American bulldog mix.

"I started getting into training with him right away because I wanted him to be a good ambassador for the breed and I knew with that breed being so powerful that I had to train him," he says.

But Luchsinger needed help. as High School in 2003, Luchsinger he says Buck "missed a prime age in his socialization," and had issues with aggression and getting along with other dogs. Luchsinger went through multiple trainers and while their instruction helped some, Luchsinger felt he "never got the results I wanted," and didn't agree with their methods. Instead, Luchsinger did his own research, reviewing trainers from all different parts of the country, found trainers he liked, and took classes from them to help learn how to train Buck.

> For Luchsinger, he felt the problem was the improper focus on treats.

> "A lot of trainers, they want to use treats to get the dogs really excited and away from the situation, where I focus on a state of mind," he explains. "Especially when a dog is aggressive or dogreactive, we want to get that dog

want to get that dog jacked up. I felt like a lot of the training was, 'Oh, we have to give them treats! Give them treats! Give them treats!' And what I found was that every time we were doing that, we were rewarding a bad behavior, even if that dog turned away from that other dog, we're still rewarding that state of mind where they're excited and adrenalized, where I wanted him to be calm and relaxed."

Luchsinger found success with Buck, able to resolve or ameliorate many of his issues, and began helping friends with their dogs as well. Eventually, he felt like he could train dogs full time and "took a leap" by deciding to open his own business, noting that he felt like "there were enough people who wanted help... and there were certainly enough dogs" in the Gorge. The business has grown by leaps and bounds, with clients coming from as far away as

far too many to go into here — but notes that you "have to find what motivates the dog to be success-

ful," whether its toys or food or something else. He only has to teach a few styles of commands (down, sit, place, recall) and stresses the importance of leaving emotion out of training, noting that a "calm dog is a great dog." When teaching a new command, Luchsinger says he doesn't use his voice at all, but rather body language or pressure, appealing to dogs' natural communication methods. When a dog begins to learn a command, Luchsinger will then gradually add more and more distractions, simulating real-world scenarios, and teaching the dog to stay calm amidst chaos. Oftentimes, you can see Luchsinger around town, doing his training right in public areas so that the dogs can get used to training.

Luchsinger employs a variety

of methods to train his animals -

the distractions.

Most of his classes are bootcamp style, where the animals live with Luchsinger 24/7 from anywhere from two weeks to five weeks if it's a special case. And when the dog is reunited with its owner (after the owner gets some instruction from Luchsinger as well), and both animal and human are able to have a happy life together... well, for Luchsinger, it doesn't get much better than that.

"Being able to transform their dog from wanting to take off and run away nervous, fearful, to walking great on a leash and improving not just the dog's life, but the human's life — the reward out of that is just amazing," he says. "It's an awesome, awesome feeling."

Check out videos of Luchsinger's training in action on NW Balanced Dog Training's Facebook page: www.facebook.com/nwdog-

Wyden honored by business group

PORTLAND — Oregon Business Association (OBA) has named U.S. Senator Ron Wyden as its 2015 OBA Statesman of the Year honoree.

"As a big picture problem solver unlike any other in America, Senator Wyden is more than deserving of this honor," said OBA President Ryan Deckert.

Senator Wyden will be honored at OBA's 15th Annual Statesman Dinner on Monday, Oct. 12 at the Oregon Convention Center.

For more than 30 years, Wyden has served Oregon in the U.S. Congress — 15 years as a member of the House of Representatives and since 1996 in the U.S. Senate. He is the ranking member of the U.S Senate gon Business Finance Committee and serves Association is on the Budget and Energy and an advocate Natural Resources Committees for the longas well as the Senate Select term Committee on Intelligence.

OBA is proud to honor the "Senator who listens" for his many years of dedication to Oregonians and for bipartisan leadership. Senator Wyden says the nation's biggest problems can only be solved by what he calls "principled bipartisanship," solutions that allow all parties to stay true to their respective principles and agreements.

Register for the event at www.oba-online.org.

The Ore-

en-**U.S. Senator Ron** hancement of Wyden, D-OR. Oregon's busi-







Matt Luchsinger with his dog, Buck, a pit bull/American bulldog mix that started him on his path to dog training.

Local phone store gives away backpacks

HOOD RIVER — Students in Hood River are about to benefit from a national backpack giveaway. On Aug. 1, TCC, the largest Verizon Premium Wireless Retailer in the U.S., will be donating 100,000 backpacks full of school supplies to children through its annual School Rocks Backpack Giveawav.

Since 2013, TCC has donated 260,000 backpacks stuffed with supplies.

Between noon and 2 p.m. on Aug. 1, more than 400 nation- Federation predicted the averwide participating TCC stores age person with children in are inviting local families to bring their children to the store to pick up a backpack filled with as notebooks, pencils and backpencils, paper, a pencil box, folders, glue and more. The participating store in Hood River is children in the U.S. living in located at 2149 W. Cascade Ave., Suite 104. Each participating store is donating 200 backnacks.

M.D., has been hired as director

of the Columbia Gorge Coordi-

nated Care Organization (CCO),

joining the PacificSource Com-

munity Solutions team. Dillon

will also serve as Associate

In 2014, the National Retail grades K-12 would spend \$101.18 on school supplies, such packs, compared to \$90.49 in 2013. With nearly 16 million poverty. TCC is working to alleviate the rising costs of school supplies through this annual program.

"We are grateful to be able to play a role in ensuring that as many children as possible are set up for educational success," said Scott Moorehead, CEO of TCC. "The backpack giveaway is something that both our employees and customers look forward to every year. It is our ultimate goal to make a difference equally in the lives of our employees, customers and the communities where we live, and

this effort is one in which we ac- Consumers can connect with complish all of these objectives."

Giveaway is one of TCC's four annual Culture of Good initiatives. Other programs include providing canned goods to local food banks, giving supply packs to 3,500 teachers across the U.S. and volunteering time to improve the environment.

To learn more about the company, visit www.TCCRocks.com.

TCC on social media at The School Rocks Backpack www.face-book.com/tcctalk and @TCCTalk on Twitter.

More information about the School Rocks Backpack Giveaway initiative is available on YouTube. Supporters of the School Rocks Backpack Giveaway are encouraged to use hashtag #cultureofgood on Instagram and Twitter to help spread the word.

Dillon Joins PacificSource Community Solutions



Dr. Kristen Dillon

Medical Director for Medicaid Programs. In her new role, Dillon will

connect and advance the work of Columbia Gorge CCO partners, including the Columbia Gorge Health Council and reservice providers. The Pacific-Source Columbia Gorge CCO serves more than 13,300 Oregon Health Plan members in Hood River and Wasco counties.

"As an experienced family physician, Dr. Dillon will be a dynamic addition to the PacificSource team and to the communities we serve," said Dan Stevens, PacificSource Health Plan's executive vice president of product line man-

the Columbia Gorge medical community and her experience practicing within an integrated primary care home setting give her a unique perspective in understanding the community's needs.'

Dillon is a board-certified family physician who has been in practice in Hood River for 15 years. Prior to joining Pacific-Source, she provided primary care services, including hospi-

BEND -Dr. Kristen Dillon, gional health care and social agement. "Her deep roots in tal, nursing home, and maternity care, to a diverse patient population at Columbia Gorge Family Medicine and the Hood River Care Center. Dillon will transition into her new role in a part time capacity, as she continues to provide patient care until late 2015.

Dillon earned a B.A. summa cum laude from Dartmouth College and her medical degree from the University of California, San Francisco. She completed residency at the Fort Collins Family Medicine Residency Program where she served as Chief Resident.

She was a founding member of the Columbia Gorge Health Council, the governing board for the Columbia Gorge CCO. She serves on Oregon's State Medicaid Advisory Committee and on the board of One Community Health, the region's community and migrant health center.

Cascade Locks Charburger changes name to 'Bridgeside'

side is the new name of the former Charburger, a Cascade Locks restaurant with a history stretching over a half-century. The fresh name reflects a new vision for this popular tourist stop, while much will remain the same and be familiar to long-time customers.

rebrand an established restau-

CASCADE LOCKS — Bridge- rant, especially one of regional Ranch. "The name Bridgeside stunning views overlooking ments included a new kitchen new tabletops, and bathroom significance along the historic tells a better story about the Columbia River Highway, and the new Bridgeside brand is no exception. "Owners spent a great deal of time weighing pros and cons of a name change, and ultimately decided the Charburger name limits the vision we have for the restaurant," It's never an easy decision to said Chuck Hinman, general manager at D.M. Stevenson

restaurant's incredible location, and allows more flexibility to promote breakfast, lunch, dinner, and banquets."

The new name highlights the restaurant's location next to regional landmark Bridge of the Gods (named after the natural dam of Native American folklore) and alludes to the this special pocket of the Columbia River Gorge.

(The name of the Hood River Charburger Restaurant remains unchanged.)

The 200-seat Cascade Locks Charburger restaurant underwent extensive renovations last year, shortly after D.M. Stevenson Ranch's purchase in July 2013. Those improve-

installation, freshening of the remodel. building interior and exterior, and an expanded menu. The kitchen remodel included installation of all-new equipment, a complete makeover of floor, ceiling and wall finishes, plus new HVAC and hood ventilation systems. Interior and exterior improvements included deep cleaning, painting,

The 7,500 square-foot complex consists of the dining room, a gift shop, and lower level banquet-special event space. The updated special event space, formerly Sam Hill's Den, is renamed "Bridgeside Terrace."

For more information, visit BridgesideDining.com.



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Impact on a small scale

HOOD RIVER — Small-scale agriculture will be the focus of a presentation by Kristy Athens, an outreach specialist with the Northeast Oregon Economic Development District in Wallowa County, Saturday, Aug. 22, 4 p.m. at the Hood River Library.

Oregon's small-scale, community supported agriculture includes farmers markets in The Dalles and Hood River, farm memberships throughout the gorge and community gardens. These smaller, community-based efforts are on the rise as means to nurture community and create a local and autonomous food systems, Athens said.

Athens will ask the question: Are these choices as consequential as consumers would like them to be? Does "voting with your dollars" significantly shape our agricultural systems?

Her presentation is titled "Good food, bad food: Agriculture, Ethics, and Personal Choice" and is a free, hosted by Hood River Library and co-sponsored by Oregon Humanities and Gorge Grown.

Athens has an MS in food systems and society from Marylhurst University. She is the author of "Get Your Pitchfork On!: The Real Dirt on Country Living" published by Process Media in 2012.

In 2014, Athens received an Oregon Literary



Kristy Athens will lead a free discussion about the impact of food choices Saturday, Aug. 22, 4 p.m.

Fellowship from Literary Arts. Her nonfiction and short fiction have been published in a number of magazines, newspapers, and literary journals, and she has been a regular contributor to HandPicked Nation. She lives in Wallowa County, Oregon, where she works at the NE Oregon Economic Development District as outreach specialist, and has spent time in every Oregon county except one.

For more information, contact Hood River Library at 541-386-2535 or info@hoodriverlibrary.org, or visit w.ww.hoodriverlibrary.org.



MCDONALD'S HOLDS GRAND RE-OPENING

Connie Potter, left, of Beaverton, and sister Glenda Holland, of Lebanon, are greeted by Ronald McDonald at the grand re-opening of the Marina Drive McDonald's July 22.. The restaurant, which has undergone numerous renovations in the past three months, reopened with a celebration that included cake, prizes for kids, and 75cent Big Macs, fries and soft drinks. According to Jim Dummer, Director of Operations for Gorge-area McDonald's, this is the first major remodel of the restaurant, which opened at the same location in 1987. Inside, McDonald's now has a remodeled kitchen and bathrooms and fresh décor in the lobby; outside, the building boasts a new exterior and roof, garden seating area, and two-lane drive-thru. Owner Jason Bustos, wife Victoria, and daughters Trinity Martin and Alexa Bustos, both 8, held a ribbon-cutting to commemorate the event.



Medical pot store to open downtown

No recreational sales yet

By NEITA CECIL

THE DALLES — As a medical marijuana dispensary readies to open its doors potentially by mid-August in downtown The Dalles, the city council will consider later this month whether to block it from being able to sell recreational pot starting Oct. 1.

Norm Brock, a 1976 Wahtonka High School grad and Eugene resident, is planning a low-key, high-security dispensary to meet local needs, he said. It will be located at 609 E. 2nd St., a storefront that has been vacant for two-plus years and once housed a stove store.

Called Columbia River Herbals, Brock's business will employ three to four people and sell medicinal marijuana and herbal supplies, plus some clothing and functional glassware, such as pipes, he said.

"We really don't want to upset people thinking we're gonna be doing something nefarious," Brock said. "We don't want people to think we're a head shop. Even if we sell recreational, we're not going to be a place where a bunch of stoners hang out."

No consumption of marijuana will be allowed in or around the store, he said. "Our desire is to have a business that people can be comfortable with. We want to be good neighbors.

"I'm more than happy to meet with anyone who has concerns about what we're doing," he said.

"I'm not, nor is my wife, a user, recreationally or medically. It's something I believe people have the right to do," Brock said.

He said, "I believe medical marijuana outweighs conventional medicine in so many ways

it's unbelievable."

He said his store would sell "vapors and "medibles," or edible pot, but he would not be selling things like pot gummy bears, "Because I feel they kind of have an attraction to younger kids if they see them."

He said he sees it as a business opportunity, and Eugene, where he has a realty business, Cobalt Realty Group, already has plenty of dispensaries. He also owns Oregonhomesbyowner.com.

He looked at Oregon's database of medical marijuana cards, and saw that Wasco County had a decent amount of users. Recent statistics from the state show 430 registered medical marijuana users in Wasco County.

Because the state anticipates recreational marijuana stores will not be opened until mid-2016, the legislature agreed to allow pot dispensaries to sell limited amounts of marijuana until then.

But local jurisdictions also have the option to prevent that by passing an ordinance banning it.

The Dalles City Attorney Gene Parker told the city council Monday, July 13, that it could pass an ordinance to temporarily block a dispensary from recreational sales, but the ordinance would have to go into effect before Oct. 1, when state law will allow dispensaries to make limited sales to the general public.

Parker will bring the matter before the council at its July 27 meeting for consideration. If the council moves ahead with an ordinance, a hearing will have to take place by the Sept. 14 meeting, and an emergency clause enacted, to beat the Oct. 1 deadline. Parker doesn't know whether



Norm Brock stands by the 800-pound gun safe he just installed at his medical marijuana store in downtown The Dalles. The safe will hold marijuana products at night when the store is closed. He hopes to open in mid-August.

the council will want to pursue the ordinance, and said the matter has been a low-key one to date, with little council or citizen input.

Parker said other marijuanarelated decisions are also on the horizon for the city. The council could refer to voters a 3 percent tax on marijuana sales, [on top of the 17 percent state tax] or refer a measure to fully or partially ban pot sales.

If the city does vote to ban pot sales, it would forego any tax revenues.

On Oct. 1, recreational buyers can go to dispensaries and purchase one-quarter ounce of dried marijuana buds and leaves per day. They can also buy seeds and plant starts. They could not buy edibles or pot extracts.

Brock has told the city that if he is eligible to sell recreational pot, he plans to do so.

The storefront is being readied now for the anticipated mid-August opening. All he needed from the city was approval for

the change of use of the store. He sought and gained that approval in May, shortly after the city's moratorium on accepting such businesses expired.

Next he has to complete a readiness checklist for the Oregon Health Authority, which he expects to have done before his July 28 deadline. Then he must pass a state inspection before he can open. He expects all that to happen by mid-August.

After paying a \$4,000 application fee and passing a background check, applicants must complete a checklist that proves the dispensary has adequate physical security, in- much disrepair, Brock said. cluding an alarm and video camera system; an adequate vault to hold the products; policies and procedures for employees including training; a compliant electronic data system; and an approved laboratory to test products.

Brock said his staff will be trained to assist people with filling out applications for the marijuana card.

A doctor must approve the application before it is approved by the state. Most patients smoke pot for severe pain, according to state records, while other conditions it is used for include spasms, nausea, cancer, seizures, glaucoma and PTSD.

Brock commended the city employees he has worked with as he sought a suitable location and then "change of use" approval from the city in order to open the store.

With required setbacks from schools and other public facilities, only four areas in The Dalles were eligible for a marijuana outlet.

The other areas, out by Lone Pine, west by the proposed Walmart location, and along West Sixth Street, either had no storefronts available, unwilling potential landlords, or buildings that were in too Within his 3,400-square-

foot building he's renting from Sam Woolsey, just a 12x25 section will serve as the dispensary itself.

People will come in and check in at a front desk, where they will present their marijuana card issued by the Oregon Health Authority, then sit in a waiting area as they wait their turn to go into the dispensary. Just one patient at a time will be allowed in the dispensary, where staff will ring up the sale.

"One of the reasons why we built this room is for privacy," Brock said. "Nobody needs to know what you're buying."

All products will be behind a glass display case. He will also sell marijuana buds and leaves, and is willing to work with local growers who are approved by the state.

At the close of business each day, all products containing marijuana will go into an 800-pound, \$1,800 gun safe that is bolted to the ground. The facility has multiple points of video surveillance, plus an alarm system.

"Basically if anybody breaks in here to steal marijuana or marijuana products they're going to be disappointed," he said.

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Miss O's Espresso brings coffee, smoothies to Pine Grove

By TRISHA WALKER

PINE GROVE — Courtney Harvey opened Miss O's Espresso, located in the parking lot of The Boys Pine Grove Grocery, 2375 Highway 35, on March 15, 2015.

Four months later, business is "steadily increasing," although she feels she won't have a good idea of what to expect until fall.

"I got the tail end of some of the mountain traffic, but then school was over," she said, noting that summer brought a halt to the bus and student traffic along Highway 35.

Still. she stavs busy.

"I'm in a high-traffic place, so I lucked out there," she said of her space near the grocery and gas station.

Harvey, a life-long Hood River resident and 2012 graduate of Hood River Valley High, had wanted to open a coffee cart for several years. She worked as a barista at Hood to Hills, a food cart in Odell, in and after high school, and none of the other jobs she held appealed to her like that one.

But food carts are expensive between \$10,000 and

out of high school, it wasn't an option.

But she's been saving, and "with a ton of help from my boyfriend's family, my dad ... my whole family pulled together for me to have this like people support me," she cart," she said. She chose her said. "I do cinnamon rolls once Pine Grove location because of a month; other than that, I try the lack of coffee along Highway 35.

"The Dominguez family (owners of The Boys and Juanita's Fine Foods) are amazing people," she said. "I couldn't have picked a better place."

serves standard Harvey noted. She espresso drinks, hot or iced, but it's her smoothies that are fast becoming favorites.

"I'm actually kind of surprised at the amount of more information, visit the cofsmoothies I do," she said. "I've fee cart's Facebook page (keybeen working on expanding word: Miss O's Espresso). my smoothie menu."

Her smoothies are made fresh to order — nothing comes from a prepackaged mix - and in combinations that aren't available anywhere else in town — like her Breakfast Smoothie, which contains fresh fruit, unsweetened coconut milk, Greek yogurt, spinach

\$20,000, she said — and right and protein powder. She also has milkshake-style smoothies with cookie pieces.

> She sells some baked goods, which she purchases locally whenever possible.

"I support local businesses to buy from fruit stands when they have baked stuff."

Another note of interest: The cart is named for her daughter, Oaklee, who turns 2 in October.

"She hangs out here a lot,"

Miss O's is open Monday through Friday from 6 a.m. to 1 p.m. and Saturday from 7 a.m. to 1 p.m.; closed Sunday. For

Courtney Harvey serves coffee, smoothies and baked goods from her Miss O's Espresso food cart, located in Pine Grove. Harvey named her business after her daughter, Oaklee.



Enjoying the downtown parklette and its new chess board are, seated from left: Jon Chavers, Sherrin Ungren, Daniel Hunter, Denae Manion, and Byron Balogh. Standing, from left, are: Matthew Klebes, Marty Hiser and Vicki Byrd.



'Parklette' gets festive touch

Street Parklette in Downtown The Dalles just got a little more festive.

Local artist, Denae' Manion. has donated an art project inspired by The Dalles Main Street Design Committee.

One of the rustic wine barrel tables located in parklet has been decorated with a

THE DALLES — The Main beautiful piece of artwork de- table will soon be decorated picting the four seasons of with a chutes and ladders cherry trees surrounding a game board. This board will chess/checker board.

Open to the public for bia River Gorge. friendly matches, chess pieces have been donated by St. Vin- Committee, community memcent De Paul's and are stored bers, and local artists designed in the Little Free Library lo- to project to add to the characcated in the parklette.

The second wine barrel blocks.

also feature the scenic Colum-

The Main Street Design ter of the historic downtown

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End of a musical era

By MARK GIBSON

years serving as a hub for musicians from throughout the gorge, Columbia River Music, downtown The Dalles, fell silent July 25 as store owners Greg and Shirley Weast and salesman Dan Ross retired from the world of retail instrument sales.

"I'm really pleased the way the local community has supported the store over the years. If I was younger, I would probably keep it going," said Greg Weast, who added that the store has been "in the black" for 30 years.

"It's bitter sweet," said salesman Dan Ross about his retirement. "When you're done you're done, but I'm going to miss all the people who come in," he said. Ross plans to spend more time performing with his band — he is an accomplished drummer and hopes to keep in touch to know over the years.

instruments he has out on he said. THE DALLES — After 30 rental by appointment. Future rentals will be handled by Bea- lumbia River Music name, Cock music out of Vancouver, which has agreed to provide instrument services to area schools. "I didn't want to leave the band teachers in a panic," said Weast, who made the merous items throughout the arrangement with BeaCock.

Weast has also arranged for Discover Rentals to take over public address system rentals, another service provided by the store.

Weast said he tried for some time to sell the store, negotiating with three different sales outlets in the region, but none including Cook Music, Fulton of them were able to manage staffing the store. "The profit Roth Music Center. margin was so low, it's difficult to do that now," he explained.

Weast began his retail music career with American Music in The Dalles, where he worked for 10 years. When music industry. "It's a very, American Music closed, he very small industry. I've met started an instrument retail and consider as friends some and repair shop housed in with the many members of the Young's Sporting Goods. The try," he explained. music community he has come store was successful, said Weast. "I reinvested every teacher some time ago, after Retail will close July 25, but penny I made selling instru-Weast will continue to service ments back into the business,"

Weast came up with the Co-Rodger Nichols, then with KODL, came up with the store logo and Bill Young of Baron's Shirts and shoes refined the logo, which is printed on nustore and glows in neon above the front entrance.

In 1992. Columbia River Music moved into its current location at 410 E 2nd Street downtown The Dalles. The location had its own musical history, having housed a series of music store since the 1930s, Music. Raben's Records and

Weast said he will miss the community musicians he has come to know over the past 30 years, and those who like him have long been a part of the of the big names in the indus-

Weast retired as a band 40 years teaching, many of those years at Saint Mary's

Academy. He has two degrees in music.

His wife, Shirley, has been at his side throughout the life of Columbia River Music. She looks forward to her retirement, but recognizes it will be a major change.

Pausing momentarily as she helps a customer purchase a new banjo, the latest in a series of tasks that have had her running from one end of the store the other for the previous hour, she explained. "It's going to take a while to wind down. We've had very little time off over the past 30 years. It's going to take some time to get used to it, figure out where we are going next."

Shirley Weast rings up a sale at Columbia River Music prior to the store's closing July 25.







Greg Weast, co-owner of Columbia River Music with his wife Shirley, talks to a customer about a 12-string guitar prior to the store's closing July 25.

Columbia Basin named to 'best' list



THE DALLES — Columbia Basin Care has earned a five star rating based on state inspections.

As such, Columbia Basin has been named among "Best Nursing Homes" by U.S. News & World Report.

The rating is determined by health inspections, nurse staffing, and quality of medical care.

"We work hard to provide excellent care for our resi-

dents," says Geoff Gerding, ex- nationwide. ecutive director. "This fivestar rating is a great ing is designed to help people affirmation of the dedication and skill of our team."

Columbia Basin Care, located in The Dalles, is the region's or as long-term residents. only non-profit, skilled rehabilitation and nursing facility.

The facility offers the area's only in-house geriatric nurse practitioner, along with a team of licensed physical, occupational and speech therapists who provide comprehensive Situated on four acres, the rehabilitation and restorative services.

Operating with a residentcentered approach, Columbia Basin emphasizes personal attention and continuity of care.

U.S. News & World Report publishes the top nursing homes in every state, covering almost 16,000 nursing homes

The Best Nursing Homes listwho will spend at least some time in a nursing home in 2015 rehabbing after a hospital stay

For the full rating report, visit health.usnews.com.

Columbia Basin Care is located at 1015 Webber St., 541-296-2156 and online at www.colbasin.com.

Columbia Basin Care Facility recently underwent a major renovation to create an expansive outdoor courtyard, extensive walking paths, garden space, and speciallydesigned areas for practical applications of physical and occupational therapy.



Q: Why do I keep thinking about my abortion?

The abortion issue has and most likely always will be emotionally charged and divisive in nature. Because of this, those who struggle often times end up suffering in silence. They may be angry, depressed or experiencing anxiety, flashbacks, or recurring nightmares. Sometimes these things show up years later when triggered, making it difficult to attribute to the cause (abortion).

The current news regarding Planned Parenthood is just one of the many potential triggers. Others include the birth or loss of a future child, inability to conceive, movies, songs etc.

The "Into My Arms" confidential post-abortion healing program offered by the Columbia Gorge Pregnancy Resource Centers can help.

Cindy Brunk -Author, Speaker, Activist

Call soon to sign up for the "Into My Arms" program starting this Fall.



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Q: What is the **birthstone for August?**

A: Peridot is the official birthstone for the month of August. It is most often a beautiful light green color. Peridot usually forms in rocks during violent volcanic activity. It was used by the Egyptians as early as 1500 BC, found on a small desert island near Egypt in the Red Sea and was considered the gem of the sun. Legend says that peridot was one of the favorite gemstones of Cleopatra and that some of the "emeralds" worn by her may have been peridot. Much gem quality peridot now comes from Arizona. Celebrate August and Peridot at Hood River Jewelers.



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