

Life *Walla Walla* Lifestyles

Healthy
lifestyles in the
Walla Walla Valley

THE VALLEY'S PEOPLE, WINE & FOOD

June/July 2015



WOMEN'S HEALTH

THE LATEST LOCAL OFFERINGS, FROM FITNESS TO FOOD,
CARDIAC CARE TO CANCER RECOVERY

\$3.95



Supplement of the Walla Walla Union-Bulletin



YOU KNOW
YOU'RE READY
FOR HIP
SURGERY IF...

#2

**YOU'VE BEGUN TO BUILD
A SMALL FORT OUT OF
EMPTY IBUPROFEN BOTTLES.**

Take the first step towards
a pain free life. Visit wwgh.com/aspire

Aspire Orthopedic Institute
Adventist Health



WINERY FULFILLMENT SERVICES

Too much on your plate? We can help!

Winery Fulfillment Services (WFS) is a family-owned wine fulfillment center in Walla Walla and is the partner company of Winery Compliance Services. Our mission and goal is to provide you with professional services with your wine club fulfillment, daily shipping of tasting room sales, and ecommerce/online ordering.

- We are offering a more cost-effective way for wineries to reach a larger customer base and wine club.
- Our fulfillment pricing reflects the volume discount we receive from UPS as a fulfillment house.
- Our compliance services can handle all the direct to consumer tax reporting.
- Fully integrated order management software



Personal Wine Storage

WFS is now offering personal wine storage in Walla Walla! Whether you are just starting your collection, or are the serious wine collector we can suit your needs.

- Climate controlled at 56 degrees
- Club shipments can be delivered to us directly
- 24-hour security camera & fire monitoring
- Access during regular business hours
- Half and full cage sizes

We also offer case goods and barrel storage in our bonded, temperature controlled warehouse.

1491 West Rose • Walla Walla • 509-876-2461 • info@wineryfulfillmentservices.com



more time to putter

*Sensational
prices on select
apartments!*



Designed with
you in mind.

COTTAGES
SUITES
APARTMENTS
ASSISTED LIVING
PARKVIEW MEMORY CARE



539120

509.527.9600 | www.wheatlandvillage.com | 1500 Catherine Street | Walla Walla, WA 99362

Meet the Washington Odd Fellows Home Rehabilitation Specialists

Our team is committed to providing the best care in the Walla Walla Valley.



Minda Raquipiso, Occupational Therapy; Erin Armijo, Speech Therapy; Barbara Morford, Occupational Therapy; Dawnen Knoefler, Physical Therapy & Wellness Program Coordinator; Keith Keyser, Occupational Therapy & Rehabilitation Director; Carolina Sbodio, Physical Therapy, and Dave Barcenas, Physical Therapy.



534 Boyer Avenue, Walla Walla, WA 99362

509-525-6463 • www.oddfellows.com • www.facebook.com/oddfellowsww

- Our rehabilitation professionals all work full time at the Washington Odd Fellows Home.
- Physical, Occupational, and Speech therapy services all available on site with state of the art equipment.
- Aquatic therapy also available in our heated, salt water pool.
- Walla Walla's only Virtual Rehabilitation program for balance, strength, and gait training.
- Private rehabilitation suites available for your comfort during recovery from surgery or illness.
- Many amenities available on campus, including a full exercise center, Café Bistro, gift shop, and library.
- Walla Walla's only locally managed, not for profit skilled nursing facility serving Walla Walla since 1897.
- Full renovations completed in 2014, come see our new look and experience the difference!

519736



Watermill Winery

Premium Estate Wine
watermillwinery.com

Open Daily
11am-5pm

235 E Broadway
Milton-Freewater, OR
(541)938-5575

534770



BLUE MOUNTAIN
CIDER COMPANY

Handcrafted Hard Cider
drinkcider.com

Crafting Distinctive, Terroir-Driven
Wines in the **Walla Walla** Valley.



Saviiah
CELLARS

TASTING ROOM HOURS: Open Daily 10 a.m. to 5 p.m.
1979 JB George Road | Walla Walla, Washington
509.520.5166 | saviiahcellars.com

539562



Clay in Motion

POTTERY STUDIO, ART GALLERY
and COFFEE SHOP

A Very Unique Gift Shop

Fantastic finds at great prices -
without the sales tax!

Stop by and see what's new!

Open Every Day

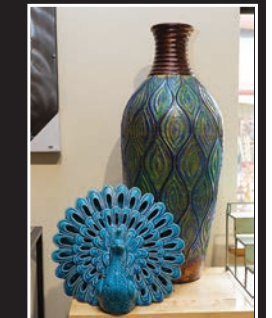
85301 Hwy 11 • Milton-Freewater, OR

541-938-3316

www.clayinmotion.com



4 consecutive
years



5347710

{WOMEN'S HEALTH}
LIFESTYLES
table of contents
JUNE/JULY 2015

- 8 **WINES**
What's in your wine? It's more than just fermented grape juice.
- 10 **WINE MAP**
Know where to go to taste, buy and enjoy Walla Walla's renowned wines.
- 13 **A FOOD FIGHT AGAINST CANCER**
Eating produce and herbs that boost health and immunity can help your body resist cancer and cell damage.
- 16 **DINING GUIDE**
Where to find fine fare.
- 17 **A DOCTOR AFTER WOMEN'S OWN HEARTS**
Dr. Anabel Facemire's practice at WWGH focuses on the cardiac health of women.
- 18 **PROVIDENCE ST. MARY EXPANDS INTERVENTIONAL CARDIOLOGY**
The service's 24-hour availability means patients can be treated rapidly in emergency situations.
- 22 **THE POWER OF WOMEN'S HEALTH:
AN EAST ASIAN MEDICINE PERSPECTIVE**
Treating the underlying causes of issues such as unusual menstrual cycles and heavy bleeding during childbirth can improve the quality of women's lives.
- 25 **MYOFASCIAL RELEASE FOR MIGRAINES:
A PILL-FREE SOLUTION**
Stretching internal connective tissues can reduce the frequency of migraines.
- 29 **M-POWERED HELPS TO STRENGTHEN WOMEN
DURING LIFE'S CHANGES**
The shop offers an array of products and services to boost women's self-esteem and sense of well-being.
- 32 **YOGA CONFERENCE REVEALS KEYS TO WOMEN'S HEALTH**
Paying attention to your needs, trusting others and trying new things — followed by a treat — can benefit body and mind.
- 34 **ALL ROADS LEAD HOME**
Returning to her native area, an Oregonian falls in love with a vintage Milton-Freewater house.
- 40 **FROM ROOM TO ROOM, IN THE GARDEN**
Steve and Laura Droke's garden features a variety of distinct areas.
- 44 **CAN'T-MISS EVENTS**
- 46 **WHERE IN WALLA WALLA?**
- 47 **THE THIRD COVER**

Walla Walla
Lifestyles

June/July 2015

PUBLISHER
Brian Hunt

EDITOR
Rick Doyle

MANAGING EDITOR
Brenden Koch

ASSOCIATE EDITOR
Chetna Chopra

PRODUCTION MANAGER
Vera Hammill

DESIGNER/WEBMASTER
Steve Lenz

PRODUCTION STAFF
James Blethen, Ralph Hendrix,
Steve Lenz, Jason Uren

SALES STAFF
Jeff Sasser, Donna Schenk,
Colleen Streeter, Mike Waltman,

EDITORIAL ASSISTANT
Karlene Ponti

ADMINISTRATIVE ASSISTANT
Kandi Suckow

COVER: Chrissy Mueller of Revolver Yoga
Studio. Photo by Steve Lenz.

FOR EDITORIAL INFORMATION
Rick Doyle
rickdoyle@wwub.com

Brenden Koch
brendenkoch@wwub.com



June/July Contributors



Chetna Chopra is the associate editor of Walla Walla Lifestyles magazine.

ASSOCIATE EDITOR



Robin Hamilton is a freelance writer who lives in Walla Walla. Contact her at robinbrodt@icloud.com

WRITER



Nick Page is a photographer, musician and history nerd. His creative background often influences his dramatic photographic style. Contact him at nickpagephotography@gmail.com

PHOTOGRAPHER



Lindsey Thompson is the founder of the Thompson Family Acupuncture Clinic. Contact her at thompson.acupuncture@gmail.com

WRITER



Jennifer Colton-Jones is a freelance writer, award-winning journalist and purveyor of the interesting. She is most at home in the Pacific Northwest.

WRITER



Brenden Koch is the managing editor of Lifestyles and Specialty Publications editor at the Walla Walla Union-Bulletin. Contact him at 526-8304 or brendenkoch@wwub.com

MANAGING EDITOR



Andy Perdue is the editor and publisher of Great Northwest Wine. Contact him at andy@greatnorthwestwine.com

WRITER



Rebecca Thorpe is the fitness instructor and director of aquatics at the Walla Walla YMCA.

WRITER



Melissa Davis, a local chef with a bachelor's degree in nutrition, specializes in natural foods. Contact her at jadenluna@gmail.com

WRITER



Steve Lenz is the designer for Walla Walla Lifestyles magazine. Contact him at stevelenz@wwub.com

PHOTOGRAPHER



Karlene Ponti is the Specialty Publications writer for the Walla Walla Union-Bulletin. Contact her at 526-8324 or karleneponi@wwub.com

WRITER

Forgeron Cellars

Blending Old-World perspective with the pioneering spirit of Walla Walla

Open Thu-Mon
11am-5:30pm

33 West Birch St. Walla Walla
509-522-9463
forgeroncellars.com

536595

Robison Ranch CELLARS

OPEN SATURDAYS 11am-4pm
(or call 509-301-3480 for appointment)

No Tasting Fee • robisonranchcellars.com

537550

D
20 YEARS
SINCE 1995
CELEBRATING
2015
WINE - ART - FOOD - MUSIC
WALLA WALLA

Join us for the 6th annual
DUNHAM DAYS!
Celebrating the best in life:
Wine, Art, Food and Music.

FRIDAY - AUGUST 28
6 - 10 p.m.
Live music with Whiskey Creek band!
Food trucks will offer dinner selections.
Wine and food available for purchase.
No cover charge. Open to everyone!

SATURDAY - AUGUST 29
11 a.m. - 4 p.m.
Current Release & Special Tastings

SUNDAY - AUGUST 30
10 a.m. - Brunch - RSVP required
11 a.m. - 4 p.m. - Wine Tastings

For more info: call 509.529.4685 or visit
DUNHAMCELLARS.COM/DDAYS

539087



Small amounts of additives help bring out the best in the wine you enjoy.

What's in your wine?

It's a bit more than just fermented grape juice.

By Andy Perdue / Photos by Steve Lenz

In March, a lawsuit against California wineries for allegedly leaving high levels of arsenic in their wines made the rounds in mass media and social media circles.

The claims were made by a Colorado company that provides testing services to wineries. Rather than contacting the wineries that allegedly had these high arsenic levels in their products, the company tried to get wineries to sign up for its services. Then it filed the lawsuit.

Interestingly, CBS News independently tested many of the wines that were listed as high in arsenic levels, and found the amount of arsenic to be much lower than the Colorado firm alleged.

It is also interesting to note that the United States has not established what an acceptable level of arsenic in wine might be. But according to the California-based Wine Institute, tests of California wines in countries that have established maximum arsenic levels have found that arsenic levels in these wines are well below acceptable limits.

All of this might make you wonder: What is in your wine?

Contrary to whatever romantic notions

we have about winemaking, there is more to it than growing grapes, squeezing out the juice and leaving it to magically change into an elixir that pairs perfectly with prime rib.

Here are some of the products used to make wine.

Yeast

Nearly all wineries add yeast to freshly crushed grapes soon after they arrive at the winery from the vineyard. On rare occasions, a winemaker waits for yeast to find its way into the juice and spontaneously begin to ferment. (Studies have shown that most "wild yeast" actually is commercial yeast that already was present in a winery.) Simply put, yeast gobbles up the sugar in the grape juice and converts it to alcohol. When it has finished its job, the yeast dies and drops to the bottom of the tank or barrel, and then is removed.

Most wines also go through a secondary fermentation called malolactic fermentation, or ML. This converts tart malic acids to softer lactic acids. Most red wines go through ML, as do some whites, including Chardonnay. In most cases, winemakers will inoculate their

wines to begin this secondary fermentation.

"Instead of waiting for ML to happen, we are proactive," said Deborah Hansen, winemaker and co-owner of Cougar Crest Estate Winery in Walla Walla.

Nutrients

In red wine production, winemakers might add nutrients during fermentation to help yeast that has a hard time converting sugar to alcohol higher than 14 percent.

"The natural nutrients in the wine that feed the yeast are at lower levels," Hansen said. "The most common additive is a vitamin supplement."

Fining agents

Winemakers often will use a fining agent to remove unstable proteins that would otherwise make a white or rosé wine appear milky or cloudy. In the past, winemakers used egg whites to bind these proteins together before removing them. Today, the most common product is bentonite, a natural form of clay, Hansen said.

Occasionally, fining agents will be used



Many winemakers reduce tannins through gentle handling, rather than adding fining agents, as grapes are crushed and the juice is fermenting.

on red wines as a means of lowering tannins. However, many winemakers prefer to reduce tannins through gentle handling as the grapes are crushed and the juice is fermenting.

Tartaric acid

Marty Clubb, owner of L'Ecole N° 41 in Lowden, said many wineries add small amounts of tartaric acid to their wines if the natural acidity is too low or the pH is too high. Tartaric acid, he said, typically comes from excess wine grapes grown in Italy. So, in fact, winemakers are taking a product made from wine grapes and adding it to wine.

Clubb is quick to point out that water has more bacteria in it than wine, because the pH in wine is so much higher.

"Water is hard to control," he said, adding that chlorine is introduced to try to eliminate bacteria in our drinking water. "The stuff we add to wine is less than what is added to water that comes out of your tap."

Sulfites

Most wine bottles state that sulfites have been added to the wine. In fact, sulfite is a naturally occurring compound, so it is virtually impossible to open a bottle of wine without some form of sulfites in it.

"They're added in such low dosage — less than 100 parts per million," Clubb said. "They inhibit the growth of other bacteria."

Inert gas

During the winemaking process, inert gases such as argon and nitrogen are used to push oxygen out of the headspace in tanks. This keeps out the oxygen, which can spoil the wine. Nitrogen also is used for the same reason when wine is put into a bottle.

Oxygen

While winemakers minimize contact between wine and oxygen during the former's aging process, oxygen often is introduced during fermentation. This is called micro-oxygenation. Yeast consumes oxygen during fermentation, so adding controlled amounts of oxygen can help the winemaker avoid funky aromas of sulfur, called "reduction."

The bottom line is that little more than fermented grape juice ends up in your bottle of wine. And the amount of arsenic allowed in fruit juices that children drink far exceeds what might possibly be in wine.



1. AMAVI CELLARS

3796 Peppers Bridge Road
509-525-3541
amavicellars.com

2. BASEL CELLARS ESTATE WINERY

2901 Old Milton Highway
509-522-0200
baselcellars.com

3. BERGEVIN LANE VINEYARDS

1215 W. Poplar St.
509-526-4300
bergevinlane.com

4. BLUE MOUNTAIN CIDER

235 E. Broadway, Milton-Freewater
541-938-5575
drinkcider.com

5. CASTILLO DE FELICIANA

85728 Telephone Pole Road
Milton-Freewater
541-558-3656
castillodefeliciana.com

6. COLLEGE CELLARS

3020 Isaacs Ave.
509-524-5170
collegecellars.com

7. DUMAS STATION

36226 U.S. Highway 12
Dayton, WA
509-382-8933
dumasstation.com

8. DUNHAM CELLARS

150 E. Boeing Ave.
509-529-4685
dunhamcellars.com

9. FIVE STAR CELLARS

840 C St.
509-527-8400
fivestarcellars.com

10. FORGERON CELLARS

33 W. Birch St.
509-522-9463
forgeroncellars.com

11. FOUNDRY VINEYARDS

13th Ave. and Abadie St.
509-529-0736
wallawallafoundry.com/vineyards

12. FORT WALLA WALLA CELLARS

127 E. Main St.
509-520-1095
fortwallawallacellars.com

13. GRANTWOOD WINERY

2428 Heritage Road
509-301-0719
509-301-9546

14. JLC WINERY

425 B. St.
509-301-5148
jlcwinery.com

15. CAVU CELLARS

175 E. Aeronca Ave.
509-540-6350
cavucellars.com

16. L'ECOLE N° 41 WINERY

41 Lowden School Road
and U.S. Highway 12
509-525-0940
lecole.com

17. LODMELL CELLARS

6 West Rose St., Suite 104
206-409-4395
lodmellcellars.com

18. LONG SHADOWS

1604 Frenchtown Road
509-526-0905
longshadows.com
By appointment only.

19. MANSION CREEK

6 West Rose St., Suite 105
253-370-6107
mansioncreekcellars.com

20. NORTHSTAR WINERY

1736 J.B. George Road
509-524-4883
northstarmerlot.com

21. PEPPER BRIDGE WINERY

1704 J.B. George Road
509-525-6502
pepperbridge.com

22. PLUMB CELLARS

39 E. Main St.
509-301-8694
plumbcellars.com

23. REININGER WINERY

5858 Old Highway 12
509-522-1994
reiningerwinery.com

24. ROBISON RANCH CELLARS

2839 Robison Ranch Road
509-301-3480
robisonranchcellars.com

VA PIANO Vineyards

**Cabernet Sauvignon,
Syrah, Merlot &
Sauvignon Blanc**

Tasting Room open daily:
11:00 a.m.-5:00 p.m.

1793 JB George Road
Walla Walla, WA 99362
509-529-0900
vapianovineyards.com

Taste our Reserve Wines by appointment

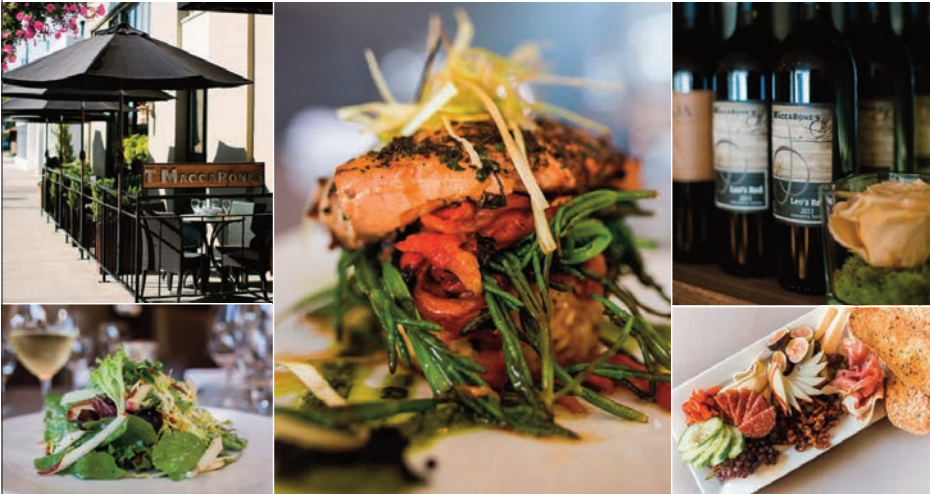


- 25. SAPOLIL CELLARS**
15 E. Main St.
509-520-5258
sapolilcellars.com
- 26. SAVIAH CELLARS**
1979 J.B. George Road
509-520-5166
saviacellars.com
- 27. SOLE ROSSO ESTATE WINERY**
2158 Old Milton Highway
509-252-3504
sole-rosso.com
- 28. SPRING VALLEY VINEYARD**
18 N. Second Ave.
509-525-1506
springvalleyvineyard.com
- 29. SULEI CELLARS**
17 N. Second Ave.
509-529-0840
suleicellars.com
- 30. SYZYG**
405 E. Boeing Ave.
509-522-0484
syzgywines.com
- 31. TAMARACK CELLARS**
700 C St. (Walla Walla Airport)
509-520-4058
tamarackcellars.com
- 32. TEMPUS CELLARS**
124 W. Boeing Ave.
(Walla Walla Airport)
509-270-0298
tempuscellars.com
- 33. TERTULIA CELLARS**
1564 Whiteley Road
509-525-5700
tertuliacellars.com
- 34. THREE RIVERS WINERY**
5641 Old Highway 12
509-526-9463
threeriverswinery.com
- 35. VA PIANO VINEYARDS**
1793 J.B. George Road
509-529-0900
vapianovineyards.com

- 36. WALLA WALLA VINTNERS**
Vineyard Lane off
Mill Creek Road
509-525-4724
wallawallavintners.com
- 37. WATERMILL WINERY**
235 E. Broadway, Milton-Freewater
541-938-5575
watermillwinery.com
- 38. WOODWARD CANYON WINERY**
11920 W. Highway 12, Lowden
509-525-4129
woodwardcanyon.com



JOIN US FOR AN EVENING YOU WON'T SOON FORGET.



Tom Maccarone, Owner



LUNCH AND DINNER SEVEN DAYS A WEEK

Call for Reservations (509)522-4776
4 N. Colville Street, Walla Walla, WA 99362

WWW.TMACCARONES.COM



WELCOME TO T. MACCARONE'S, A MODERN WASHINGTON WINE COUNTRY BISTRO INFLUENCED BY CLASSIC ITALIAN SENSIBILITIES. ABUNDANT WITH LOCAL, ORGANIC, HOUSE-MADE INGREDIENTS OUR MENU REFLECTS TRUE ERATH-TO-TABLE DINING. JOIN US IN OUR NEWLY REDESIGNED DOWNTOWN WALLA WALLA RESTAURANT AND LET US MAKE YOUR WINE COUNTRY EXPERIENCE TRULY MEMORABLE. LUNCH AND DINNER SEVEN DAYS A WEEK. RESERVATIONS (509) 522-4776

540899

Blue Mountain Lavender Farm

Lavender Daze - June & July

U-Pick • Classes • Boutique • Plants

Lowden, WA • (509) 529-FARM
bluemountainlavender.com

534766

WALLA WALLA
**FOOD
TOURS**

wallawallafoodtours.com
1.866.736.6343
info@wallawallafoodtours.com

538368



L'Ecole
No. 41
WALLA WALLA VALLEY

41 Lowden School Road, Lowden, WA
14 miles west of Walla Walla on Hwy 12
509.525.0940
www.lecole.com

PLAN YOUR VISIT

Tasting Daily 10am - 5pm
\$5 tasting fee refundable with wine purchase

Tour & Tasting Experiences Available
See lecole.com/visit for reservations



L'Ecole
No. 41

WALLA WALLA VALLEY
FERGUSON VINEYARD
2011 ESTATE GREEN

Best Bordeaux Blend in the WORLD
2011 Estate Ferguson
2014
Decanter
WORLD WINE AWARDS

Happy
100th Birthday
to our
Frenchtown
Schoolhouse

Come celebrate!



13 consecutive years

536875

tertulia cellars

536585

**JOIN US AT
OUR TASTING ROOM**

Thursday-Saturday 11-6,
Sunday 11-5 (or by appointment)

1564 Whiteley Road,
Walla Walla 509-525-5700
www.TertuliaCellars.com



Colorful natural foods benefit your body by providing different spectrums of antioxidants. Stock photos.

A food fight against cancer

Eating produce and herbs that boost health and immunity can help your body resist cancer and cell damage.

By Melissa Davis / Photos by Steve Lenz

As I begin the transition out of my thirties, I am starting to think more and more about the signs of my aging — gray hairs sprouting up like weeds, wrinkles forming where I laugh and things sagging a little more each year. I know I can't stop the years from passing or my body from aging, but I can help by keeping myself in good health. I detox once a year, keep in touch with my doctor and take my multivitamin when I remember. I eat my vegetables every day and consume less meat and more whole grains. From my studies in nutrition and physiology, I know the food I put in my body directly affects my overall health.

Despite my best efforts, there is a 40.4 percent chance I will be diagnosed with cancer at some point in my life. Cancer has touched the lives of almost everyone I know, in one way or

another. Thankfully, many of those lives have been saved because of advances in technology and science. With early detection, good treatment and healthy choices, many patients go on to live long, healthy lives.

Multitudes of scholars have studied and written about the fields of cancer, nutrition and food. We can all learn from their studies in cancer treatment and prevention. Starting now, no matter where one is in life, changes can be made intelligently to help prevent this devastating disease.

Many cancers are caused by factors such as lifestyle, behavior and diet. Overnutrition — specifically, excess growth-producing foods like meat, dairy products, fats and sweets — is a major dietary factor in developing cancer. Our society is one of excess, and overeating is prime example of our excessive living. From

this abundance of protein and fat, more growth is available to the body than it can healthfully incorporate. Overeating also can place a burden on metabolism and delay breakdown of the food.

The food we eat can play a role in cancer prevention. Focusing on the foods the body needs for vital health and strong immunity can help it better resist cancer and cell damage. Colorful fruits and vegetables provide powerful antioxidants, which block the action of free radicals. Eating a “rainbow” really is a good idea, as each color provides different spectrums of antioxidant qualities. The orange in carrots and squash is beta carotene, which has been found to benefit eye and lung health. The antioxidant lycopene helps give tomatoes their lovely red hue and is said to help with prostate, lung and stomach cancers. Cab-

bage and blueberries contain purple-colored anthocyanins, which are anti-inflammatory and anti-carcinogenic. And dark, leafy greens have lutein and zeaxanthin to thank for their beautiful color and protection against skin cancer and breast cancer.

Increased consumption of fruits and vegetables could help in the prevention of cancer. This month is a perfect time to start adding more color to mealtimes, as June offers a bounty of fresh local produce from the Valley. A visit to one of our weekly farmers' markets can inspire you and get you started on the path to positive dietary changes.

Check out these foods in season this month, which can be beneficial in cancer prevention and treatment.

- **Beets:** Cleanse the liver and blood, strengthen the heart, calm the spirit and lubricate the intestines.
- **Carrots:** Rich in antioxidant beta carotene and kill unhealthy bacteria.

- **Cherries:** Queritrin, the flavonoid active in cherries, has been found to be one of the most potent anti-cancer agents. Cherries also contain ellagic acid, a naturally occurring plant phenolic known as an anti-carcinogenic/anti-mutagenic compound.

- **Mushrooms:** Rich in germanium, an element that oxygenates. Neutralize toxic residues.

- **Parsley:** Helps to neutralize particular types of carcinogens. Can attach to free radicals, deterring their potential damage.

- **Sprouts:** Apigenin, the antioxidant flavonoid in sprouts, has been shown to possess remarkable anti-inflammatory, antioxidant and anti-carcinogenic properties.

- **Swiss chard:** Stimulates liver and tissues out of stagnation.

Immunity-enhancing herbs

- **Astragalus:** Builds energy, strengthens digestion and resistance to disease.
- **Chaparral:** Studies have shown it to have a regressive impact on tumors. It is also an antihistamine and anti-inflammatory.
- **Dandelion:** Antiviral and antifungal.
- **Turmeric:** Studies suggest curcumin, the active ingredient in turmeric, can help slow the growth of cancer cells.



RECIPE

CARROT AND BEET SALAD

- 3 cups carrots, shredded
- 2 cups beets, shredded
- 1/4 cup parsley, minced
- 3 tablespoons basil, minced
- 3 tablespoons lemon juice
- 1 tablespoon honey
- 1/4 cup olive oil
- Salt and pepper, to taste
- 2 tablespoons pumpkin seeds, almonds or walnuts

Shred the carrots and beets into a large bowl.

Combine fresh parsley, basil, lemon juice, honey, olive oil, salt and pepper.

Pour the vinaigrette over the mixture and toss until coated. Top with toasted nuts and serve.





RECIPE

CHARD-CHERRY-QUINOA SALAD

- 1 cup quinoa
- 2 cups water
- 2 cups cherries
- 6 cups Swiss chard, lightly packed
- 1/3 cup fresh basil leaves
- 3/4 cup walnuts
- 3 tablespoons olive oil
- 1 1/2 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- 1 teaspoon minced garlic
- 1 teaspoon sea salt

In a medium-sized pot, combine quinoa and water and bring to a boil over high heat. Reduce heat to low, cover and simmer for 15 minutes or until water is absorbed. Turn off heat and let stand in pot, covered, for 5 minutes. Uncover, fluff with a fork and leave to cool.

Meanwhile, halve cherries and remove pits, chiffonade the chard and fresh basil leaves, and crush walnuts. Set aside.

In a small bowl, add olive oil, balsamic vinegar, maple syrup, minced garlic and sea salt, and whisk until they are well-combined.

In a large bowl, place cooled quinoa, add all other ingredients, and drizzle with dressing.

Gently mix until combined.

Amavi Cellars
SIT. SIP. ENJOY THE WINE COUNTRY VIEW.
OPEN 7 DAYS A WEEK FROM 10AM TO 4PM
3796 PEPPERS BRIDGE ROAD
509.525.3541
www.amavicellars.com
FIND US IN WOODINVILLE, TOO!

Bordeaux Meets New World...
100% Estate. 100% Sustainable. 100% Walla Walla.

Serving Cabernet Sauvignon, Merlot, and our proprietary Bordeaux-style blend, "Trine."

Our tasting room is open seven days a week between the hours of 10am and 4pm. We can be found just south of Walla Walla at 1704 J.B. George Road.

PEPPER BRIDGE WINERY

www.pepperbridge.com | 509-525-6502 | info@pepperbridge.com



The Brik Bar and Grill **B** **L** **F** **R** **S** **S** **S**
 1415 Plaza Way, Walla Walla • 509-529-7999
 Open daily, 11 a.m.



If you're hungry for consistently fresh tastes, like home-cooked food, go to The Brik. All dishes are born when you order. Never frozen. Never microwaved. Even their chicken pot pie is hand-made!

Clarette's Restaurant **B** **L** **F** **R** **S** **S**
 15 S. Touchet St., Walla Walla • 509-529-3430
 Open daily, 6 a.m.-8 p.m.



Clarette's offers many locally sourced foods and consistently is voted the Valley's best place for breakfast. Generations of locals have marked important occasions with its classic American-style breakfasts. Located on the Whitman College campus, one block off Main Street, near the Travelodge. Lots of parking. Breakfast served all day.

Grandma's Kitchen **B** **L** **F** **R** **S** **S** **S**
 36 S. Colville St., Walla Walla • 509-876-4236
 Tue.-Thu., 12-8 p.m.; Fri. & Sat., Noon-11 p.m.; Sun., Noon-7 p.m.; Closed Monday



Grandma's Kitchen offers many delicious, regional Mexican dishes. Enjoy cactus salad from the state of Hildago plus tasty original dishes from Yucatan, Morelos and Chihuahua. Enjoy sangria or one of our 10 Mexican beers with your meal. Located in the heart of downtown Walla Walla.

Jacobi's Italian Café & Catering **L** **F** **R** **S** **S** **S**
 416 N. Second Ave., Walla Walla • 509-525-2677 • jacobiscafe.com
 Mon.-Thu., 11 a.m.-9 p.m.; Fri. & Sat., 11 a.m.-10 p.m.



Come "Mangia Mangia" in Walla Walla at Jacobi's Café! At Jacobi's Café you can enjoy our signature Italian cuisine and experience casual dining with customer service that is second to none. You may dine in our vintage train car or sit back and relax on our patio. Because when you are thinking Italian ... think Jacobi's!

Mill Creek Brew Pub **L** **F** **R** **S** **S** **S**
 11 S. Palouse St., Walla Walla • 509-522-2440 • millcreek-brewpub.com
 Mon.-Sat., 11 a.m.-midnight; Sunday, 11 a.m.-9 p.m.



For 15 years, Mill Creek has served locally brewed, handcrafted beers. You'll find great values on the kid-friendly lunch and dinner menu, served inside or out on the largest patio in town. Local wines, daily specials and great atmosphere, all await you at Mill Creek Brew Pub.

Patit Creek Restaurant **L** **F** **R** **S** **S** **S**
 725 E. Dayton Ave., Dayton • 509-382-2625
 Lunch: Wed.-Fri., 11:30 a.m.-1 p.m.; Dinner: Wed. & Thu., 4:30-7 p.m.; Fri. & Sat., 4:30-7:30 p.m.



Named in "Northwest Best Places" as the only four-star French restaurant east of the Cascades, Patit Creek has been serving great cuisine — without the attitude — since 1978. While all the entrees are exquisite, their meat dishes are truly notable, especially the Medallions of Beef Hiebert. An imaginative wine list and remarkable desserts make Patit Creek a gem worth traveling for.

T. Maccarone's **L** **F** **R** **S** **S** **S**
 4 N. Colville St., Walla Walla • 509-522-4776 • tmaccarones.com
 Open daily, 11 a.m.-9 p.m.



Welcome to T. Maccarone's, a modern, Washington wine-country bistro influenced by classic Italian sensibilities. Join us in our downtown Walla Walla restaurant for a celebration of the senses — from the fragrant allure of white truffle to the warm spark of candles in our intimate dining room, let us help make your wine-country experience truly memorable.

South Fork Grill **L** **F** **R** **S** **S** **S**
 1129 S. Second Ave., Suite D, Walla Walla • 509-522-4777
 Mon.-Sun., 11 a.m.-2 p.m., 4 p.m.-8 p.m.



South Fork Grill is a small, locally owned, comfortable restaurant. We are casual and friendly. We have outdoor seating and a dessert case full of goodies. Come visit us and let us take care of you! It is what we love to do!

Thai Ploy **L** **F** **R** **S** **S** **S**
 311 S. Ninth Ave., Walla Walla • 509-525-0971
 Open seven days a week from 11 a.m.



Roast Duck Curry, Lemon Grass Barbecued Chicken, Coconut Prawns, Pad Thai and more. A great menu of Thai dishes, expertly prepared. Enjoy a glass of wine, cold beer or tasty Thai iced tea with your meal. Plenty of room for groups or just the two of you. If you're looking for a true Thai dining experience, Thai Ploy is the place for you.

KEY	B Breakfast	D Dinner	F Food Past 10 p.m.	R Outdoor Dining	\$\$ \$11-\$25
	L Lunch	K Kid-Friendly	R Reservations Recommended	\$ Under \$10	\$\$\$ Over \$26

Paid listings. To be included, contact adddirector@wwub.com.

A doctor after women's own hearts

Dr. Anabel Facemire takes a personal interest in the cardiac health of her patients.

By Jennifer Colton-Jones / Photos by Steve Lenz

One in four women will die of cardiovascular disease — and one in three of those deaths will have been preventable. Dr. Anabel Facemire hopes to reduce those statistics.

A board-certified cardiologist, Facemire has joined the team at Walla Walla General Hospital to focus on comprehensive care and prevention of cardiovascular disease. Full of energy, the cardiologist glows when she talks about prevention and health, her excitement palpable in her cozy office.

When the mailers introducing Facemire to the community said, "Your heart health is her passion," it wasn't an overstatement.

"I'm very passionate about finding heart disease and killing it before it kills you," Facemire said, her eyes brightening. "I'm also a champion for women. ... We care for our homes and our families, and not always for ourselves. People come in and say, 'My mom died at 50, I'm 40 — what can I do?' and my goal is to prevent that."

Facemire's zeal for women's cardiac health stems from how rarely the issue is talked about. Although cardiovascular disease kills both men and women, the symptoms in each might differ wildly. In men, heart disease symptoms include a pressure on and squeezing of the chest, but in women, this pain — angina — might, instead, exhibit as shortness of breath or as pain in the throat, abdomen or back. In men, angina worsens with activity and goes away with rest; however, women are more likely to have angina while resting or sleeping. Some women might have no symptoms at all.

Facemire aims to help women become more aware of the symptoms and risk factors of the disease, while helping all patients work toward



Walla Walla General Hospital's newest cardiologist, Dr. Anabel Facemire, has a passion for women's health and preventive care.

prevention and minimizing risks.

Born in Quito, Ecuador, Facemire was a second-grader when she decided to become a doctor. She earned her medical degree at the University of Guayaquil in Ecuador before

completing a residency in internal medicine at Graduate/Hahnemann University Hospital in Philadelphia. She then served a fellowship in cardiovascular disease at Mount Sinai Medical Center in New York City. Most recently, Facemire was a general cardiologist, focusing on preventive cardiology and women's health, in Bel Air, Md.

The Facemires — Anabel; her husband, Fred; and two children, Melody and Ethan — were living at a rapid pace until a family tragedy brought life to a screeching halt. While Anabel continued her medical practice and Fred worked as an engineer, Facemire's mother, Carmen, cared for the children. In 2014, Carmen was diagnosed with a terminal illness and died three months later.

Realizing they needed a lifestyle change, the Facemires started looking for somewhere slower. Facemire interviewed across the country, from Florida to California, but it took only one visit to WWGH to know where she wanted to go.

"I fell in love with this place," she said. "I just see a vision in this place to help the community. Everything here is patient-centered."

That emphasis on patients is something Facemire has yearned for. She prefers to interact with her patients one-on-one, asking questions and building relationships. When approaching women in danger of heart disease, that relationship can bring to the surface risk factors patients did not realize they had.

"I ask questions like, 'Did you have pre-eclampsia when you were pregnant?' because there is a connection between heart disease and pre-eclampsia. There is also postpartum cardiomyopathy: women who develop heart failure after giving birth. Early screening is important for women," she said.



Facemire is accepting new patients at Walla Walla General Hospital.

Providence St. Mary expands interventional cardiology

The service's 24-hour availability means patients can be treated rapidly in emergency situations.

By Jennifer Colton-Jones

Providence St. Mary Medical Center now offers emergency interventional cardiology — seven days a week, 24 hours a day and 365 days a year.

Providence St. Mary has had a cardiology program since the 1970s, but patients in need of emergency heart services had to be transferred. On weekends and after hours, patients had to be taken to Tri-Cities, both increasing the patient's risk for complications and tying up the emergency medical services team for three hours.

"We've been analyzing the need for this in the community for a couple of years. We decided this is something the community deserves," says Rob Watilo, chief strategy officer for Providence St. Mary. "We want to offer the community the best access to a high standard of care, and we felt the community deserved access to the service 24/7."



The interventional cardiology team at Providence St. Mary drills with Life Flight Network air ambulance staff. Patients in cardiac emergencies often arrive by air ambulance. Here, they are in the catheterization lab at Providence St. Mary, transferring a mock patient. Courtesy photo.

The "emergent primary percutaneous coronary intervention" service went live Feb. 16, and, in March, the Washington State Department of Health designated Providence St. Mary a Level 1 Cardiac Center, the highest designation available.

During a PCI procedure, an interventional cardiology feeds a catheter to the blockage site in the heart and inflates a balloon to open the artery and improve blood flow. A stent is often placed in the heart to keep the artery open.

Watilo said the service is typically measured in the "door-to-balloon time," or the number of minutes from when a patient arrives at the emergency room until the blockage is cleared. The national standard is 90 minutes; in its first eight weeks, Providence St. Mary has averaged 36 minutes.

On March 9, a patient suffered a heart attack in a field in North Powder, Ore.,



Facemire enjoys getting to know her patients on a personal level. Talking about outside stresses, eating habits and family life helps her develop a full picture of their lives.

107 miles from Walla Walla. The patient was airlifted to Providence St. Mary, where the team was prepped and ready to go as soon as the helicopter landed. On that patient, the door-to-balloon time was 12 minutes.

Without the expanded care, that patient would have had to travel an extra distance to Tri-Cities or Boise — each extra mile putting his heart at greater risk.

“Things have been going really better than anybody could have expected,” says Dr. Lisa Abrahams, an interventional cardiologist. “I think people are really happy to see us here.”

Watilo attributes the program’s success to the staff and to early preparation. The organization hired extra staff and brought on additional sets of equipment for the expansion. Once the program was set in motion, teams spent more than three months on focused preparations, including holding practice drills in the hospital and with partner agencies, such as emergency medical services.

The emergency interventional services mean Providence St. Mary can serve patients on the entire spectrum, from diagnostics to angiograms, emergencies to cardiac rehab, 24 hours a day. Abrahams said the expanded services allow Providence St. Mary to serve emergency heart attacks and other stages of heart disease.

“It’s not just all about the major heart attacks. It’s about the patients who don’t realize they’re having heart pain or a heart attack,” Abrahams said. “People, in general, think it’s going to be severe pain, and it isn’t. In most people, it’s a squeezing, a pressure, and not that ‘hit your thumb with a hammer’ pain. People always tell me, ‘Well, I would have come in sooner if I’d known.’ If a person starts to have chest discomfort that is new to them, they need to come in.”

Common heart attack symptoms for women

- Shortness of breath
- Lightheadedness or dizziness
- Fatigue
- Nausea
- Pain or discomfort in arms, back, neck, jaw or stomach
- Pressure on or squeezing in the center of the chest
- Chest pain

Common heart attack symptoms for men

- Heartburn, indigestion or stomach pains
- Headache, toothache or pain in the jaw
- Cold sweat
- Sharp pain in the arm (most commonly the left) or the upper back
- General chest discomfort that may not be painful
- Pain, fullness or squeezing in the chest — sometimes described as an elephant sitting on the chest.
- Chest pain

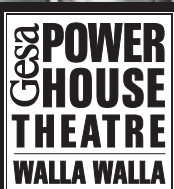


SIX-TIME GRAMMY AWARD WINNERS

BLIND BOYS OF ALABAMA

SATURDAY, JULY 25 7:30PM

Living legends of gospel music known for crossing multiple musical boundaries, they've appeared on recordings with Bonnie Raitt, Tom Waits, k.d. lang, Lou Reed, Peter Gabriel, Willie Nelson, Susan Tedeschi, Solomon Burke, Aaron Neville, Ben Harper and more. The Blind Boys of Alabama have made appearances on The Tonight Show With Jay Leno, Late Night with David Letterman, The Grammy® Awards, 60 Minutes, The Colbert Report and their own holiday special on PBS. Get your tickets online at www.phtww.com, by calling 509.529.6500, or stop by the Box Office.



111 N. Sixth Avenue, Walla Walla, WA
509.529.6500 www.phtww.com

In addition to a personal connection, Facemire has state-of-the-art tools in her toolbox. She works with arrhythmias and uses tests like calcium scoring — checking for the amount of calcium detected in a cardiac CT scan — to help predict and understand a patient's risks and potential symptoms.

The cardiologist is also trained in TEE — transesophageal echocardiography — a test where a patient will swallow a type of camera that uses sound waves to create pictures of the heart. The TEE is useful for patients with infections or who use prosthetic valves, or for those who have experienced strokes for which there isn't an obvious cause.

Facemire's concentration on preventive health complements the work of Dr. Bradley Titus, Walla Walla General's interventional cardiology and endovascular specialist. While Titus works with emergency and invasive situations, Facemire covers comprehensive care, including prevention, education and noninvasive procedures. She plans to participate in health fairs and public presentations and interact with the community.

Facemire also speaks Spanish and accepts patients who speak little to no English.

Long term, Facemire plans to develop a heart-failure clinic at Walla Walla General. The clinic would have nurses staffed to monitor patients so they can receive personalized care and testing without going into the emergency room. The clinic might also help increase willingness to seek treatment and testing for some women who are resistant to visiting the emergency room.

"I respect each patient's style and I work with them," Facemire said. "I usually tell my patients, tell my community, 'You have to start somewhere. You can't just give up.'"

Facemire takes a personal interest in her patients, and says she treats every patient as if he or she is a member of her family. She has a drawer of letters and cards from her former patients.

"When I feel tired or discouraged, I open and read," she said. "I know I have a mission to be a physician. It is a calling. I think we can do great things for the community with the team the Walla Walla General Hospital has."



We are dedicated to helping your loved ones lead dignified, independent lifestyles in the comfort of their own homes.

- Home Services
- Personal Care
- Respite Care
- Transportation

509 525-1573

E-mail: CompassionateCareWA@gmail.com

Fax: 509 529-5295

Available 24 Hours a day, 7 Days a week

537864U

Hear Clearly and Reconnect with Better Hearing.



\$300 OFF ANY PAIR OF PHONAK HEARING AIDS

Schedule Your Appointment Today!

Hearing Aid Source

2330 Eastgate North, Suite 101 • Walla Walla • 509-529-2693

*Hearing aids help many people hear better, but no hearing aid can solve every hearing problem, nor restore normal hearing.

534769

Phonak Audéo SMART, the world's smallest hearing system

PHONAK life is on



Wirelessly connects to TV, telephone and MP3 players with iCom

Try Audéo SMART Risk-Free

- Up to 5 years of batteries included with all purchases
- 30-day Trial Period

SAVE TIME SCHEDULE ONLINE



- Birth control
- Essure® - permanent birth control for women
- Vasectomy
- Pregnancy testing
- Emergency contraception

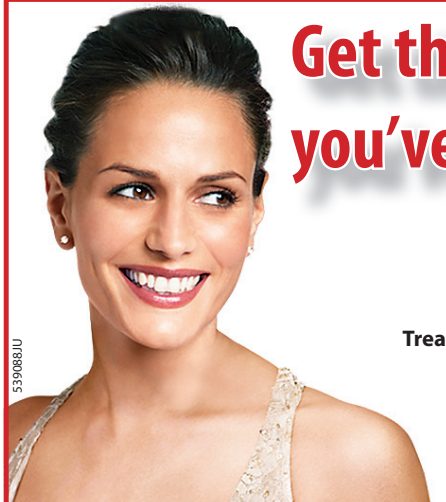
Health Center in Walla Walla

1.800.230.PLAN WWW.PPGWNI.ORG



539894

Get the Lift and the Lips you've been looking for.



Restylane
NATURAL BEAUTY MADE IN SWEDEN

Treat moderate to severe facial wrinkles and folds.

Dysport
TOXINA BOTULINICA TIPO A

Treat moderate to severe frown lines.



Eye & Laser
PHYSICIANS

the best choice in sight

FREE Dysport Treatment

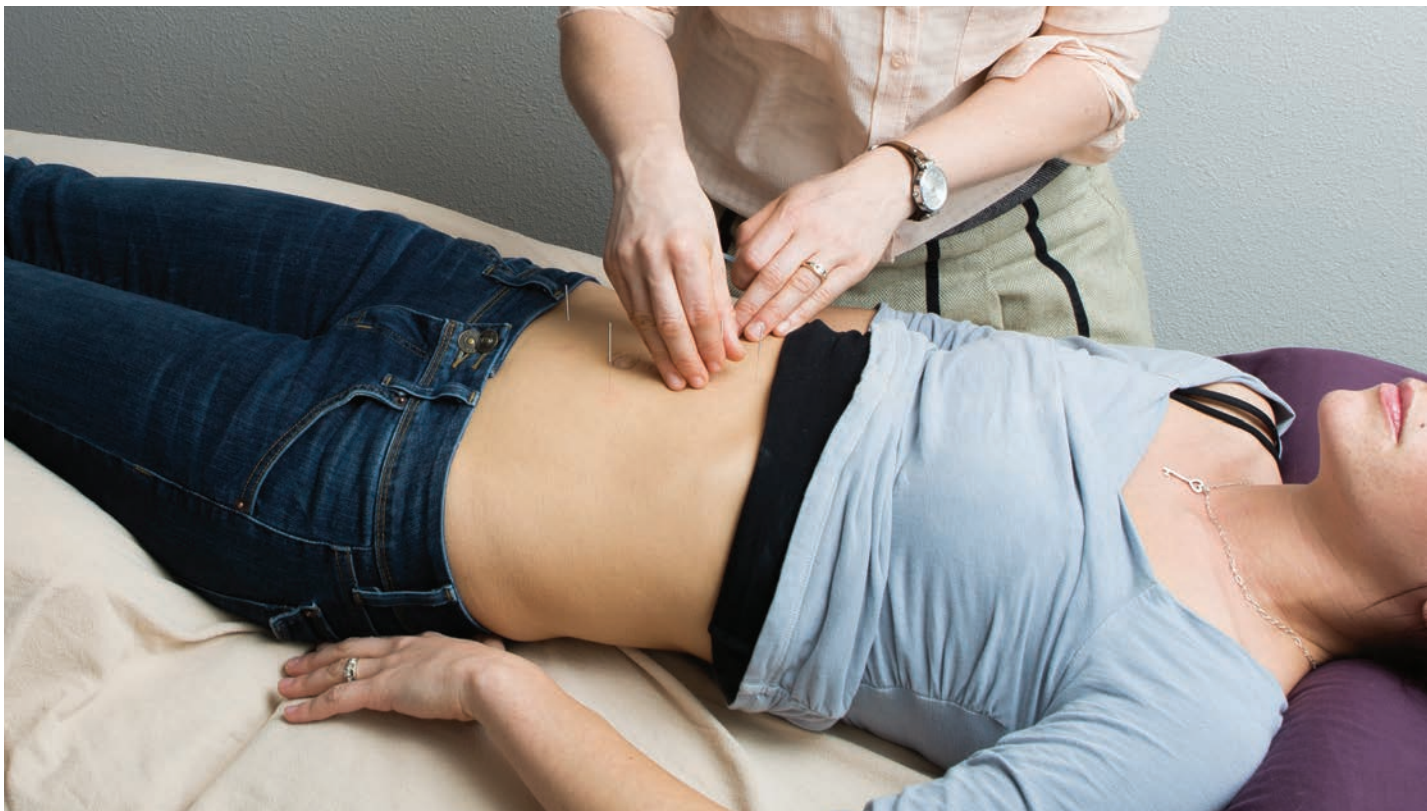
With your Restylane treatment.

Up to \$240 - While Supply Lasts.

Call for free consultation appointment.

299 W. Tietan St. • Walla Walla
(509) 525-2100
wwweye.net

Linda Gunshefski, M.D.
Andrew Edwards, M.D.
Scott Smith, O.D.



Lindsey Thompson places points on the stomach to improve digestion and the Conception Vessel meridians.

The power of women's health: An East Asian medicine perspective

Treating the underlying causes of issues such as unusual menstrual cycles and heavy bleeding during childbirth can improve the quality of women's lives.

By Lindsey Thompson / Photos by Steve Lenz

As a young woman, I remember many of the older women in my life confiding in me that they'd had debilitating cramps when their cycles started. For some, these cramps and other symptoms recurred through their school years. They were painful enough to send them home from school and work. Chocolate was lauded as a cure-all. I was assured time and again that these uncomfortable symptoms were just par for the course: Just grin and bear it, and expect the occasional missed class or work. If you must, cope with a heating pad and some ice cream.

Chinese medicine, on the other hand, says, "Hey, it doesn't have to be that way," and offers an astonishing depth of understanding

of women's health from puberty to beyond menopause.

Chinese medicine views a woman's cycle (menstruation plus the length of time between periods) as a way to deduce an individual's overall health. Multiple organ systems and their associated acupuncture meridians are involved in creating a woman's cycle. These nagging symptoms so many of us women take for granted are considered signs that certain organ systems are out of balance. When these organ systems start to show symptoms during menstruation, our quality of life starts to suffer long before anything becomes a diagnosable illness. How easy a woman's menstruation remains through her adult years will indicate how easy

or difficult perimenopause and menopause will be. Maintaining a healthy menstrual cycle will help perimenopausal years have fewer hot flashes, night sweats and other symptoms we take for granted as part of making the transition to menopause.

Menstruation

The main organ systems responsible for menstruation are the heart, the spleen/pancreas, the liver and the kidney. The organs are a prominent concept in Chinese medicine, which attributes an emotional and cognitive pattern, a tissue structure and various energetic and physical processes to each organ, besides the physiology that we know from Western science.

For example, the heart is in charge of our blood. Amenorrhea or lack of a period, scanty menstrual flow, insomnia and/or feeling anxious around menses are signs the heart meridian needs some extra care. Please note, this does not mean that you have heart disease.

The spleen/pancreas relates to menstruation by holding the blood in the vessels. Signs that the spleen/pancreas is losing ground on holding blood in the vessels are easy bruising and really heavy periods. Other common menstrual symptoms related to a tired spleen/pancreas are bloating, gas, changes in bowel movements and changes in appetite.

The liver dredges the channels and pathways to make them free and clear of any blockages. This is a strange phrase that means when the liver is not able to perform this task, we end up with cramps, clots, very strong bloating, headaches, migraines, breast tenderness and mood swings of all kinds.

The kidney energy relates strongly to sexual maturity, i.e., the start of menstruation and our sex drive. If the kidney energy is tired, you may have long cycles that stretch out for a couple of months between menses, or amenorrhea, as well as low-back pain before or during your period.

Postpartum care

Similarly to the attitude around menstruation, our culture tends to neglect postpartum care for new moms. The act of giving birth takes a great deal of effort and physical resources from one's body. According to Chinese medicine, the first month after giving birth, the new mom should be waited on by her family with nutritious bone broth-based soups laden with vegetables, allowing her to rest up after the demanding work of the birthing process. The relationship between eating foods that provide easily digestible nutrition to rebuild blood supplies and support tendon, ligament and cartilage structural integrity also correlates to supporting proper milk production and balanced emotions.

How physically demanding the birthing process was determines the postpartum nutrition plan and degree of rest the mother needs. A birth that loses a great deal of blood or takes many hours to complete may need more bone broth and, potentially, some blood-building herbal formulas to ensure the mother's blood volume can return as quickly as possible. In Chinese medicine theory, milk is generated from the blood, so protecting the blood supply protects the ability to produce adequate milk

NORTHSTAR
BLENDING EXPERIENCE

JOIN US FOR THE BLENDING EXPERIENCE!

A unique experience in Washington wine country, the Northstar Blending Experience will give you a hands-on opportunity to immerse yourself in the art of blending world-class wine and take home your own custom blend.

NORTHSTAR WINERY
1736 JB GEORGE ROAD
WALLA WALLA, WA 99362
509-525-6100 / 866-486-7828

NORTHSTARWINERY.COM/BLENDINGEXPERIENCE

536532

ITEM #127 ©2014 NORTHSTAR WINERY, WALLA WALLA, WA 99362

SOUTH FORK GRILL

1129 S 2nd Ave, Ste D • Walla Walla • 509-522-4777
Follow us on Facebook: www.facebook.com/WallaWalla
Hours: Mon-Sun 11:00 am - 2:00 pm, 4:00 pm - 8:00 pm

526436

for one's newborn.

Blood volume also contributes to stable emotions. Anxiousness, worry and postpartum depression have a relationship with blood volume, an adequate amount of which is vital after birth. A woman who has lost a lot of blood but whose body may be managing to produce plenty of milk runs a risk of secretly depleting her blood volume and ending up with stronger emotional swings or lows. This can feel particularly frustrating since there are no outward signs of anything being out of the ordinary.

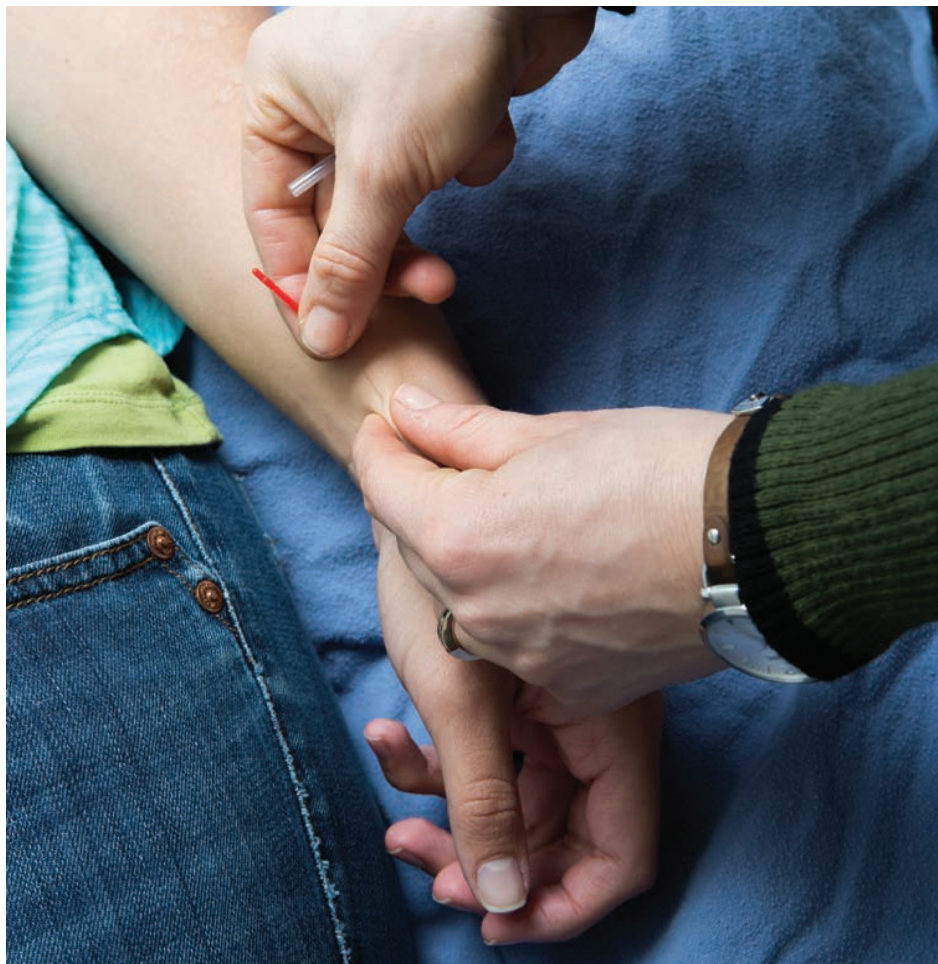
Blood deficiency, in general, has some subtle signs, such as sallow or pasty-looking skin tone, pale nail beds, pale lips, dry skin and hair, and bruising easily. For some, simple dietary adjustments can overcome postpartum blood deficiency, while, for others, it is advisable to use a stronger intervention of Chinese herbal formulas specifically designed over a few hundred years for postpartum care.

Perimenopause and menopause

The patterns that set up our bodies to experience hot flashes, night sweats, and skin, hair and vaginal dryness during perimenopause and into menopause are often established during our early menstruating years and from inadequate postpartum care for our bodies. By addressing menstrual symptoms such as gas, bloating, pain, mood swings, etc., and taking excellent care during our postpartum days, we can avoid dramatic symptoms later in life. Since we cannot go back in time, if you are already experiencing such symptoms, Chinese medicine looks at identifying which organ system or handful of organ systems are most involved, and treats those symptoms accordingly with acupuncture and herbal treatments.

This is just a small snapshot of how Chinese medicine associates various physical and emotional symptoms to women's health. The wisdom of Chinese medicine applied to women's health often emerges from the aforementioned larger concept of the organ systems. Noticing and treating quality-of-life issues enhances our ability to bring our bodies back into ideal health, before our health falls so far out of balance we actually become ill.

To learn more about women's health and Chinese medicine, I highly recommend working with a licensed acupuncturist or EAMP, as self-diagnosis is often misleading.



Acupuncture in action: This point controls the Conception Vessel, a channel that influences most of the internal organs, including the uterus.



Acupuncture points far away from the source of pain are often most effective. The points shown here control the Belt Channel, the only horizontal channel in the body and regularly involved in women's health.



Torey Ebding sought relief from her constant migraines, the result of a car crash, with prescription medicines and other traditional forms of therapy. Then she tried myofascial release with therapist Deborah Riley and found real improvement.

Myofascial release for migraines: A pill-free solution

Stretching internal connective tissues can reduce the frequency of migraines.

By Robin Hamilton / Photos by Steve Lenz

When Torey Ebding first visited local massage therapist Deborah Riley, she was experiencing three to four migraine headaches a week. Ebding had been rear-ended in a car crash in 2013 and thought her migraines were connected to the crash.

"Torey told me her pain started in her shoulder, and it felt as if something was wedged in her shoulder area," Riley said. "The pain crept up into her neck and into the back of her head. She said she knew she was going to have a migraine if she couldn't get on top of the shoulder pain."

Ebding tried different prescription medications and physical therapy for three months post-crash, as well as other treatments, then

saw Dr. Justin Olswagner with the Walla Walla Clinic.

Olswagner has been a client of Riley's and had found her myofascial-release techniques — wherein connective tissues are pressed and manipulated — to be helpful. He referred Ebding to Riley, and the patient said she had finally found relief: Her three to four migraines a week have diminished to one a week. Sometimes she can go two weeks without a headache.

What Riley does is address the fascia, a system of the body that looks like a densely woven spider's web that covers and penetrates every part of the body, including the spinal cord, muscles, bones, arteries, veins and internal organs. Treating a patient with migraine headaches — or any kind of pain — involves

treating larger parts of the body. Riley said she follows the advice of her mentor and teacher, John Barnes, creator of the John Barnes Method of Myofascial Release: "Find the pain; look elsewhere for the cause."

Riley explained that, as this kind of modality is so different, patients need to become educated about the technique before they begin treatment.

"Often, people come in expecting a deep-tissue massage type of experience — lots of digging into the muscles and forcing them to release. Myofascial work is almost the opposite of that approach."

After taking a medical history, Riley said, she spends time observing the patient's posture, areas of asymmetry and the way he or she



Riley, using the myofascial-release technique, holds the back of Ebding's head and neck and lets the muscles release in her hands. This process takes time, Riley says, but is often much more effective than the traditional deep-tissue massage.



Riley uses several techniques on patients with headaches, including "ear pulling" and intraoral work – working inside the mouth to release the major muscles of the jaw.

moves and breathes.

"I generally have the person lie down and assess their body alignment — whether the head tilts to one side or the other, if one arm or leg is longer than the other.

"The patient could be complaining of headache-like pain, when it might be originating in the shoulder, or even the hip," Riley said.

With trauma or surgery, or even postural habits, the fascia covering those areas can become inhibited and create a lot of pain.

To the therapist, injured tissues can feel thicker, tighter, almost glued together, Riley said. Healthy tissues feel supple and mobile.

For migraine headaches, techniques such as scalp manipulation (moving the fascia that covers the skull with slight pressure through the fingertips) and trigger-point massage (pressing carefully on the tight muscles of the jaw and neck) can give great relief. Trigger points are toxins that are built up in muscles and can cause widespread nerve irritation. Riley also uses ear pulls — literally pulling the ear in several directions; intraoral work — working inside the mouth to release the major muscles of the jaw; and cranial-sacral techniques around the face, neck, shoulders and pelvis.

"Practitioners who focus solely on the head are making a mistake," she said.

To get the muscles, tendons and ligaments to return to a more fluid state takes time. With myofascial release, the therapist holds a body part that is painful, and instead of pushing, pulling or digging into the tissues, he or she just lets the muscle release in their hands.

Riley doesn't generally use oils or lubricants because they cause her hands to slide over the skin.

"I like to sink my hands into the tissues, feel where the catch is and hold that area for several minutes."

An oft-quoted law supports this theory of manual therapy. Known as the Arndt-Schultz Law, it basically states that to improve function, techniques must be applied slowly and gently.

The therapist said she is a fan of five-minute holds for optimal relief.

Riley believes that, in addition to myofascial release, there are several methods that help release pain, especially working with the mind-body connection.

"Change the mind and you change the body," she said.

"I don't think I get people better; I think they get themselves better."



Fort Walla Walla Cellars

Producing ultra -premium Cabernet Sauvignon, Merlot, Syrah & Bordeaux style blends

Open Thursday - Monday 10:00 - 4:30 & By Appointment 509-520-1095
127 E. Main St. Downtown Walla Walla
www.fortwallawallacellars.com

537175



WOODWARD CANYON

TASTING ROOM OPEN DAILY
10 AM – 5 PM

RESERVE & PRIVATE TASTINGS AVAILABLE

Lunch at the Reserve House

Serving Thurs – Sun
11:30 am - 3:00 pm



11920 W. HIGHWAY 12, LOWDEN, WA 99360
WWW.WOODWARDCANYON.COM 509-525-4129

536584

Delivery Day

A DAY TO REMEMBER

AWARD-WINNING CARS RESTORED & PAINTED



1959 Belair

HOLTON

- SECRET LAB -

866-352-6348 • HOLTONSECRETLAB.COM

536597JU



Have fun looking fabulous!

Comfortable and stylish footwear
for the entire family.

Unique contemporary women's clothing.

Fidji * Dansko * Taos * Johnston & Murphy

Keen * Merrell * Birkenstock * Jafa * Naot



Shoes and Women's Clothing • We Care About Your Comfort
Open Mon-Sat 8am-6pm • Sun noon-4pm • Shoe Repair Technician on staff.

613 N. Main Street, Milton-Freewater • 541-938-5162



saagershoeshop.com



534767IU

GET YOUR

FAIR TICKETS TODAY!

Walla Walla Fair & Frontier Days

ALL TICKETS ON SALE NOW

Concert ~ Demo ~ Rodeo ~ Gates

Print your tickets at home
from www.wallawallafairgrounds.com

IN CONCERT

Wed., Sept. 2 • 7:00 p.m.



An Evening
with
**Vince
Gill**

ON OUR PEPSI STAGE

FREE with gate admission



Fri. Sept. 4
9:00 p.m.

Dan + Shay



Sat., Sept. 5
9:00 p.m.

Molly Hatchet

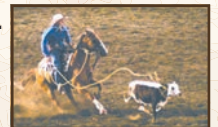


Thurs. Sept. 3
6:00 p.m.

DEMO DERBY

Fri. • Sat. • Sun.
Sept. 4, 5, 6
7 p.m.

RODEO



For more info: 509-527-FAIR
www.wallawallafairgrounds.com

538729V



Darcey Benzel and daughter, Kirsten, help women empower themselves.

M-Powered helps strengthen women during life's changes

The shop offers an array of products and services to boost women's self-esteem and sense of well-being.

By Karlene Ponti / Photos by Nick Page

The sign on the new store's wall said, "Turn the word 'mom' upside down and you get 'wow.'"

Darcey Benzel, owner of Green & Jackson, 1365 The Dalles Military Road, has opened another store, M-Powered, for the health needs of moms and other women. Products are geared toward maternity, mastectomy supplies and massage — thus the store's name. Its focus is to celebrate the many roles women play and to empower women and their loved ones, whether it's a mother-to-be, a woman looking for a stress-relieving massage or someone facing the devastation of a cancer diagnosis who needs to return to health and well-being.

Darcey's daughter, Kirsten, is the massage therapist proving stress relief for clients.

The idea for the store came about a couple of years ago at the closing of Jill's Maternity

and Uniform Shoppe when its owners retired. Darcey couldn't deal with the idea of women having to face cancer and all the intimate issues that can go with it, with no place in town that could help them with the nonmedical — yet still important and personal — aspects of battling the disease.

In addition to the fearsome nature of cancer, women often end up with disfiguring surgery to remove one or both breasts. Chemotherapy is a challenge in itself and often destroys hair on the head and body, including eyelashes and eyebrows. These changes can have a huge impact on a woman's self-esteem and body image, even beyond her struggle to beat the cancer.

Women rebuilding their bodies and their lives during and after cancer have a friend and advocate in Darcey. She loves helping women who come to her in their healing process. Open-

ing the store has turned out to be deeply rewarding for her.

"This is one of the biggest blessings in my life," she said.

Owned by Bill Greiner, the building next door to Green & Jackson became available two years ago when AAA closed its local office. Since there was no one else in town providing prosthetics for mastectomy patients, Darcey said, she decided to move forward with necessary care for recovering female cancer patients. Then she expanded her inventory to carry other items such as leisure wear, swimming suits and lymphedema supplies such as compression socks and bandages.

For mothers-to-be, there is a selection of stylish maternity wear, breast pumps, pillows and supplies.

There's no shortage of women wanting to



The store's décor radiates comfort and nostalgia.



The massage room's inviting ambiance is calm and relaxing.

look and feel beautiful while regaining health, or after their child is born. Darcey has been getting referrals from Providence St. Mary Medical Center and Walla Walla General Hospital.

The store carries product lines that emphasize comfort, style and feeling good. And Darcey makes special orders for specific products if they aren't in the store.

Staying true to the focus on healing, the store is set up to be soothing and discreet, but also interesting and fun. Darcey has private consulting rooms, decorated to be warm and calming. The massage room Kirsten uses is similarly comfortable.

"It's a healing, comforting atmosphere," Darcey said.

The rest of the store has paintings and mementos of the past, with décor from the 1940s and 1950s. There are pictures taken of the soda jerks who worked at the old Green & Jackson store. The touch of history emphasizes the many generations of women — their experiences, their roles, their sacrifices and their love of family and of finding themselves.

"We're helping them to restore their femininity; breast cancer takes that away. It's so much a part of who we are," she said.

Women Darcey has known "forever" have come to her, not knowing they could even get a breast prosthesis, and she has been able to help them. In many cases, this completely changes the woman's outlook and self-esteem.

She loves to help people by matching them up with the equipment they need to improve the quality of their lives. When she connected someone to their first four-wheeled walker, it was "an instant antidepressant. It changed their life," she said.

"The experience is truly a gift to me," Darcey said.

When she left her former job to run Green & Jackson, "I walked out of there, and the sun came out. It was February and the sun was shining. It was an affirmation," she said.

She felt she was supposed to go into the medical-supplies business, which led her to this opportunity to help women.

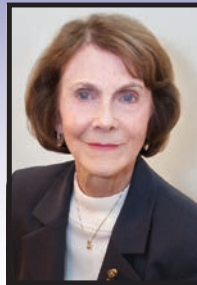
"These women are amazing," Darcey says. "What they've gone through, it's a blessing to be able to help them."

A Life Well-Lived is Worth Remembering

A time to cherish ...
To gather in tribute ...
Embrace the memories ...
Memorialize life ...



A well-planned funeral warms the soul and illuminates the memory.



Virginia Herring Mahan
Funeral Director



Herring Groseclose Funeral Home
315 West Alder, Walla Walla, 525-1150

536594

Visit the Walla Walla Lifestyles Website!

wallawallalifestyles.com





Yoga conference reveals keys to women's health

Paying attention to your needs, trusting others and trying new things — followed by a treat — can benefit body and mind.

By Rebecca Thorpe / Courtesy photos

As a fitness professional and yoga instructor, I'm always looking for the inside scoop on health and wellness. On my constant quest, I traveled to the west side of the state in hot pursuit of the key to women's health. No small feat, I admit. Graycen Duffy, my very good friend and fellow yogi, joined me on this road trip to the fourth annual Northwest Yoga Conference, held in Lynnwood, Wash.

Graycen and I enrolled in completely different classes at the conference. So, each on our own paths, we set out. I was searching for the secrets to women's health. I had 48 hours.

My first class was appropriate: "Writing with Movement: Yoga and Journaling." The instructors, Gail Hudson and Silvia Mordini, are prolific writers, as well as dedicated yoga practitioners. The women led us through a series of yoga poses that were very playful and creative. They got our physical juices flowing and got us out of our over-analytical minds. Then, they asked us a simple question to which we were supposed to write the answer in our notebooks. From there, we began to write a personal essay based on our answers. The class wrote for a long time and the words, like the movements on the yoga mat, seemed to flow naturally onto the page for almost all of us attending the class.

The lesson I gleaned from this wonderful mind-and-body exercise was to loosen up. When we approach our lives and our jobs with un-

relenting seriousness, it is hard to notice the nuances. I had my mind set that I needed to write an article on women's health. It was another line item on my to-do list, to be checked

was challenging and stretched the mind, and put the participants' hard-held life opinions into question.

The lesson here was to keep learning and challenging myself. Health is not just found in a gym or through physical exercise. We need to keep our minds and spirits sharp. Reading good books, learning a new skill or attending lectures are like lifting heavy weights for the mind.

My third and final class of the day was "Ayurveda Self-Care: Teachers and Practitioners," taught by Melanie Farmer. Farmer is an Ayurveda practitioner who approaches healing through the alignment of mind, body and spirit.

What I learned from this lesson was very basic, but also pretty profound. The driving idea was to listen to ourselves and our intuition. We must trust our instincts, rather than pursuing the latest fad or following some regimen that isn't in tune with what our bodies and minds are telling us.

For example, if you are cold, you should take the time to drink something warm. If you are sluggish, try something spicy. If your hair is brittle, put oil in it. If it is greasy, use an astringent. These ideas seem so very simple. But, honestly, how often do we take the time to listen to or notice what our bodies are actually saying, let alone respond to them? This class reminded me to listen to my body.

Graycen and I reconnected at the end of



Rebecca Thorpe, right, receives help from a fellow yogi as she maps out her conference course.

off. However, at the outset, I had no idea of the twists and turns this job would take and how much fun it would be once I relaxed and just went with the flow.

My next class was called "The Bhagavad Gita: A Closer Look." This class was taught by professional actress, teacher and yoga instructor Jeanne Heilman. Boy, did she bring this text to life! Like all great literature, this story is rife with power struggles, betrayal, war and a heroic figure who tries to rise above the chaos and prevail. This book has always intrigued me, and it poses a lot of spiritual and moral questions. Going to this class was like returning to a literature class in college or being in a really good book club. The text

our long, but enlightening, day. We shared our experiences over dinner and slept very well that night.

The next day, feeling refreshed, we headed into our second day of classes. I skipped off to my first class. Yoga instructor Lynn Jensen was presenting “Yoga for Women’s Health: Balancing the Chakras, Balancing the Hormones.” What woman would deny herself the opportunity of learning how to balance her hormones? Jensen explained that the yogic energy centers, or chakras, are lined up with our endocrine system along the spine and in the skull. There are seven chakras, beginning at the pelvic floor and ending at the crown of the head. The glands line up from the bottom to the top, beginning with the ovaries and moving up to the pancreas, adrenals, thymus, thyroid, pituitary and pineal glands. Before hormone therapy or other ways to regulate the production of hormones existed, yogis used poses and twists to stimulate the production of hormones and to balance them.

Jensen took us through a series of poses and explained how we can stimulate and balance our hormones by practicing yoga, eating well and getting enough sleep. Some disorders cannot be fixed by just practicing yoga poses, so she recommended regular medical checkups as well. This class taught me to take responsibility for my personal health and use all of my wellness resources.

My next class was the only one that made me really nervous. I had picked this class specifically because it was way out of my comfort zone. With great hesitation I entered the classroom for “Acro Yoga” with Thomas Eagen and Robin Martin. This class was full of twenty-somethings who could contort their bodies into Cirque du Soleil-worthy positions. The teachers started with a vigorous warm-up to get us ready to be “bases” or “fliers.” The bases were the people on the ground supporting the fliers, who would be gracefully balancing on the bases’ hands, feet or other body parts.

I went to cheerleading camp over 20 years

ago, and I can tell you I am a base. My strong back was always at the bottom of the pyramid. There were no pom-poms in my hands at the glorious pinnacle of the triangle made of girls. My hands were gripping the grass, keeping everyone on the second and third stories sup-



Letting go, Thorpe flies in the proud dancer pose using silk bands.

ported. I am OK with that. That is basically my personality. I am the caretaker, the one who will support those around her. I would not dream of climbing on your back, let alone ask for help. Heavens, no!

However, I was paired with the nicest young girl. She and I started somewhat small. We were able to go into double handstands, supporting each other in the air with our feet. Think of an inverted V with hands on the ground and feet in the air. I was elated. I believe I let out a

“Whoop!” I was having so much fun. But then it got serious. We were doing handstands and grabbing our ankles while balancing on people’s feet. Well, actually, I was the base and other yogis were balancing on me. The other yogis kept asking me if I wanted a turn as a flier.

I kept turning them down until it dawned on me: It wasn’t that I didn’t trust them — I didn’t trust *myself* enough to let go and allow myself to fly.

So, finally, I did it. I climbed on top of my partner’s feet and I flew. I did “airplane,” like you do when you’re a kid. I went into locust pose and spread my arms out wide as I balanced on my abs on my partner’s feet. It was scary and great and I was so proud of myself. This class taught me to continue to take risks and allow others to help. I don’t need to jump out of an airplane just yet, but I can be one on my base’s feet.

My last class was “YoMa,” taught by Jill Knouse and accompanied by musician Jessica Siren. The “Yo” stands for yoga and the “Ma” represents massage. Oh, yeah! As the class moved from pose to pose, massage therapists came along and rubbed us while Jessica sang lovely melodies as we relaxed. Did I mention they also used gorgeous essential oils? The only thing that would have made this a complete sensory indulgence was if they had piped chocolate into our mouths. Indulgence: This is also important. Taking the time to give ourselves a treat now and again can totally lift the spirits.

As the conference concluded and Graycen and I drove back to Walla Walla, I recognized I did not find the key to women’s health — I

found several of them:

1. Loosen up
2. Keep learning
3. Listen to your body
4. Take responsibility for your health
5. Take risks and allow others to help you
6. Indulge

As I continue my ongoing quest, I hope I learn more.



When she first saw the home at 615 Evans St. in Milton-Freewater, Telara McCullough knew this was the right place at the right time.

All roads lead home

Returning to her native area, an Oregonian falls in love with a vintage Milton-Freewater house.

By Karlene Ponti / Photos by Nick Page

The purchase of the 1914 home at 615 Evans St. in Milton-Freewater allowed Telara McCullough, who grew up in Weston, to come home from where she'd been living in Spokane. Telara had an opportunity for a job in human resources at Whitman College, and everything else just seemed to slip into place.

Telara and her mother had been driving around looking for a house when they saw this one.

"I really fell in love with it the moment I walked in the front door," Telara said. "I saw this teeny, tiny 'For Sale' sign, and I knew immediately this was the house."

"It hit you and your mother right away: This

was it," said Amy Fink, Telara's housemate, who moved here shortly after. Friends for some time, they had decided sharing a house would work.

"We became housemates about 10 years ago," Telara said. "Many boomer women now are sharing a house."

It provides a social aspect they both need, and they share a love of crafting.

"I needed a big house. I have a lot of hobbies," Telara said.

"It had big, open spaces and woodwork. Both my other houses have been vintage 1920s and 1930s. And (previous owner Jim Rowan) knew my dad, Chuck McCullough, so we had an immediate connection," she said.

The 4,600-square-foot home has three levels,

with a partially finished basement that holds Amy's dyeing studio for felted wool. The main level features the formal dining room, remodeled kitchen, family room, master bedroom and bath, entryway and formal living room. The second floor includes three bedrooms, one bath, a sunroom, office and what looks like it used to be a baby's playroom.

An interesting feature of the home is a section on the side that was once the office of Dr. Alva Adkisson. Telara estimates it was added in the 1930s or '40s.

"It's like three houses in one," Amy said.

The second floor benefits from the mature trees planted around the home. Shade and natural airflow kept Amy's upstairs bedroom



The 1914 elegance shows in every detail.

cool during last summer's extremely hot temperatures.

Telara and Amy also are getting pretty good at renovating older homes. One of the advantages this house had was some of the items that needed to be fixed were manageable enough on her budget, Telara said.

"In the first year, the first thing we did was the exterior stucco; it was in poor repair. Then the craftsman said, 'It's a bigger job than I anticipated.'"

Uh-oh.

But everything, ultimately, turned out fine. Fortunately, Telara knew several Milton-Free-water craftspeople.

"We needed the garage door put on — there was no door on the garage. A neighbor stopped by to say how much he loves the garage door being on there," Telara said.

Another improvement the two women made was having gutters installed by Elsom Roofing.

"I love the gutters," Amy said. "We'd get rain-water in the basement, and I'd mop it up. One of the installers grew up across the street. He

called this 'the mansion' in the neighborhood."

The housemates did many projects themselves, but they had help painting the wood trim. Scott Propeck of Propeck Painting worked on the house for several months.

"He scraped, primed and sealed the stucco. He painted all the trim. He did a masterful job," Telara said

"It took 40 tubes of caulk," Amy said.

Another expert they called on was contractor Jeremy Hungerford of Integrity Carpentry of Weston.

Fall and winter jobs included interior painting, Amy said.

"What we've done ourselves, is painting," she said. "It's fun to dive in to see new things. We were painting the bathroom, and you could look up through an opening into the attic."

Relatives have helped with tearing out old wood and installing lights.

They repurposed and saved what they could and obtained other usable materials from the Sustainable Living Center and Builders Re-Supply.

"We keep what's 'keepable,'" Telara said.

Telara decided to keep the basic footprint of the home the same. They've put in a new furnace and remodeled the bathrooms and kitchen. In the kitchen, they kept the cabinets and replaced the countertops, then added a beverage bar in the adjacent area.

"There was too much wood. So we added a little paint in a solid color," she said.

The kitchen turned out to be one of her favorite areas, and she's surprised at all the work they got accomplished.

"I love the living room — you can see it as you come in; you look to the right and see all the built-ins, knickknacks and teapots and look out onto the deck," Amy said.

Because the home included the doctor's office, many people had been there through the years and have memories of the place. Years ago, Telara's mother was injured and ended up at the doctor's office.

"All roads lead home," Telara said.



Rooms are spacious, with large windows.



The kitchen was modernized and brightened.



Natural light fills the master bedroom.



Upstairs bedrooms are cool and comfortable in the summer thanks to mature shade trees.



The deck overlooking the backyard offers a relaxing spot in the shade.

SPRING VALLEY
VINEYARD

TASTING ROOM

18 North Second Avenue
Walla Walla, WA 99362

Hours:

Monday-Saturday
10am to 4:30pm

Sunday
11am to 4:30pm

(509) 525-1506

**WINERY AND
VINEYARD**

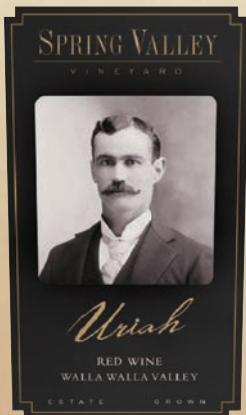
1663 Corkrum Rd.
Walla Walla, WA 99362

**SUMMER RANCH
EXPERIENCE**

Visit us at the Ranch
May 30-August 29, 2015

Saturdays
11am to 3pm
no appointment necessary

Wednesday-Friday
10am to 3pm
by appointment only



SPRINGVALLEYVINEYARD.COM

ITEM # 158.14 © 2015 SPRING VALLEY VINEYARD,
WALLA WALLA, WASHINGTON 99362

Residential Lending Options

*Having choices makes
all the difference. For
details on these and other
financing options contact
Gretchen or LaRae today.*

Loan Types

- Purchase, Refinance, Custom Construction
- First time home buyers
- FHA/VA/State Housing/USDA
- Manufactured housing
- Reverse mortgage



Gretchen Kofler
NMLS# 507138
2121 E. Isaacs
Office: 509-524-5014
gkofler@bannerbank.com



LaRae Martin
NMLS# 507141
11 S. 2nd Ave.
Office: 509-526-8706
lmartin@bannerbank.com



Darcy Henry
Loan Processor
11 S. 2nd. Ave.
Office: 509-526-8702
dhenry@bannerbank.com



536600

Member FDIC



CASTILLO DE
FELICIANA
VINEYARD & WINERY

Paella Dinner

with a Special Intimate
Performance by
Eric & Encarnacion's Duo Flamenco

Saturday, June 27th

6 p.m. Paella Dinner | 7:30 p.m. Flamenco Performance
This is an event you don't want to miss!

Winery 541.558.3656 | email info@castillodefeliciana.com

524935



Steve and Laura Droke have engineered their extensive garden at 298 Destiny Drive in the last 13 years.

From room to room, in the garden

Steve and Laura Droke's garden features a variety of distinct areas.

By Karlene Ponti / Courtesy photos

Steve and Laura Droke's garden, at 298 Destiny Drive, is actually made up of many gardens — separate rooms, all in one. Steve and Laura built their home here about 13 years ago and got their garden started. They had gardened before, growing mostly vegetables because they were both busy with full-time work and seven children. With a different house and property, it was time to try some new plants and ideas.

"When we moved here, we only had three kids at home, and they were teenagers," Laura

said. "We just worked on one little section a year."

And, year by year, they developed a garden that is peaceful and stimulating. It's also a lot of work. Sectioning it out was the way to avoid becoming overwhelmed, and it adds to the appeal of the design.

"We have different garden rooms," Laura said.

One portion is a quiet garden with a pond and small stream — a nice place to relax. This room is mostly a spring-blooming garden with

early plants such as lilacs, forsythias, peonies, violets, daffodils and tulips. Later-blooming plants include geraniums, campanula, jasmine and honeysuckle.

Another year, Steve and Laura put in the large formal rose garden.

"I love roses," Laura said.

In this area, they have six rose bushes in each section, for a total of 34 in the main rose garden. By the back fence, they have another 16 bushes, and in the rest of the 1-acre garden, they have about 10 more.



The garden is made up of many separate sections or rooms, including a formal rose garden, a place to relax, a sparkling stream and a Japanese garden.

The next summer they planted a garden room full of white and lavender blossoms near a small fountain. The Japanese garden was planted next, with rhododendrons, azaleas, fuchsias, bamboo and cedar trees beside a large pond with a waterfall.

Laura took a gardening class at Walla Walla Community College, Steve put in the sprinkler system, and they put in the plants according to a plan they'd made.

"But I've had to adjust," Laura said.

"Some plants I'd hoped would do well haven't, and others I hadn't expected to do well have grown just fine. As you walk in, there's the quiet area on the left side. Back off the patio, we have the brick rose garden, then there's the Japanese garden with the waterfall."

Past the pool house the couple has a Mediterranean garden full of succulents. There is also a wild garden area with flowers — mostly perennials — lilies, dahlias, lilacs and grasses.

Several garden rooms are graced by metal sculptures made by the Drokes' son, Peter.

Such a large garden area presents challenges, among which is weeding.

"The front is easy to weed," Laura said. "The back, I just start in one place and continue. Then by the time I get back to where I'd started, it's time to start weeding there all over again."

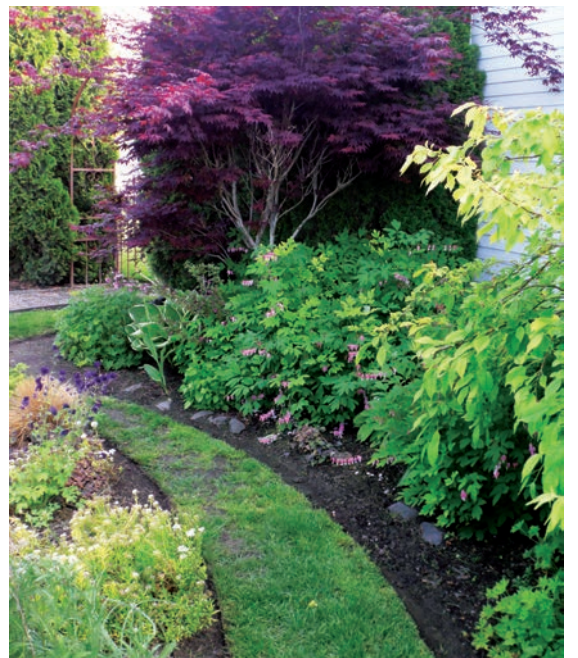
The work is never-ending, but so is the fun of having a beautiful garden.



Laura Droke loves roses and grows multitudes of them.



Many types of plants flourish in relatively small spaces.



The garden has a great variety of heights, colors and textures.



“Only Tokyo has more SONY® than Hot Poop”

AMERICA'S #1 TV
like.no.other™
High Definition - 32" up to 84"

HOT POOP
Rock Solid TV
& Stereo Systems
Sold & Installed Since 1973

HOT POOP
210 E. Main St.
Walla Walla • 525.9080
hotpoop.com

536590

connemc027rs



CONNER'S
FLOORING & DESIGN

- Interior Design
- Friendly Service
- Modern Products
- Competitive Prices
- Custom Installation

Get Your Free Estimate Today!
509-522-0176

536 NE C Street
College Place, WA 99324
ConnersFlooringAndDesign.com

527777

Visit the
Walla Walla
Lifestyles
Website!

wallawallalifestyles.com




Jim Tackett NMLS # 498681 Cherie Engebretson NMLS # 1144689 Judy Hicks NMLS # 498670

At Baker Boyer, we not only want to guide you to a brighter financial future—we want to get you there the best way possible. We make our loan decisions locally and get to know each of our clients personally.

It just makes sense.

537029

BB Baker Boyer Bank
www.bakerboyer.com | 509-525-2000 | 800-234-7923


Member FDIC

can't-miss events

THROUGH AUGUST

- The city of Walla Walla Parks and Recreation Department offers a variety of classes for all ages. Details: 509-527-4527, wwpr.us.

JUNE 3

- Summer Contra Dances at the Bandstand in Pioneer Park. 7:30 p.m. Details: 509-522-0322, fam.bmi.net.
- Wine tasting. Plateau Restaurant at Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.
- Lyra, the Russian Vocal Ensemble of St. Petersburg, performs a concert featuring Russian folk music and sacred music of the Russian Orthodox Church. 7 p.m., St. Paul's Episcopal Church, 323 Catherine St. Details: 509-529-1083, lyra-online.org.

JUNE 4

- Debra Bakland, piano, and Lyn Ritz, violin, perform for the "First Thursday" lunchtime concert at St. Paul's Episcopal Church. 12:15 p.m. Details: 509-529-1083.

JUNE 4-6

- The Walla Walla Community College Theatre Arts Department presents "Something's Afoot." 7 p.m., China Pavilion, WWCC. Details: 509-527-4575, wwcc.edu.

JUNE 4-27

- The Summer Chamber Music Festival brings music to many venues in the area. Details: wwcmf.org.

JUNE 5

- The Walla Walla Sweets play the first baseball game of the summer. 7:05 p.m., Borleske Stadium. Details: 509-522-2255, wallawallasweets.com.

JUNE 5-7, 12-14

- A performance of the thriller "Deathtrap." 8 p.m., matinee: 2 p.m.; Little Theatre of Walla Walla. Details: 509-529-3683, ltww.org.

JUNE 5-JULY 15

- Enjoy Lavender Field Days: U-Pick lavender, learn to make crafts such as wreaths and wands. Sunday-Friday (closed July 4), Blue Mountain Lavender Farm, Lowden. Details: 509-529-3276, bluemountainlavenderfarm.com.

JUNE 6-7

- The annual Fort Walla Walla Days celebrates history by recreating a 19th-century military encampment with historic interpreters representing people of the past. 10 a.m.-5 p.m., Fort Walla Walla Museum. Details: 509-525-7703, fortwallawallamuseum.org.

JUNE 12

- Kate and the Crocodiles in concert. 8 p.m., Gesa Power House Theatre. Details: phtww.com.

JUNE 12-13

- The annual American Cancer Society's Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer; remember loved ones lost and fight back against the disease. 6 p.m., Borleske Stadium. Details: 509-629-0764 or relayforlife.org/wallawalla.

JUNE 12-14, 20-21, JULY 4-5

- The Walla Walla Drag Strip holds races. Details: 509-301-9243, wwdragstrip.com or Facebook.

JUNE 13

- Walla Walla Community College Graduation, 1-2:30 p.m.; Nurses' Pinning, 4-5 p.m.; GED Graduation, 7-8 p.m.; Dietrich Dome; WWCC. Details: 509-522-2500, wwcc.edu.
- The Walla Walla Sheriff's Foundation presents the fundraiser dinner for the Canine Program. 5:30 p.m. Tranche Cellars, 705 Berney Drive. Tickets must be purchased in advance. Details: 509-526-3503, ww-sf.org or Facebook.

JUNE 14

- Walla Walla University salutes the class of 2015. 8:30 a.m., Centennial Green, Walla Walla University, College Place. Details: 509-527-2656, wallawalla.edu.

JUNE 15-END OF AUGUST

- UPlay, ages 7-12. Hosted by the city of Walla Walla Parks and Recreation Department. 10 a.m.-3 p.m.; Mon.-Fri. (closed July 4); Jefferson, Pioneer, Edison and Washington parks. Details: 509-527-4527, wwpr.us.

JUNE 18-20

- Celebrate Walla Walla Valley Wine, includes wine tasting and winemaker dinners. Details: 509-526-3117, wallawallawine.com.

JUNE 19-21

- Celebrate Father's Day with the Dayton All Wheels Weekend. The annual automotive extravaganza features a car show, Saturday night dance, contests, demolition derby and Outlaw Lawn Drag Races. On Saturday, speeder rides at the Dayton Historic Depot. Main Street and Columbia County Fairgrounds. Details: 509-382-4825, historicdayton.com.

JUNE 20

- Saint-Jean-Baptiste Day. Celebrate French Canadian culture at the Frenchtown Historic Site. Noon-5 p.m. Details: frenchtownpartners.org.

JUNE 20-21

- Walla Walla Sweet Onion Festival. Entertainment, cooking, contests and fun to celebrate the area's famous onion. Details: 509-525-1031, sweetonions.org.

JUNE 21

- The family-friendly annual Multicultural Festival celebrates diversity with music, dance, games, stories and food. 11 a.m.-6 p.m., Pioneer Park. Details: 509-525-8602.

JUNE 23

- Kids Camp. Day camp at Fort Walla Walla Museum. Details: 509-525-7703, fortwallawallamuseum.org.
- Annual Realtors' Care & Share Annual Charity Golf Tournament. 11 a.m., Wine Valley Golf Course. Details: 509-525-0820.

JUNE 27

- The Idaho chapter of the Antique British Car Club holds a car show. 10 a.m., Fort Walla Walla. Details: fortwallawallamuseum.org.

- Annual Big Band Barbecue Benefit. Dance under the stars at the Frazier Farmstead Museum, Milton-Freewater. 6-10 p.m. Details: 541-938-4636, museum.bmi.net.

JULY 1

- Summer Contra Dances at the Bandstand in Pioneer Park. 7:30 p.m. Details: 509-522-0322, fam.bmi.net.

JULY 3-5

- The annual pow-wow features traditional drumming, dancing, colorful costumes. Vendors offer food, art and more. Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.

JULY 4

- The Fourth of July in the Park is Walla Walla's community celebration of Independence Day. The all-day festival features live music and entertainment, crafts, food booths and more. 10 a.m.-6 p.m. Then, at dusk, fireworks are launched from the athletic field at Walla Walla Community College. Details: 509-520-1252, 4thofjulyinthepark.com.

JULY 10-12

- Athena's Caledonian Games, a traditional Scottish festival, dates back to the 1800s. Events include Highland dancing, piping, sheepdog trials, athletic competitions and more. Athena, Ore. Details: athenacaledoniangames.org.

JULY 14

- Hands-on Day Camp for kids age 9-11. Teaches how the pioneers lived. 9 a.m.-3 p.m., Fort Walla Walla Museum. Details: 509-525-7703, fortwallawalla.org.

JULY 17-19

- Experience history firsthand at the Dayton Depot Alumni Weekend Open House. Free admission. Dayton Historic Depot. Details: 509-382-2026.
- DHS Alumni Weekend. It's the Dayton High School All-Alumni gathering, featuring a parade, picnic and parties. Dayton. Details: 509-382-4033, historicdayton.com.

JULY 25-26

- Pink Ribbon Classic Horse Show, fundraiser hosted by the 4-H Club American Wranglers and Walla Walla Valley Horsemen to benefit the Walla Walla Cancer Center Special Needs Fund. 8 a.m., Walla Walla County Fairgrounds. Details: 509-540-2776.

JULY 31

- Movie night at Three Rivers Winery, 5641 Old Highway 12. "Caddyshack" will be shown at 8:30 p.m. Details: 509-526-9463, threeriverswinery.com.

Submit your event

Send your event details to
Karlene Ponti: 509-526-8324 or
karleneponti@wwub.com

Regular Events

TUESDAY

- "Trivia Game Night." Red Monkey Downtown Lounge, 25 W. Alder St. Details: 509-522-3865, redmonkeylounge.com.

WEDNESDAY

- Most Wednesday nights, music. Rogers' Bakery, 116 N. College Ave., College Place. Details: 509-522-2738.
- Record your music. 6:30 p.m., Open Mic Recording Club at Sapolil Cellars, 15 E. Main St. Details: 509-520-5258, sapolilcellars.com.
- Karaoke. 8 p.m., Wildfire Sports Bar at Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.

THURSDAY

- The Downtown Farmers Market is open through September. 4-7 p.m., Heritage Park. Details: downtownwallawalla.com.
- Comedy jam. 8 p.m., Wildhorse Sports Bar at the Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.

FRIDAY

- Pianist Carolyn Mildenerger. 5-7 p.m., Sapolil Cellars, 15 E. Main St. Details: 509-520-5258, sapolilcellars.com.

- The first Friday of each month, free admission at Tamastlikt Cultural Institute, Pendleton. Details: 541-966-9748, tamastlikt.org.
- Live music. 9 p.m., Wildhorse Sports Bar at Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.
- Live music. 9 p.m., Sapolil Cellars, 15 E. Main St. Details: 509-520-5258, sapolilcellars.com.
- Music or DJ. Music: 9 p.m., DJ: 10 p.m.; Marcy's Downtown Lounge; 35 S. Colville St. Details: 509-525-7483, marcysbarandlounge.com.
- Three Rivers Winery hosts its summer concert series. 6:30 p.m. Fridays, June 19-July 31. Performers: Rogue Lobster; Viper Central, The Gems, Jamie Nasario Trio, Ian McFeron, Dedric Clark & The Social Animals. Details: 509-526-9463, threeriverswinery.com.
- Walla Walla Food Tours holds its walking food and beverage tour. 11:30 a.m.-2 p.m. Details: 866-736-6343, wallawallafoodtours.com.

SATURDAY

- The Walla Walla Valley Farmers' Market Association brings fresh local produce. Often, there's live music. 9 a.m.-1 p.m., Walla Walla County Fairgrounds. Details: gowallawallafarmersmarket.com.
- At the Downtown Farmers Market, you can find local produce and enjoy a free concert, through

October. 9 a.m.-1 p.m., Crawford Park, Downtown Walla Walla. Details: 509-529-8755, downtown-wallawalla.com.

- Downtown Summer Concert Series, through August. 4-7 p.m., Land Title Plaza, First Avenue and Main Street. Details: 509-529-8755, downtownwallawalla.com.
- Live music. 6-9 p.m. Sinclair Estate Vineyards, 109-B Main St. Details: 509-876-4300, sinclairstatevineyards.com.
- Live music. 9 p.m., Wildhorse Sports Bar at Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.
- Live music. 9 p.m., Sapolil Cellars, 15 E. Main St. Details: 509-520-5258, sapolilcellars.com.
- Music or DJ. Music: 9 p.m., DJ: 10 p.m.; Marcy's Downtown Lounge; 35 S. Colville St. Details: 509-525-7483, marcysbarandlounge.com.
- Walla Walla Food Tours holds its walking food and beverage tour. 11:30 a.m.-2 p.m. Details: 866-736-6343, wallawallafoodtours.com.

SUNDAY

- Downtown Summer Concert Series, through August. 4-7 p.m., Land Title Plaza, First Avenue and Main Street. Details: 509-529-8755, downtownwallawalla.com.



Comfort Inn & Suites of Walla Walla





- 100% Non-Smoking Hotel
- FREE Deluxe Breakfast
- 2-Room Suites Available
- FREE Wireless Internet
- Indoor Pool & Spa
- Business Center
- Exercise Room
- Dog Friendly

Call the Hotel Directly
for Wine & Golf Packages



beer - food - wine




Assortment of Walla Walla Valley
& Columbia Valley Wines.
All of our wines are available
for home purchase.

Monday - Friday 5:30 - 9:30pm
Saturday 5:30 - 10pm
Closed Sunday



509-522-3500 • 1419 W. Pine, Walla Walla
www.choicehotels.com/wa184

GENTLEMEN OF THE ROAD

Stopover festival

Coming to Walla Walla Aug. 14-15

Official Schedule of Events and Souvenir Program.

This section will include information on all of the bands performing during the weekend as well as a full schedule of events.

Hurry. 17,000 additional copies distributed to concert attendees.
Limited space available.

Space Reservation July 7, 2015


Final Ad Approval July 21, 2015

Distribution Date August 9, 2015

2015 Gentlemen of the Road Advertising Production Sizes & Rates		
Full Page	7.625" x 9.375"	\$500
Half Page Horizontal	7.625" x 4.625"	\$300
Half Page Vertical	3.75" x 9.375"	\$300
Quarter Page	3.75" x 4.625"	\$175

All ads are in full color





We Bring the Valley to You

Call your Union-Bulletin Marketing Consultant today!

Mike Waltman	Jeff Sasser	Colleen Streeter	Donna Schenk
509-526-8337	509-526-8343	509-526-8333	509-526-8338

Photos by Steve Lenz



Clue:

This 1905 structure turned the page from its original use to a state-of-the-art community center.

Contest rules:

If you have the answer, email it to rickdoyle@wwub.com, or send it to: Where in Walla Walla? 112 S. First Ave., P.O. Box 1358, Walla Walla, WA 99362. The names of 10 people with correct answers will be randomly selected, and they will receive this great-looking mug as proof of their local knowledge and good taste.



Last issue's clue:

No Bordeaux here, just battles. Name this historic site.

Answer:

Frenchtown Historic Site

Last month's winners

- | | |
|-------------------|----------------|
| Cecilia McKean | Harold Rexroth |
| Carol DeLay | Lisa Jones |
| Jean Ann Mitchell | Muriel Duncan |
| Steve Nilson | Margo Gary |
| Edward Chvatal | Jack Taylor |



The Third Cover

Lindsey Thompson uses fire cupping to release muscle tension in the back. Cupping improves blood circulation into tight muscles, removes toxins from the body by improving lymphatic drainage, and helps with lung conditions. Photo by Steve Lenz.



We're always here, so you can always be there.

When you promise you'll be there, they know you mean it. And when heart attack strikes, you need someone to be there for you, day or night. Providence St. Mary Heart and Vascular Center is the only place in town with 24/7 emergency cardiac services. We're always here for you so you can always be there for the ones you love.

The only ones here for your heart, 24/7
[Providence.org/WallaWallaHeart](https://www.providence.org/WallaWallaHeart)

 **PROVIDENCE**
St. Mary
Medical Center