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#### TIDBITS® SHOUTS THAT'S LOUD! by Kathy Wolfe

*Tidbits* says "listen up" this week, as we bring you some loud facts!

Loudness is measured in decibels, with human hearing ranging from zero to 140 dB. Any noise louder than 120 dB can immediately damage the tiny hair cells called stereocilia deep inside the ears that help turn sound vibrations from the air into what the brain perceives as sound.
While sound intensity remains constant because of the physical properties of a sound wave, the perception of loudness is subjective and varies from person to person. A person with sensitive ears might find certain music too loud, but another might enjoy the blaring sound. Sound waves pass through the ear canal where they are changed to electrical signals that the brain interprets. Everyone has his/her own perception of what is loud.

• The leading cause of hearing loss isn't aging – it's noise. It's the world's second most-prevalent health issue. About 17% of adults and 20% of teens ages 12 – 19 have permanent hearing damage due to noise. Thirty million people are exposed to harmful sound levels in the workplace every year, and 19% of those have hearing impairment. Sadly, hearing loss is irreversible.

• How loud are the everyday sounds we experience? Near total silence is 0 dB, while a whisper measures 15 dB. A quiet library registers at about 30 dB, while an office conversation is about 60 dB. This doesn't mean the office talk is twice as loud as the library – it's 1,000 times louder! This means that the sound of a jet engine at 120 dB is about 1,000,000,000,000 more powerful than near total silence. Your vacuum cleaner emits about 75 dB, while the lawn mower roars at around 95 dB. A jackhammer is at 100 dB, and a car horn registers at 110 dB. Gunshots and firecrackers measure 140 dB, which not only imme-



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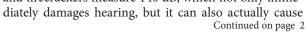
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Outlaw Country Radio honors the real legends - the American servicemen who stood tall and gave all.





THE MEMBER AND HONOR \*

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#### That's Loud (continued)

physical pain.

• Who is more likely to experience hearing loss, men or women? In adults aged 20 to 69, men are almost twice as likely to have loss than women.

• How much is too much? It's not just about the decibel level but also includes the amount of time and how often your ears are exposed to loud noise. OSHA recommends that workers not be exposed to a decibel level over 85 for more than eight hours.

• How else does noise affect a worker? Research indicates that employees exposed to conversations around them get distracted, affecting their ability to perform their duties. The sound of nearby conversations can diminish productivity by up to 66%.

• It's not just hearing that is affected by loud noises. Loud everyday sources have been linked to increased annoyance levels, stress, poor sleep, heart disease, and learning problems. Research indicates that noise around 70 dB can affect reading comprehension. One study found that kids in school only understand around 70% of the teacher's instructions when background noise is 65 dB.

• That normal conversation might be 60 dB, but yelling is much louder. The loudest human yell ever recorded was an ear-shattering 129 db by a British teaching assistant named Jill Drake in 2000. After being proclaimed the winner, Drake said, "I knew I was loud, but not that loud!" Let's hope she doesn't use that level in the classroom!

• The barking of the average dog measures between 80 and 90 decibels. The loudest documented dog bark was produced by a golden retriever at an Australian event called Purina Bark in the Park. Charlie the retriever topped out at about 113 decibels. The sound of a group of barking dogs at a kennel can reach up to 115 dB.

• A rock concert typically measures around 120 db. However, the volume at a 2009 KISS concert in Ottawa, Canada, in front of 32,000 fans, reached 136 dB, giving them the record for "loudest concert." In 1984, the heavy metal band Manowar topped out at 139 dB, but it wasn't during the concert itself, but rather during the pre-performance sound check, so while Manowar is the "loudest band," they didn't have the "loudest concert." If you plan to attend a loud rock concert, choose one that will be outside. Decibel level is higher at an indoor venue because the sound's energy bounces around the space. And be prepared for a ringing in your ears and a temporary inability to hear properly after the concert. These after-effects are common.

• Tinnitus is a condition that causes ringing, buzzing, clicking, or roaring in one or both ears. It may occur after exposure to loud noises, such as jet engines, live music, construction equipment, gunshots, or fireworks. It's often temporary, limited to a few days to a few weeks, but repeated exposure increases the likelihood of tinnitus becoming permanent.

• About 10% of the U.S. adult population has reported experiencing tinnitus in the past year. Oddly enough, symptoms can improve by avoiding caffeine and alcohol. • The loudest sound ever recorded in human history was the 1883 eruption of Krakatoa, a small volcanic island between the islands of Java and Sumatra. This deadly eruption killed more than 36,000 people, triggering tsunamis that contributed to the high death toll. Although the eruption began in May of that year, its worst blast occurred in August, with an estimated decibel level of 310 dB. Ash was propelled 50 miles into the air and the explosion was heard in Perth, Australia, 1,930 miles away and on the Indian Ocean island of Rodrigues 3,000 miles away. It compares to being in Boston and hearing a noise coming from Dublin, Ireland. Even 100 miles from the blast, the loudness was 180 dB.

• The sperm whale is the loudest animal in the world with its vocalization registering at 230 dB. The blue whale's bellow is 188 dB.

• When it's time to choose the best hearing protec-

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\* Benjamin Franklin never actually lobbied for the

\* The world's largest chocolate bar weighed 12,000

<sup>+</sup> While digging up stones to build a house in 1885,

Australian miner George Harrison found gold ore near

\* In terms of galactic years, the sun is around 20.5 years

Victorian floriography, the practice of assigning

codes to flowers to send messages via bouquets and

arrangements, associated basil with hatred! The curious

link came from the ancient Greeks, who felt basil leaves

\* In the 1800s, ducks were called "arsefeet," as their feet

\* Painting designs and pictures on fingernails isn't just

a modern trend. It was a familiar practice with the Incas,

many of whom sported eagle motifs on their nails.

\* One percent of people are born with a 13th rib.

resembled the opening jaws of a basilisk.

are so close to their posteriors.

Johannesburg, beginning the South African gold rush.

turkey to become the national bird, but he did write that

the bald eagle was a fowl of "bad moral character" and

that the turkey was "a much more respectable bird."

pounds.

old.

-----

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tion, check the package for the Noise Reduction Rating (NRR), a number assigned to represent the maximum number of decibels the device can reduce noise intensity. A pair of earplugs with an NRR of 25 will reduce noise by up to 25 dB.

• Some people have a condition known as misophonia. It's a malady that makes them angry or distressed when they hear ordinary sounds such as others' chewing or breathing.

"A hero is someone who has given his or her life to something bigger than oneself."

- Joseph Campbell

Remembering Our Nation's Heroes on Memorial Day display in the National Archives Building in Washington, D.C., its protective cases contain argon gas and are kept at 67 Fahrenheit with a relative humidity of 40%.

\* To preserve the quality of the U.S. Constitution, on

\* In the U.K., fish and chips were traditionally wrapped in old newspapers, giving the meal a unique newspaper ink flavor. The practice eventually ended for health reasons.

\* During the 1904 Summer Olympic Games, American athlete George Eyser won six medals in a single day, including three gold and two silver, in the vault, parallel bars and rope climbing competitions ... with a wooden prosthetic left leg.

\*\*\*

Thought for the Day: "Try to be a rainbow in someone else's cloud." -- Maya Angelou



Dad: "What was that loud noise last night?"

Son: "My shoes fell down the stairs."

Dad: "Shoes don't make that much noise." Son: "Well, I was still wearing them..."

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Country D2.7 OUTLAW.FM ARTIST of the week

Johnny Paycheck

Born Donald Eugene Lytle on May 31, 1938, in Greenfield, Ohio, Johnny Paycheck was never just another country singer—he was country music's gritty conscience. His voice was raw, his life tumultuous, and his songs gave voice to the restless, the weary, and the rebellious. Behind his outlaw image was a deeply talented musician whose career mirrored the struggle between redemption and self-destruction.

A child prodigy on multiple instruments, Paycheck began performing in talent contests by the age of nine. He joined the Navy as a teenager but was court-martialed and imprisoned for assaulting a superior officer, setting the tone for his lifelong battles with authority and substance abuse.

In Nashville during the early 1960s, he reinvented himself as a sought-after session musician and songwriter, playing bass for legends like George Jones and writing hits under the name Donny Young. But it wasn't until he adopted the name Johnny Paycheck—a nod to boxer Johnny Paychek—that he fully stepped into his own spotlight.

His 1977 working-class anthem "Take This Job and Shove It" catapulted him into mainstream fame. Written by David Allan Coe, the song struck a nerve during a time of economic hardship and became a cultural lightning rod for disaffected laborers. Paycheck's snarling delivery made it more than just a hit —it became a rallying cry.

While the outlaw country movement welcomed him as one of its own, Paycheck's real-life troubles often outpaced the legends. He was convicted of shooting a man in a bar in 1985, spent time in prison, and battled addiction for decades. But through it all, his music remained authentic—never polished, never pretentious.

In his later years, Paycheck experienced a quiet spiritual conversion and made efforts to clean up his life. Though health issues ultimately forced him to retire, his legacy endured. He died on February 19, 2003, in Nashville, but left behind a catalog that continues to resonate with those who feel overlooked by polite society.

Johnny Paycheck didn't just sing about hard living—he lived it. Yet behind the defiance was a man with deep musical roots and an undeniable talent for tapping into America's working-class soul.



Working-Class Anthem Achieved mainstream success with the chart-topping hit "Take This Job and Shove It" in 1077





#### Lenard Myers

Station Director

(360) 216-4260 ext. 4 (888) 728-5438 ext. 4 Len@Outlaw.fm

www.outlaw.fm Outlaw Country Radio

Early Nashville Years Worked as a session musician and songwriter during the 1960s, contributing to numerous recordings

Outlaw Country Movement Became associated with the outlaw country genre, known for his rebellious image and hard-edged sound

Later Career and Legacy Inducted into the Grand Ole Opry in 1997; remembered for his impact on country music and relatable. gritty lyrics







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1. ACRONYMS: What phrase does the acronym URL stand for?

2. MOVIES: What is the name of the ghost that haunts the girls' bathroom at Hogwarts ("Harry Potter" series)?

3. HISTORY: Which decisive battle ended the **Revolutionary War?** 

4. LITERATURE: What is the pseudonym of the author Eric Arthur Blair?

5. GENERAL KNOWLEDGE: Which of the national parks is the most visited in the United States?

6. TELEVISION: Which medical series is based at Princeton Plainsboro Teaching Hospital?

7. GEOGRAPHY: What is the capital of Denmark?

8. U.S. STATES: In which state is Glacier National Park located?

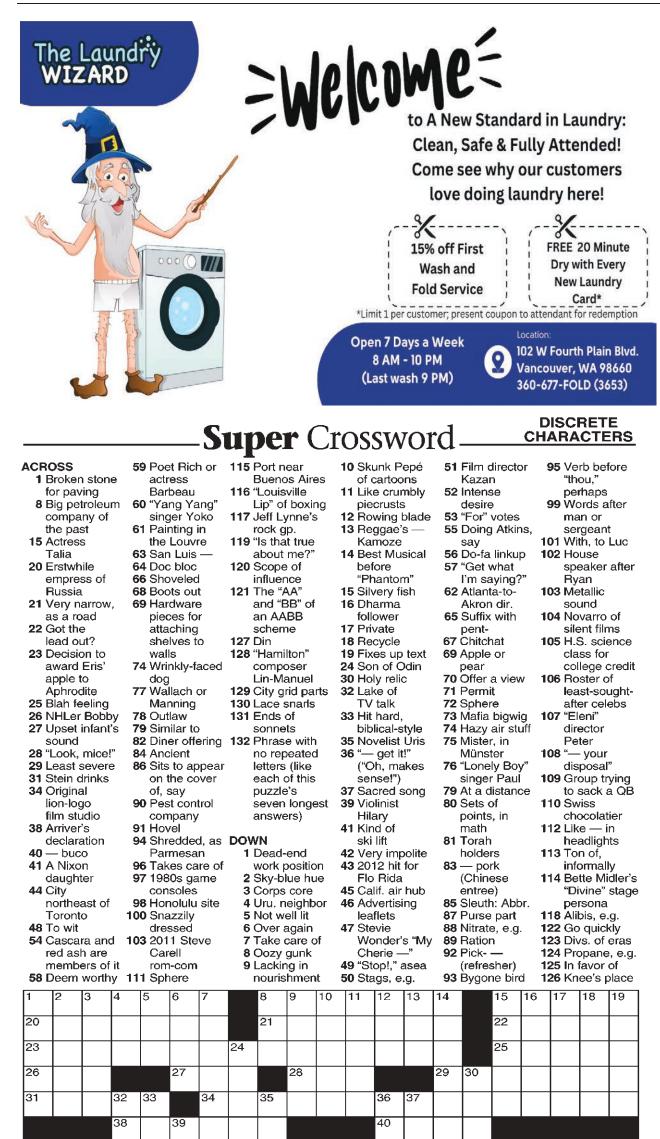
9. U.S. PRESIDENTS: Who was the first vice president to die in office?

10. SCIENCE: What are elements like neon, helium and radon called?

well-drained soil, if located where the upper plant is in full sun and the roots are in shade. Mulch around the plants to keep the roots cooler. Remove flowers as they fade; cut plants back only after the leaves and stems have turned yellow. Its flowers are showy and very fragrant. The plants may need staking if exposed to strong winds.

- Brenda Weaver

Source: www.missouribotanicalgarden.org



### Moments in time THE HISTORY CHANNEL

\* On May 19, 1536, Anne Boleyn, the unfortunate second wife of England's King Henry VIII, was beheaded at the Tower of London on charges including adultery, incest and conspiracy against the king, after just three years of marriage.

\* On May 20, 1992, in an attempt to end the blight of graffiti vandalism, the Chicago City Council passed an ordinance banning the retail sale of spray paint and large markers within city limits, describing them as "weapons of terror."

\* On May 21, 1758, 10-year-old Mary Campbell was abducted from her home in Cumberland County, Pennsylvania, by members of the Lenape tribe and ended up becoming an icon of the French and Indian War. At age 16, she was returned to a European settlement in the captive release orchestrated by Colonel Henry Bouquet at the conclusion of Pontiac's War.

\* On May 22, 1802, Martha Dandridge Custis Washington, widow of President George Washington, died of a "severe fever" at her Mount Vernon home at the age of 70. Though she was a devoted wife, she did not entirely enjoy her role as "Lady Washington" and once confessed that she felt "more like a state prisoner than anything else."

\* On May 23, 1979, rocker Tom Petty declared bankruptcy in an effort to free himself from his contract with Shelter Records.

\* On May 24, 1964, a referee's call in the last minutes of a close soccer match between Peru and Argentina at the National Stadium in Lima, Peru, sparked a riot that resulted in the deaths of more than 300 fans. Another 500 people were injured.

\* On May 25, 2020, George Floyd was killed by Derek Chauvin, a white Minneapolis policeman who knelt on his neck for nearly 10 minutes. Floyd's death was recorded by bystanders and incited nationwide protests resulting in the imposition of curfews in more than 200 American cities and the activation of the National Guard throughout half the country. Chauvin was arrested on multiple charges and eventually sentenced to more than two decades in prison.



When compared side to side, Australia is wider than the moon: With an east to west diameter of about 4,000 kilometers, Australia bests the moon's approximately 3,400kilometer diameter. That's plenty of room for kangaroos to jump!

| 41  | 42  | 43  |     |     |    |     |     | 44  | 45  | 46  | 47  |     |     |     | 48  | 49       | 50       | 51  | 52  | 53  |
|-----|-----|-----|-----|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----------|----------|-----|-----|-----|
| 54  |     |     |     |     |    | 55  | 56  |     |     |     |     |     |     | 57  |     | 58       |          |     |     |     |
| 59  |     |     |     |     |    |     |     |     | 60  |     |     |     | 61  |     | 62  |          |          |     |     |     |
| 63  |     |     |     |     |    | 64  |     | 65  |     | 66  |     | 67  |     | 68  |     |          |          |     |     |     |
|     |     | 1   | 69  | 70  | 71 |     |     |     | 72  |     |     |     | 73  |     |     |          |          |     |     | 1   |
| 74  | 75  | 76  |     |     |    |     |     | 77  |     |     |     | 78  |     |     |     | <u> </u> | <u> </u> | 79  | 80  | 81  |
| 82  |     |     |     |     |    |     | 83  |     | 84  |     | 85  |     | 86  |     | 87  | 88       | 89       |     |     |     |
| 90  |     |     |     |     |    | 91  |     | 92  |     |     |     | 93  |     |     |     |          |          |     |     |     |
| 94  |     |     |     |     | 95 |     | 96  |     |     |     |     |     |     |     | 97  |          |          |     |     |     |
|     |     | 1   |     |     | 98 | 99  |     |     |     |     |     | 100 | 101 | 102 |     |          |          |     |     | 1   |
| 103 | 104 | 105 | 106 | 107 |    |     |     |     | 108 | 109 | 110 |     |     |     |     | 111      |          | 112 | 113 | 114 |
| 115 |     |     |     |     |    |     |     |     | 116 |     |     |     | 117 |     | 118 |          |          | 119 |     |     |
| 120 |     |     |     |     |    | 121 | 122 | 123 |     |     |     | 124 |     |     |     | 125      | 126      |     |     |     |
| 127 |     |     |     |     | -  | 128 |     |     |     |     |     |     |     | 129 |     |          |          |     |     |     |
| 130 |     |     |     |     |    | 131 |     |     |     |     |     |     |     | 132 |     |          |          |     |     |     |

Source: The European Space Agency



### **SNOWFLAKES** by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



Find the listed words in the diagram. They run in all



HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

### Weekly SUDOKU

|        |   |   | 6 |   | 8 | 7 | 4 | 1 |
|--------|---|---|---|---|---|---|---|---|
| 7      | 9 |   | 3 |   |   |   |   | 6 |
|        |   | 1 |   | 5 |   |   |   | 9 |
|        | 1 | 3 | 9 | 6 |   |   |   | 8 |
| 4      |   | 6 |   | 8 | 7 |   |   |   |
| 9<br>6 | 8 | 7 | 4 |   | 3 | 6 |   |   |
| 6      |   |   |   |   | 5 |   | 2 |   |
|        | 5 | 9 |   | 4 | 6 |   |   | 7 |
| 1      |   |   | 8 | 7 |   |   |   |   |

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

#### DIFFICULTY THIS WEEK: ◆

Moderate
 Challenging
 HOO BOY!

#### TRIVIA NEWSFRONT

- 1. The lower the frequency, the \_ the pitch of a sound
- 2. How long does it take for concert speakers at 110 decibels to harm your hearing?
- 3. This herding dog is considered the breed with the loudest bark. Name it.
- 4. This lead guitarist for the band The Who is almost completely deaf due to countless loud concerts. Name him.
- 5. The dB level of a group of 100 of these chirping insects can reach 100 decibels. What are they?



Here's a "trickledown" puzzle. The rules are simple; you merely change one letter on each line to make a new word and continue until you reach the final word.

| EXAMPLE: COAT | Now, try this one.<br>Remember, there may be<br>more than one answer. |  |  |  |  |  |
|---------------|---|--|--|--|--|--|
| VASE          | STORM   |  |  |  |  |  |
| ANS: COAT     | <u> </u>  |  |  |  |  |  |
| COST          |   |  |  |  |  |  |
| CAST          |   |  |  |  |  |  |
| CASE<br>VASE  | CHASE   |  |  |  |  |  |

Κ

Unlisted clue hint: A GOBBLER

I



"When Andy said he was building a

cellar, I had no idea ... "

set in the

#### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

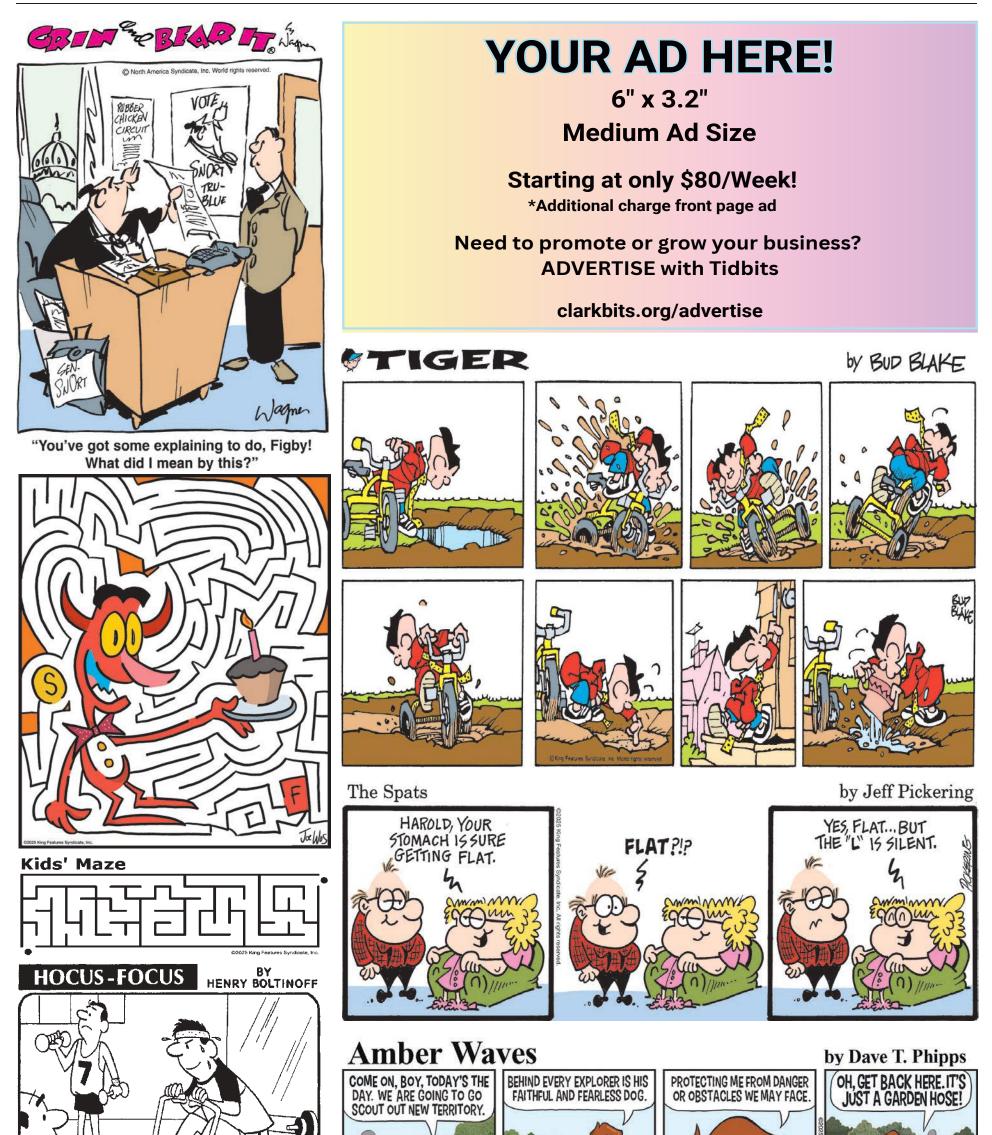
|                           | TODAY'S WORD |
|---------------------------|--------------|
| Loaded<br>NEADL           |              |
| Lithe<br>MBLEN            |              |
| <sup>Blaze</sup><br>FRALE |              |
| Belief<br>DECOR           |              |

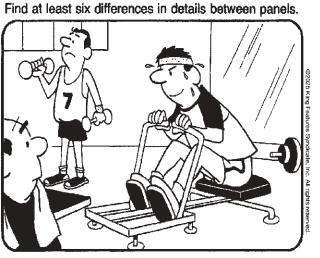
### Even Exchange by Donna Pettman

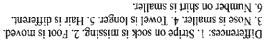
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

| 1. Make amends       | _ | Т | _ | _ | _   | Solitary             | _ L |
|----------------------|---|---|---|---|-----|----------------------|-----|
| 2. Narrow one's eyes | _ | _ | _ | _ | N   | Use a water pistol   | R   |
| 3. Cake maker        |   | А |   |   |     | Chopper dude         | I   |
| 4. Necklace ornament | L | _ | _ | _ |     | Spaceship            | R   |
| 5. Very pale         | _ | _ | Н | _ | _   | Colorado tree        | P   |
| 6. Interfere         |   | Е |   |   |     | Center               | I   |
| 7. Cook lightly      | _ | _ | _ | Т | _   | Gravy                | c _ |
| 8. Take it easy      | _ | _ | _ | _ | Х   | Certain running race | Y   |
| 9. Shrink            |   |   | W |   |     | Blanket              | V   |
| 10. Fasten           | _ | _ |   |   | _ н | Invade               |     |

info@clarkbits.org











# **Sports Quiz**

1. The ball used in Gaelic ball-and-stick sports like hurling, camogie, rounders and shinty is known as what?

2. Happy Chandler, Commissioner of Baseball from 1945-51, served two separate terms as governor of what U.S. state?

3. In 1994, Conchita Martinez became the first female from what country to win the Wimbledon singles title?

4. Jimmer Fredette, 2011 NCAA Division I men's basketball scoring champion, played for what college team?

5. Name the Nebraska Cornhuskers quarterback who won a national championship in 1997 and the Heisman Trophy in 2001.

6. The Northern Star Award, presented annually to the top athlete in Canada, was formerly named after what athlete, referee and sportswriter?

7. Beat Feuz, gold medalist in the men's Alpine skiing downhill at the 2022 Beijing Winter Olympics, competed for what country?

#### SPORTS STORIES **TUG OF WAR**



Two teams pulling on opposite ends of a rope - that pretty much sums up the tug of war! This week, Tidbits pulls out the facts on this ancient test of strength.

• The tug of war is ancient sport, part of war games in Egypt, Greece, India, and China to train warriors. The Greeks called the sport "helkystinda," which translates "I pull through." Beginning in the 1500s, tug of war tournaments became popular in the formal gardens of the French and British. During the 1800s, sailors skilled in pulling lines to adjust sails engaged in tug of war contests.

• The goal of the tug of war team is to bring the rope in one direction while the opponents are pulling in the opposite direction. The rope has a center line and two markers equidistant from the center, and teams attempt to pull the other team's marker across the center line.

• In official competition, the markings are 13 feet to either side of the center. The rope is about 4.3 inches in circumference. A line is marked on the ground and the rope's center line is directly above that line. Each team typically has eight members, and their total weight cannot exceed the maximum set for their weight category. • Tug of war rules declare fouls for lowering one's elbow below the knee during a pull (called "locking") and for touching the ground for extended periods. It's a foul to pull the rope over the shoulders, as the rope is required to be under the arms.

• Of course, it takes mighty physical strength to participate in the contest, but the rhythm of the team members is just as important. The team uses one member to act as the "driver," the one who harmonizes the team's traction power. The driver stands next to the team, moving up and down the line, barking out orders of when to pull and when to rest. Resting has its own term, "hanging," when team members will dig into the grass with boots, limiting the rope's movement. When it's time for the team to pull together, the driver shouts "Pull" and waves a hat or handkerchief. • There are actual professional tug of war athletes. They are governed by the Tug of War International Federation, established in 1958, which boasts 53 member countries and holds worldwide competitions. Between 1900 and 1920, tug of war was part of the Olympic Games. After the 1920 Games, the International Olympic Committee eliminated 30 sports from the Olympics due to concerns that the Games were getting too large, and tug of war was cut. • The two northern California communities of Stinson Beach and Bolinas are separated by an ocean channel that is the site of the annual Fourth of July tug of war competition. The two teams of 20 people each battle to pull their opponents across the channel and into the neighboring town. The event has occurred on the sandbar at the mouth of Bolinas Lagoon every year since the early 1970s. · Leclaire, Iowa, and Port Byron, Illinois, have held a similar contest since 1987, except that the Mississippi River separates the teams. River boat traffic is shut down as teams of 20 tug on a 2,700-ft-long, 680-lb. rope that stretches between the two towns.

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Our team is dedicated to your success! Let us help you get on track to a healthier lifestyle and slimmer waistband.

We will help you get satisfying results by working with you to monitor your progress via Bluetooth scale and the BodySite patient portal.

Our skilled providers use your bloodwork results to determine why your body is holding on to that stubborn fat and create a plan to target those problem areas.



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#### For details on how to start your successful weight loss journey today! www.healthsolutionspnw.com

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#### Camas-Washougal Chamber of Commerce names Ken Cline, Branch Manager of Riverview Bank in Camas, as 2025 Businessperson of the Year & Stephanie O'Dell as 2025 Citizen of the Year.

Camas, WA - On May 6th, 2025 the Camas-Washougal Chamber of Commerce in partnership with Riverview Bank has named the 2025 Businessperson of the Year as Ken Cline, Branch Manager of Riverview Bank in Camas, and has named the 2025 Citizen of the Year as Stephanie O'Dell.

On Tuesday, June 3rd the CW Chamber will host the Annual Award Banquet at Orchard Hills Golf Course, 605 39th St. Washougal, WA 98671. This event is open to the public. Email info@cwchamber.com to reserve you seat. You can also call to reserve your ticket, (360) 834-2472, or go to our website and register online, www. cwchamber.com. The social hour will begin at 5:30 pm with dinner beginning at 6:30 pm. The cost to attend is \$40 per person.

Also honored at the annual awards banquet will be CW Chamber College Scholarship winners, Miles Brown, from Washougal High School, and Taylor Baker from Hayes Freedom High School, as well as Teachers of the Year, Charlotte Waters, Camas High School science teacher, and Brent Mansell, Washougal High School woods and construction teacher.

2025 Businessperson of the Year: Ken Cline, Branch Manager of Riverview Bank in Camas



Ken goes above and beyond in providing excellent service to the customers at Riverview Bank. In addition to his exemplary service at the bank, Ken is actively involved in many community events. He started a wildly popular networking group called CW Local Connections 30 years ago and it is still going strong today. Ken has also been active with the Boy Scouts of America and makes sure that the General Federation of Women are taken care of during the Camas Days parade!

#### 2025 Citizen of the Year: Stephanie O'Dell



#### NOMINATION FORMS AND SCHOLARSHIP APPLICATIONS AVAILABLE AT: WWW.CWCHAMBER.COM



#### CAMAS-WASHOUGAL CHAMBER OF COMMERCE ANNUAL AWARD BANQUET

ORCHARD HILLS GOLF COURSE TUESDAY JUNE 3RD, 2025

**CITIZEN OF THE YEAR** 

#### **BUSINESSPERSON OF THE YEAR**

#### **TEACHERS OF THE YEAR**

#### ANNUAL COLLEGE SCHOLARSHIP AWARD

605 39TH ST. WASHOUGAL, WA 98671

DOORS OPEN AT 5:00PM WA 98671 \$40.00 PER TICKET CONTACT INFO@CWCHAMBER TO REGISTER

SPONSORED BY;





Washougal H.S Teacher of the Year: Brent Mansell



Camas H.S Teacher of the Year: Charlotte Waters

Stephanie embodies "Service Above Self" always putting the community first. She is currently serving as the President of the Camas Lions. You will not find a service event where Stephanie isn't present and contributing. Whether it's community clean-up, tree planting, paper shredding, Walk and Knock, visiting local schools for vision screening, volunteering at the food bank, volunteering at the community center, or just being her fabulous self. Our community is better with Stephanie in it!

For more information or for questions call (360) 834-2472.

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### Should indoor cats wear flea collars?

DEAR PAW'S CORNER: At my cat's last veterinary visit, it was recommended that she wear a flea collar or get a monthly flea treatment. "Belle" is a completely indoor cat and has never had fleas. Why do I need to prevent her from getting them? -- Carla G., Gulf Shores, Alabama

DEAR CARLA: While it seems totally reasonable to not treat Belle for fleas, there is always a risk of getting them. This is the same logic behind routine vaccinations -- it's unlikely that an indoor cat will be exposed to rabies, but there is always a chance.

I'll give you a personal example. Last fall, I took care of a friend's dog for a few weeks while they were away dealing with a family emergency. On the first day, I noticed that "Kerry" was chewing on his tail and his hair was almost gone at the base of his tail. I knew right away that he had fleas, and a visual check confirmed it. All of my pets are treated for fleas, even though my cat stays indoors. With my friend's permission, I treated Kerry with a topical flea treatment and kept him separated from the other pets for a few days until no live fleas could be found in his fur. I also monitored all my pets for fleas during his visit.

I hadn't planned on Kerry arriving with fleas, but his owner had forgotten to give him his monthly flea treatment for a couple of months. This unplanned situation could have been a real problem for me and my pets.

There's an old saying that "an ounce of prevention is worth a pound of cure," and that is certainly the case with fleas, which can be hard to eliminate from your home once they get a foothold. There are many options today -- not just collars -- to prevent fleas from getting on your cat. Talk to your vet about the treatment they recommend for Belle.

Send your tips, comments or questions to ask@pawscorn-er.com.

Just Like Cats & Dogs by Dave T. Phipps ALL RIGHT, NOW THIS IS MY VERSION OF A "WELL-BALANCED MEAL"!





### **MAY** is National Pet Month

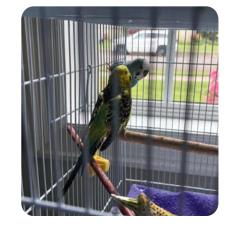
Every May, we celebrate the special bond between pets and their people. National Pet Month is a time to recognize the joy, love, and companionship our furry, feathered, and finned friends bring into our lives. It's also an opportunity to promote responsible pet ownership, support pet adoption, and show appreciation for the many ways pets enrich our world. Whether you're cuddling with a cat, playing fetch with a dog, or admiring a tank full of fish, this month is all about celebrating the animals who make life better!

### Life is better with a pet!



### BEAUTIFUL BIRDS MAKE GREAT PETS

Meet Limon, Tuoi, and Lavanda - three beautiful parakeets, all 11 years old! These birds are very affectionate and playful towards each other. They are always happy to see their owner, Annise.







Parakeets, also known as budgies, make delightful and entertaining pets. These small, colorful birds are



George Strait

Lainey Wilson

Drew Carey

Bob Dylan

Naomi Campbell 5/22/70

Cher

Mr. T

THIS WEEK'S

CELEBRITY

BIRTHDAYS

5/18/52

5/19/92

5/20/46

5/21/52

5/23/58

5/24/51

TIDBITS



surprisingly intelligent and can learn to mimic human speech, with some even developing vocabularies of dozens to hundreds of words. Their vibrant personalities and low-maintenance care make them wonderful companions for bird lovers of all ages.

#### EMAIL YOUR PET'S PHOTO AND A SHORT DESCRIPTION TO PETBITS@CLARKBITS.ORG FOR A CHANCE OF YOUR PET BEING FEATURED



Don't let the noise of others' opinions drown out your own inner voice." – Steve Jobs



A boy was praying loudly, "God please give me a bicycle." His mother asked, "Why are you praying so loudly? God isn't hard of hearing." The boy replied, "Yes, but Grandma is." ©Outlaw Publishing, a 501(c)(3) nonprofit

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Week 21 - Wednesday, 5/21/25

