





FLOWER EXTRACTS • CARTRIDGES • EDIBLES • BEVERAGES • TINCTURES • PARAPHENALIA 206 MORGAN ST, DAVENPORT • 509-725-WEED (9333) • Sun-Thu, 10am-7pm Fri-Sat, 10am-8pm

oduct has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery und ence of this drug. There may be health risks associated with consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of child.

July 14: 6th Annual Area 36 Benefit for Shriner's Hospital for Children, hosted by Kim Gallagher and Jerry Mastas, located 1270 Naff Rd, Colville or Call 509-684-4444.





Now to my healthy tips and tricks for this month's issue:

1. As unpredictable as the weather is in #PNW, walking can very much increase your body's energy and increase level of serotonin in the brain. Your body wants to move, so I encourage you to move your body purposely each day. A mini work out, stretching and walking all help our joints and muscles stay loose and

2. Keeping an essential oil roll bottle (guilty of owning 4) close by while at work, while traveling or running errands will remind you to use the oils that are able to keep your mood, pain and allergies in check. If you have any questions about essential oil please contact me at assistant4hh@gmail.com.

3. Remember to keep your water bottle close by as the higher heat level can shock your bottle! Our skin in our largest organ, so we need to keep it hydrated. #Sunblock

With gratitude, Brianna Olesen LMT, Wellness Advocate

@heelinghandsllc

Brianna Olesen, LMP MA 60477838 ph: 509-215-0068

Little Pend Oreille National Wildlife Refuge 2018 Amateur Photo Contest, purpose of the contest is to encourage people to visit and enjoy the Refuge this year. Photos must be taken at the Refuge between August 16, 2017 through August 15, 2018. Up to five entries per person may be submitted in the following categories; Animal Life; Plant Life; Scenic/Landscapes and Public Use/Recreation. For further information email Joel Anderson at onionjoel@gmail. com or phone him at 509-732-4350. Winning photos will be on display at the Colville Chamber Office and printed in the Statesman Examiner as well as the LPO Friends Web Page: http://www.refugefriends.com/.











- Water Well Drilling
- Pump Systems
- · Water Treatment
- Full Service Store
- Hydrofracturing
- Geothermal Heat Loop Systems

MEMBER

www.foglepump.com

Serving Northeast Washington Since 1981

Lic. #FOGLEPS095L4

COLVILLE

A+ BBB Rating REPUBLIC Water Quality. **SPOKANE** 509-244-0846

1-888-343-9355

509-684-2569 509-775-2878 1-800-533-6518 1-888-845-3500