



Physical therapist in Washougal among the top five percent in industry

The Camas-Washougal Chamber of Commerce is featuring Washougal Sport and Spine as its "Business of the Week" due to [Washougal Sport and Spine owner] **Steve McCarthy**'s completing a three-year fellowship specializing in orthopedic manual therapy—something that fewer than 5% of physical therapists accomplish.

Washougal Sport and Spine specializes in cutting edge non-invasive treatment techniques for neck and back pain. Staff teach customers how to manage their condition with a home or gym-based exercise program. They incorporate innovative equipment such as kettlebell training, resistance bands and low-level laser for pain and tissue healing. Furthermore, they do custom foot orthotics for people of all ages and activity levels with foot or back pain. "Most people don't realize that physical therapy is a service covered by most insurances and referral is not required anymore" McCarthy says. "In years past PT has been a service people received only

after their doctor ordered it. But now people can choose to get treatment when they want it. Our goal is to be known as the place to go in town for that nagging old pain, surgical rehabilitation, or treatment for an injury to get back to sport and recreation fast."

McCarthy's business also works closely with the local schools by supporting fundraisers, as well as offering a free Saturday morning clinic for student athletes to help them recover from injury and return to sports.

For more information about McCarthy and Washougal Sport and Spine, visit

www.washougalsportandspine.com.



M&S CEO to join Department of Ecology Low Impact Development Committee

Al Schauer, chief executive officer at MacKay & Sposito, Inc., has been asked to serve on the Department of Ecology's Water Quality Program, Development of Low Impact Development Standards for the Municipal Stormwater General Permits Committee, to develop definitions and standards for low impact development stormwater requirements.

Committee members will address the definition and goals of Low Impact Development, such as practices, implementation, criteria for determining feasibility, performance standards, metrics for performance requirements, and options and strategy for basin/watershed scale water quality management tools. "I'm delighted to participate in this effort and I hope that my involvement with stormwater issues at the national and local level will help this committee achieve a good policy result," says Schauer.

Battle Ground School District to celebrate 100 years

Battle Ground School District will be holding a community centennial celebration from 11 a.m. to 3 p.m. Saturday, Jan. 9, at Battle Ground High School, in the main

hallway, rotunda, and cafeteria.

The centennial celebration will include informal reunions of the district's former students and employees, the honoring of "100 Heroes" of the Battle Ground District over the years, music by various groups, and refreshments.

The public is welcome, and all former Battle Ground School District students, employees, School Board members and others affiliated with the district are especially encouraged to attend.

Present-day Battle Ground School District was created in December 1908 with the consolidation of the Maple Grove and Dublin districts led by **Peter Onsdorff** and approved by county Superintendent of Schools **Oscar McBride**. Maple Grove was south of present-day downtown Battle Ground and Dublin was north. Their dividing line was Main Street.

City of Vancouver to host a community open house and information fair

The City of Vancouver will host the Community Open House and Information Fair from 4 to 8 p.m. Thursday, Oct. 29, at the Westfield Vancouver Mall (lower level between Nordstrom and Macy's).

This open house is an opportunity to talk with city employees face-to-face, ask questions about city programs and services, and learn about what's going on in the community. Information will be available about the new recycling cart program, the new 112th Safety Corridor project, and many other new or changing programs.

Children of all ages are welcome and will be treated to face painting by Vancouver-Clark Parks & Recreation, among other activities.

Everyone is welcome. If special accommodations are needed, call **487-7060**. For more information, call or e-mail City of Vancouver Special Events at **487-8630** or events@ci.vancouver.wa.us.

Calendar

Planning Commission meets at 7 p.m. tonight, Oct. 14, in City Hall chambers, 109 SW 1st Street, 2nd floor, Battle Ground. For more information, call **342-5047**. <> City Council and Planning Commission are holding a joint workshop at 7 p.m. tonight, Oct. 14, to discuss the Shoreline Master Program, 214 E 14th Street, La Center. <> La Center City Council meets from 7 to 9 p.m. tonight, Oct. 14, in the City Council chambers. <> Loaves and Fishes will be providing hot meals to senior citizens from noon to 2 p.m. Thursday, Oct. 15, at the La Center Community Center, 1000 E 4th Street. <> Citizens and council members are meeting for *Daybreak Dialogue* at 7 a.m. Thursday, Oct. 15, at Blue Castle Coffee, 802 SE 14th Street, Battle Ground. Call **342-5150** for more information.

Wednesday on the air

Port of Vancouver Board of Commissioners (10-13)—4:30 p.m. CVTV
Election 2009: Central County Candidates' Forum (10-12)—7:30 p.m. CVTV
Vancouver Police Department West Precinct Open House (9-26)—9:30 p.m. CVTV
Election 2009: General Video Voters' Guide (9-24)—10 p.m. CVTV
Clark County Planning Commission (9-17)—10:30 p.m. CVTV
Columbia River Crossing Project Sponsors Council (9-4)—11:40 p.m. CVTV

Town Tabloids and the Weather

Noe Baker on top of things. <> **Kathryn Scott** delighting others. <> **Starlight Jensen** beaming with laughter. <> **Becky Pettigrew** informing others of schedule changes. <> **Wednesday**, windy and rainy, 52-64. **Thursday**, showers, 56-63. **Friday**, more showers, 56-68.