



Ron Baldwin

A chicken of the woods mushroom clings to a twisted stump on the south-facing Washington state side of the Columbia River. Some mycological specimens have amazing yields. This one totaled 11 pounds.

'A SEASON OF CHANGES'

FALL IS A FAVORITE SEASON FOR MANY ON THE NORTH COAST

By Ron Baldwin

In this Weekend Break, Ron Baldwin captures the change of the weather and annual impact on the natural world and the community's relationship with it.

"Early fall is the time for fishing, harvesting, hunting, canning and preserving. The human drive to fill the larder is a strong and closely held value that is present to a great degree in Northwesterners."



Patty Hardin

'HONORING THE ORCHID'
A SPOT OF COLOR AMONG THE GRAY

An orchid from Lori Durham's collection.

By Patty Hardin

The orchids take center stage in this Weekend Break. Patty Hardin covers everything from the biological build of the flower to the rookie mistakes beginners make when growing their first orchid.

"Orchids. Sometimes just hearing the word is enough to strike panic.

This doesn't have to be the case, however. There are several orchids that are easy to grow. Sure, orchids have different care requirements than most plants, but this difference is not a reason to panic."



Meet the North Coast's
general surgery team!

Eric Friedman, M.D.
GENERAL SURGERY

Eric Friedman, M.D., is a board-certified general surgeon. He received his medical degree from the University of Pittsburgh School of Medicine. He completed his residency at Oregon Health and Science University School of Medicine. Dr. Friedman was born and raised in Philadelphia and in his free time enjoys hiking and traveling.

Manfred P. Ritter, M.D.
GENERAL SURGERY

Manfred P. Ritter, M.D., received his medical degree from Ludwig-Maximilian-University of Munich, in Germany. He completed his internship and residency at the Keck School of Medicine of the University of Southern California in Los Angeles. He also completed a fellowship in esophageal/gastric surgery and colorectal surgery at the same school. Dr. Ritter is board certified and is a fellow of the American College of Surgeons.

For more information or to schedule an appointment with either provider, please call 503-717-7060.

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Ed Hunt

The Bryan clock tower is the 'freshman compass' and the iconic center of Washington State University in Pullman.

'PLUCKY PULLMAN'

NOURISHING SETTING REIGNS ON AT WASHINGTON STATE UNIVERSITY

By Ed Hunt

Ed Hunt brings readers back to his roots in this August Weekend Break. Hunt discusses the scenery experienced and lessons learned at Washington State University.

"My ride at WSU was a bit of a rough one. Things weren't always smooth and perfect. But I met some of the kindest people in my life — some of my best friends."

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