

Women Choosing Health

What: Health Fair and 5K run/walk

When: 8 a.m. to 11:30 a.m. Saturday, May 16

Where: Rheingarten Park, White Salmon; courthouse lawn, Goldendale

Cost: Free

How to register:

- Phone: (509) 493-6234
- e-mail: womenchoosinghealth@yahoo.com
- Walk in: Klickitat County Health Department at the Pioneer Center in White Salmon or Goldendale Gym and Fitness in Goldendale

Run/walk begins at 8:30 a.m.

Health Fair includes booths, speakers, activities, free food and drinks, and door prizes

First 50 people to register are guaranteed an event T-shirt

Sponsored by Klickitat County Health Department, Klickitat Valley Health, Goldendale Gym and Fitness, the United Methodist Church, the Mount Adams Soroptomists John Snow Inc. and Clif Bar



Journeyman Servicemen Bernie Predeek, left, and Bob Fitzsimmons mark KPUD underground utilities for customers who have an excavation or digging project.

Call Before You Dig

“Call Before You Dig!” is a free service that can prevent dangerous and costly accidents to help you stay clear of underground utilities.

Klickitat PUD customers are encouraged to use this service whether they are planning a major construction project or just landscaping their yard.

Call the Northwest Utility Notification Center at (800) 424-5555 at least 48 hours before digging or excavating. Professional excavators can go to www.callbeforeyoudig.org and enter their locate requests online.

The Utility Notification Center will contact all of the appropriate utilities in Klickitat County for you, including KPUD.

All utility representatives will respond and mark the locations of your underground utilities.

At KPUD, these representatives are Servicemen Bob Fitzsimmons

and Bernie Predeek, and Customer Service Field Representative Dan Charters.

They respond to the requests from the notification center and mark any underground power lines, cables or conduits, and lighting cables in red.

This will eliminate digging equipment from hitting or cutting off power, water, phone, cable or gas lines. Accidental contact with any of these lines can result in serious injury.

The Utility Notification Center is dedicated to safeguarding citizens and construction personnel who work around utilities, as well as safeguarding the underground infrastructure of your community.

Calling before beginning any excavation prevents damage to underground facilities, service interruptions and bodily injury.

The center is open 24 hours a day. When calling, be prepared to give the following information: your phone number, type of work you will be doing, start date, county, city, job location, nearest cross street and special marking instructions if required. ■



Dan Charters