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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or Form 5
obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burde	en								
hours per response:	0.5								

			01.	Section 30(h) of the	mvesum		Sinpany Act o	1 1 3 4 0					
	Iress of Reporting Per		ssuer Name and Tic RON INC /W					ationship of Reportir (all applicable)	0 ()				
<u>HELMBRECHT STEVEN M</u>						_			Director	10% 0			
(Last) 2818 N. SULL	(First)		Date of Earliest Trans	saction ((Montl	n/Day/Year)	x	X Officer (give title Other (specify below) below) Sr. VP & CFO					
2010 N. SULL	LIVAN ROAD												
(Street)			4. If	Amendment, Date o	of Origin	nal File	ed (Month/Dag	6. Indiv Line)	6. Individual or Joint/Group Filing (Check Applicable Line)				
SPOKANE	WA	99216						X	X Form filed by One Reporting Person				
(City)	(State)	(Zip)								Form filed by Mo Person	re than One Rep	oorting	
		Table I - No	on-Derivative	Securities Ac	quirea	d, Di	sposed of	f, or Be	neficially	Owned			
Date			2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Disposed O			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)			
Common Stock	k		05/30/2006		М		3,333	Α	\$20.64	11,820	D		
Common Stock	k	05/30/2006		S		100(1)	D	\$58.85	11,720	D			
Common Stock	k	05/30/2006		S		100(1)	D	\$58.95	11,620	D			
Common Stock 05/30/2					S		100(1)	D	\$59.0004	11,520	D		
Common Stock 05/30/2					S		100(1)	D	\$59.18	11,420	D		
Common Stock	k	05/30/2006		S		200 ⁽¹⁾	D	\$59.364	11,220	D			
Common Stock	k	05/30/2006		S		100(1)	D	\$59.39	11,120	D			

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100(1)

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\$59.42

\$59.5

\$59.51

\$59.73

\$59.77

\$59.82

\$59.91

\$60.01

\$60.06

\$60.09

\$60.1

\$60.14

\$60.1496

\$60.18

11,020

10,920

10,720

10,620

10,520

10,320

10,220

10,120

9,787

9,687

9,587

9,487

9,387

9,187

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)											
Common Stock	05/30/2006	S		100(1)	D	\$60.47	8,487	D			
Common Stock	05/30/2006	S		100(1)	D	\$60.39	8,587	D			
Common Stock	05/30/2006	S		100(1)	D	\$60.36	8,687	D			
Common Stock	05/30/2006	S		100(1)	D	\$60.35	8,787	D			
Common Stock	05/30/2006	S		100(1)	D	\$ <u>60.3</u>	8,887	D			
Common Stock	05/30/2006	S		200(1)	D	\$60.28	8,987	D			

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction T Date (Month/Day/Year)	able group eriva Execution Date, if any (e.g., (Month/Day/Year)	ative : Transa Octian, (-8)	Secu Galls	Sec Acq (A) (Disp	urities uired or oosed	Gillett, Epsis Expiration Da (MDDMDDD) (MDDMDDD) (MDDMDDD)	j oðsett ⁰of ne negnverti	Arnount o Sec States Underlyin Derivative (Instr. 3 ar	g Security	Derivative Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8) Code		and 5) Derivative Securities Acquired (A) or		6. Date Exercisable and Expiration Date (Month/Day/Year) Date Exercisable Date		7. Title and Amount of Securities Underlying Amount Derivative Stecurity (Instr. 3 and Upmber of Title Shares		8. Price of Derivative Security (Instr. 5)	(Institute) derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (right to buy)	\$20.64	05/30/2006		М			3,333	(2)	05/28/2014	Common Stock	3,333	\$0	3,333	D	

Explanation of Responses:

1. Shares sold pursuant to 10b5-1 Plan.

2. 33-1/3% of options become exercisable on 5/28/2005 and an additional 33-1/3% on each of 5/28/06 and 5/28/07.

<u>By: MariLyn R. Blair, as</u>

attorney-in-fact For: Steven M. 05/31/2006 Helmbrecht

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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