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(h) |

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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

| 1. Name and Address of Reporting Person* HELMBRECHT STEVEN M | | | | | | | | | ker or Tradin | | mbol | | Relationship heck all app Direc | icable) or | | 10% Ov | vner | |
|--|---|--|---|------|--|---|--------|-----|---|-----|------------------|--|---|---|---|----------------------|--|---|
| (Last) (First) (Middle) 2818 N. SULLIVAN ROAD | | | | | | 3. Date of Earliest Transaction (Month/Day/Year) 03/09/2004 | | | | | | | | belov | r (give title) P & GM | | Other (s below) national | specify |
| (Street) SPOKANE WA 99216 (City) (State) (Zip) | | | | 4. 1 | 4. If Amendment, Date of Original Filed (Month/Day/Year) | | | | | | | | Individual or Joint/Group Filing (Check Applicable ne) X Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | | |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | | | | | | | | | |
| 1. Title of Security (Instr. 3) 2. Transa Date (Month/Date) | | | | | | Execution Date | | | Transaction Disposed Code (Instr. 5) | | | ties Acquir d Of (D) (Ins | ed (A) or etr. 3, 4 an | Benefic | es ially Following | Form (D) o | n: Direct r Indirect estr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
| | | | | | | | | | Code | , | Amount | (A) or (D) Pr | | Tranca | tion(s) | | | (111301.4) |
| Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | | | | | | | | |
| 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. Transaction Code (Instr. 8) | | | | 6. Date Exer Expiration D (Month/Day/ | ate | | 7. Title and Amo of Securities Underlying Derivative Secu (Instr. 3 and 4) | | 8. Price of Derivative Security (Instr. 5) | 9. Numbe derivativ Securitie Beneficia Owned Following Reported Transact (Instr. 4) | e es ally g | Ownership Form: Direct (D) or Indirect (I) (Instr. 4 | Beneficial Ownership (Instr. 4) |
| | | | | | Code | v | (A) | (D) | Date Exercisable | | kpiration ate | Title | Amount or Number of Shares | 1 | | | | |
| Stock Option (right to | \$19.2 | 03/08/2004 | | | A | | 20,000 | | (1) | 03 | 3/08/2014 | Common Stock | 20,000 | \$0 | 20,00 | 00 | D | |

Explanation of Responses:

1. 33-1/3% of options become exercisable on 3/8/05 and an additional 33-1/3% on each of 3/8/06 and 3/8/07.

By: MariLyn R. Blair, as attorney-in-fact For: Steven M. 03/09/2004 **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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.