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).
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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									
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1. Name and Address of Reporting Person* <u>VANOS RUSSELL E</u>				er Name and Ticke <u>ON INC /WA</u>		ymbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Conficer (give title Other (specify)				
(Last) 2818 N. SULL	(First) LIVAN ROAD	(Middle)	3. Date 10/01	e of Earliest Transac /2003	ction (Month/E	Day/Year)		Officer (give title below) VP & G	below M, Electric		
(Street) SPOKANE WA 99216				nendment, Date of	Original Filed	(Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person				
(City)	(State)	(Zip)						Form filed by Mo Person	1 0		
		Table I - Noi	n-Derivative S	ecurities Acqu	uired, Disp	oosed of, or Benefi	cially	Owned			
1. Title of Security (Instr. 3) 2. Transa Date				2A. Deemed Execution Date,	3. Transaction				6. Ownership Form: Direct	7. Nature of Indirect	

Code V Amount (A) or (D) Price Transaction(s) (Instr. 3 and 4)	(Month/Day/Year)	if any (Month/Day/Year)	Code (8)		5)	(_) (-,	Beneficially Owned Following Reported	(D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
			Code	v	Amount		Price	Transaction(s)		(1130.4)	

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. Transa Code (8)		of		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of 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)	\$20.1	09/26/2003		A		8,000		(1)	09/26/2013	Common Stock	8,000	\$20.1	8,000	D	

Explanation of Responses:

1. 33-1/3% of options become exercisable on 9/26/04 and an additional 33-1/3% on each of 9/26/05 and 9/26/06.

By: MariLyn R. Blair, as

attorney-in-fact For: Russell E. 10/01/2003

Vanos

** 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.