



- Shoppers are hungry for organic foods
- Store brands often cost you less
- Marysville could grow by 20,000 in one swoop

Sunday



- Kids shakin' and movin'
- Price check: Where to find the best grocery deals
- Teen's death at Sultan rail crossing ignites safety effort

Saturday



- Student, teacher publish, then pay
- Grandma's a grad, too
- With math out of equation, most kids pass WASL

Griffith and his troops snacks, movies and sandals for the barefoot children they met. "I thought, 'Oh my gosh. It could be one of the people I know.' "

From May 2006 to May 2007, when Griffith returned to his life as a firefighter in Albuquerque, sixth-grade teacher Rachel Kizer periodically mailed him packs of 30 to 40 student letters.

He'd open the letters slowly, savoring each word. He'd set aside some for the inevitable days when no mail would come and would give others to soldiers without any mail to read.

Students told him about their island, about the movies they saw on Friday nights and the latest soccer games.

They drew him pictures of flowers and flags.

They told him they were proud of him. They asked him to come visit.

This week, he finally did.

After just a few weeks at home with his family, Griffith boarded a plane and flew to Seattle with a ticket paid for by the Langley Middle School Associated Student Body.

He was met at the airport by a handful of cheering students, and stayed in the homes of his pen pals.

At Friday's assembly, the school band serenaded him, playing "Anchors Aweigh" and "The Star-Spangled Banner."

Principal Rod Merrell named Griffith the "Cougar of the Week." And the entire student body stood up to applaud the man who, over the course of a year, had become more than a friend. He had become a hero.

Griffith didn't say much.

He couldn't.

"I did everything in my power to fight back the tears," he said, red-eyed in his crisp white uniform, decorated with dozens of colorful ribbons. "I didn't want to cry in front of the kids. The butterflies and the overwhelming feeling I have in my body - I don't have the words. They were so sincere."

Griffith didn't understand why everyone - students, teachers, parents and town leaders - were so nice, so grateful.

For them, the reason was simple.

He came.

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- 12 fresh places to get groceries
- Trail walkers, beware of bears
- Ultimate Legend
- Student, teacher publish, then pay
- Taking his brew to a new level
- Property values: \$105 billion
- Making the most from a minimum
- Marysville could grow by 20,000 in one swoop
- Fighting back

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