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## THREE RIVERS HOSPITAL

### Board Proposes \$72 Million Bond for New Facility in Upcoming Election

*Community-Owned Hospital Seeks Support to Advance Healthcare Infrastructure*

By MIKE MALTAIS  
 Ward Media Staff Reporter



MIKE MALTAIS/WARD MEDIA  
**Three Rivers Hospital CEO Scott Graham**

BREWSTER – A \$72 million bond to finance a new, but modest facility was the elephant in the room at the regular monthly meeting of the Three Rivers Hospital Board of Commissioners last Wednesday, August 30. The bond measure will appear on the Nov. 7 general election ballot.

Voters will be asked to support their community-owned critical access public hospital with the bond measure that will be repaid over 30 years. The cost breakdown based on current data is \$1.39 per \$1,000 of assessed property value, or \$278 per year for a home valued at \$200,000.

The first part of the board meeting was devoted to a review of the hospital's 2022 financial audit, discussion of bond promotional strategies, and visual renderings of the proposed facility's architectural elements.

"I've been here almost 10 years now," said Graham in his administration report

to the board. "Just thinking where we are now versus where we were when I got here is pretty breathtaking to think about the progress that we've made. If we could move it forward to having a new building in the next five years that would be a fantastic place for us as an organization."

Graham added that even with its financial ups and downs over the years Three Rivers has made incremental progress.

A comment from the auditor following her 2022 report was telling: "Your biggest concern is how to get yourselves a new building and out of your operating losses," she said.

#### NRHA offers help

The National Rural Hospital Association (NRHA) in conjunction with the USDA has offered at no cost a consultant from Stroudwater Associates, the leading consulting firm in the nation for critical access hospitals. The consultant will produce a feasibility study specific to revenue goals over the next decade for the new facility including some milestones that would need to be met to reach those goals.

"That's a valuable service that we would normally pay a lot of money for," said Graham. "The USDA wants to make sure that people who borrow from them - which are primarily critical access hospitals - are in a financial situation to be able to sustain a new building."

The Stroudwater study would complement a strategic plan and lay out the hospital's reference markers identified by the independent consultant.

"When we think about the future of healthcare in our hospital district, we know our current building is going to be insufficient to meet those needs," said Graham in a TRH media release. "We've been here for almost 75 years providing services. While our team has done a wonderful job maintaining the building,

SEE TRH ON PAGE A2

## BREWSTER CITY COUNCIL

### Brewster takes measures to address excess garbage

By MIKE MALTAIS  
 Ward Media Staff Writer

BREWSTER – Complaints from residents about garbage piling up around disposal containers insufficient to handle the excess spurred the Brewster City Council to take action as its regular monthly meeting on August 17.

The council passed Ordinance 954 amending chapter 8.08 of the Brewster Municipal Code (BMC) that adds a civil infraction penalty for those who fail to comply with the BMC requirements.

City garbage is addressed under Title 8 Health and Safety in Chapter 8.08 Garbage Collection and Disposal. Under the previous code, Section 8.08.080, Additional charges for noncompliance, specified that in cases of garbage improperly contained or staged for loading the city "may collect and remove such garbage and, in such case, the entire expense of the collection and removal thereof

shall be charged against such premises and against the owner or occupant thereof in addition to the regular charge for collection and disposal..."

Section 8.08.120, Violation-Penalty, further stated that "Any person violating any of the provisions of this chapter shall be guilty of a civil infraction and shall be subject to a monetary penalty..." but did not specify a penalty amount.

As of August 22, the amended Section 8.08.120 approved by the council adds some teeth to the code by revising the section with a specific dollar amount, \$500. It now reads:

Any person violating any of the provisions of this chapter shall be guilty of a civil infraction and shall be subject to a monetary penalty of five hundred dollars (\$500). Each day the violation continues following issuance of the civil infraction shall constitute a new violation for the purposes of this Section.

The city discussed the garbage problem at its previous

meeting and requested city attorney Chuck Zimmerman to bring back the stiffer ordinance.

"What we are dealing with mostly are people who have too much garbage and not enough containers," said Zimmerman.

Most of the people we deal with...have household garbage," said clerk/treasurer Misty Ruiz. "When you have household garbage and you put out the dogs get into it and spread it around. Then it's a neighbor's issue and the neighbors come in and complain about it. That's the reason it came up."

"The whole idea is not to raise money through fines," explained Zimmerman, "it's to educate people through regulation."

The city's hope is that the high cost of garbage education will bring about changes in behavior.

Mike Maltais: 360-333-8483, mike@ward.media

## ZIPLY NEARS COMPLETION IN BREWSTER

### Okanogan County awarded \$30 million broadband grant

By MIKE MALTAIS  
 Ward Media Staff Writer

OKANOGAN – Broadband internet just got a broad boost in Okanogan County. It came in the form of money - more than \$30 million - from the USDA ReConnect Loan and Grant Program that will allow more than 720 homes in the northeast corner of the county to join the online crowd.

At the August 24 meeting of the Okanogan County and Colville Confederated Tribes Broadband Action Team (BAT), John MacDonald, Okanogan PUD manager of broadband services, announced that the county has been awarded a \$30.195 million grant to build out fiber optic infrastructure in the extreme northeast part of the county.

MacDonald was aware of the award about a month earlier but had to sit on the news until a formal announcement came out of the nation's capital. That happened just three days before the BAT meeting when U.S. Department of Agriculture Secretary Tom Vilsack made it official on August 21 that \$700 million in grants and loans was earmarked for 22 states to help bring high-speed internet to the underserved parts of the country, including northeast Okanogan County.

"That is one of the most rural and repressed parts of the county," said MacDonald. "This \$30 million will serve 721 homes so if you do the math, it's about \$40,000 per passing."

As a core component of President Biden's Investing in America initiative the grant is funded by the Bipartisan Infrastructure Law passed

by Congress in November 2021. A White House statement described the new law as "a once-in-a-generation investment in our nation's infrastructure and competitiveness."

The money is "connecting rural communities to a global marketplace," Vilsack said.

Before than can begin, there are a few hurdles for the PUD to clear before work begins.

An environmental study that could require 12 to 18 months must be completed and approved before the release of funds allows the PUD to begin work.

"The challenge with environmental is that's going to be on our (PUD) dime until we get a green light," said MacDonald. "If environmental dredges up something that's really ugly, the USDA has the option to say, 'No thanks, we're going to take a pass.'"

If all goes well and the funds are released the PUD then has five years to complete the project.

#### Brewster nears completion

ZiPLY Fiber, a Northwest fiber optic service that began installing its high-speed internet service here in mid-2021, is scheduled to complete its Brewster project by the end of September this year.

That was part of the message Chris St. Germaine, ZiPLY's local partnership manager, delivered to the August meeting of the Okanogan County and Colville Confederated Tribes Broadband Action Team (BAT).

"The last Brewster block was awarded today," St. Germaine reported at the Au-

gust 24 meeting, adding the scheduled end of September completion.

"What we did was take an approach to break up blocks into small buildable chunks," said St. Germaine. "We have multiple vendors/contractors working on these projects."

St. Germaine said ZiPLY is also negotiating on its Tonasket and Curlew projects with the goal of having those completed by Sept. 30 as well.

"We want to beat the winter," St. Germaine said.

#### Funding drive continues

Economic Alliance executive director Roni Holder-Diefenbach summarized some other funding that the BAT has secured since the group was formed in February 2019.

- Colville Confederated Tribes - \$40 million from the National Telecommunications and Information Administration (NTIA) to expand service in Nespelem and Elmer City plus locations in Ferry County.

- Okanogan County Electric Cooperative - \$12.9 million for service in the upper Methow Valley.

- ZiPLY Fiber - \$3.9 million NTIA funds for Brewster, Tonasket, Loomis, and Danville (Ferry Co.)

"We're not stopping," added Diefenbach. "We have another application into RD (Rural Development) for Community Connect for the Carlton area and more applications that will be pursued as they come up."

Mike Maltais: 360-333-8483, mike@ward.media

## HELPS WITH GRANT CONSIDERATIONS

### Economic Alliance calls for .09 fund project prioritization pre-applications

By MIKE MALTAIS  
 Ward Media Staff Writer

PATEROS – Every year the Economic Alliance (EA) issues a request for Okanogan County entities and the Colville Tribes to submit a one-page pre-application letter for the annual Okanogan County Public Infrastructure and Community and Economic Development .09 project prioritization process.

The Public Facilities Fund (.09 Sales and Use Tax rebate) is allocated for rural communities and eligible entities and is limited to incorporated cities and tribes within Okanogan County.

Pateros City Administrator Jord Wilson said that, as it has in the past, the city will submit its pre-application letter for consideration. One project is the Pateros Mall rehabilitation.

"We're looking at remodeling and the underlying surfaces and infrastructure," said Wilson. "We have a RDBG (Rural Development Block Grant) to do a market study looking and the users, businesses, and end users and the second part of that is pre-engineering."

Wilson said the city will submit that project for .09 ranking.

"We may look at doing something with making improvements to the library that is outdated and too small," Wilson added.

Pateros has received high rankings for past EA prioritization projects and explained

the role it plays in other grant application requests.

"On grants it's actually as important just to have gone through the process," said Wilson, "because it's a public process and you have outside people looking at it and agreeing that it's an important project."

Brewster's Director of Finance Misty Ruiz said the city will again submit a project to add more infrastructure and spaces to its Columbia Cove RV Park.

"We submitted that last year," said Ruiz. "Last year we had the Old 97 project but that got funded."

The latter project was not funded by .09 funds but the ranking the projects receive - as Wilson also mentioned - helps get other state or federal funding.

"I think we were fourth last year," said Ruiz of the Highway 97 project. "I've used these economic rankings...to show our funding agencies like Rural Development, the state, and the feds that we are the No. 4 project for Okanogan County."

Ruiz said that approach won the city the funding to more than double is water reservoir capacity.

The letter of intent briefly explains the project type, scope, timeline, and outline. The pre-app letters are reviewed by the EA infrastructure committee and selected projects are invited to submit a full application.

Projects are ranked in two

categories: 1. Public Infrastructure Projects and 2. Community and Economic Development Projects, based on the following:

- Measurable economic benefits
- Measurable community benefits
- Fully developed plan.
- Project readiness.
- Workforce development.
- Alignment with Okanogan County and Economic Alliance goals and objectives.
- Local and regional support.

The EA's review process provides the Okanogan County Commissioners with a prioritized master list of projects.

An application readiness workshop at 1:30-3 p.m. on Sept. 13, requires an RSVP to attend.

Deadline for the pre-app letters is 5 p.m., Sept. 29. Questions can be directed to Roni at 509-322-4634 or email to rholderdiefenbach@economicalliance.com.

#### The remaining EA timeline includes:

- Oct. 6 - Selected applicants invited to submit a full project application.
- Oct. 31 - Application deadline.
- Nov. 1 - Applicants contacted for a scheduled presentation time.
- Nov. 14 - Applicant presentations to the EA Infrastructure Committee held at a designated location.

Mike Maltais: 360-333-8483, mike@ward.media

## INSIDE THIS WEEK

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TRH

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some of our infrastructure is well past the end of its life.”

Renovation ruled out

An engineering review completed last year determined that renovating the existing hospital would be more costly than building new, and structural limitations wouldn't allow it, Graham said. The current facility at 507 Hospital Way would need to make way for the new one, as Three Rivers has decided not to purchase property elsewhere.

“If the bond is approved, we want to be good stewards of those funds,” Graham said. “We discussed moving to a new location, but our highest priority is our community's healthcare needs.”

The project is currently set up to be completed in two phases.

- Phase One would include the emergency department, laboratory and radiology services, expanded surgical and recovery suites, and supporting departments such as dietary.
- Phase two would include the family practice and specialty clinic, Three Riv-

ers Family Medicine, currently located at 415 Hospital Way. The hospital is also planning a designated area for physical and occupational therapy and other therapy services.

Both phases of the new hospital plus grounds and parking improvements would take a couple of years to complete.

Three Rivers hired architect David Franklund to draft an exterior rendering of what the new hospital could look like, along with tentative floor plans. Franklund shared those preliminary plans with the board and explained his design suggestions.

Hospital leaders and elected board members will be scheduling meetings in the communities served by the hospital district over the next two months.

A meetings calendar and more details about the new building will be added to the hospital's website, www.threerivershospital.net. Questions regarding the new building and the bond can be directed to Business Development Coordinator Jennifer Best at 509-645-3347 or media@trhospital.net.

Mike Maltais: 360-333-8483, mike@ward.media

Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!

5 THINGS TO DO This Week

Chelan Evening Farmers Market

The Chelan Evening Farmers Market is Thursday, Sept., 7 from 2-6 p.m.

“Enjoy numerous vendors carrying fresh fruits, veggies, flowers, crafts, food trucks, live music and so much more,” the event page states. “Each week is something a little different.”

For more information visit chelanfarmersmarket.org

The event runs every Thursday from May through October.

The market is on the corner of S. Emerson and Wapato streets, between the Riverwalk Inn and River Walk park.

Friday Night Concert - Easton Corbin

The Chelan County Fair will host country music star Easton Corbin for a Friday night concert on Sept. 8 at 7:30 p.m.

“Easton Corbin has been gracing stages with his memorable baritone and unique blend of traditional and modern country music for more than a decade,” the event page states. “We will also have a beer garden and band playing before and after Easton Corbin. Come early to get a good seat.”

The concert is free with your admission ticket to the fair.

For more information visit chelancountyfair.com

PRCA Pro Rodeo

Two days of PRCA Pro Rodeo are coming to the Chelan County fair on Saturday, Sept., 9 at 7 pm and Sunday, Sept., 10 at 1 pm. The event is free with an admission ticket to the fair.

Events include bareback riding, steer wrestling, tie-down roping, saddle bronc riding, breakaway roping, team roping, barrel racing and bull riding.

For more information visit chelan-countyfair.com

Lake Chelan Swim

The 13th annual Lake Chelan Swim will take place on Saturday, Sept., 9 from 9 a.m. to 2 p.m.

“This is a fun event held at beautiful Lake Chelan,” the event page states. “We welcome adults and children (12 and over) of any fitness level. You don't have to be a competitive swimmer to participate - just be able to swim.”

“The Lake Chelan Swim is an event to raise funds and awareness for swimming lessons on Lake Chelan, in Manson Bay Park to serve residents and visitors,” the event page states. “The swim is 1.5 miles long and starts at Willow Point Park in Manson and ends at Manson Bay Park on the north shore of Lake Chelan. All proceeds go directly to subsidize free swim les-

sons at Manson Bay Park.”

All participants must pre register. For more information visit lakechelan-swim.com.

Unveiling Central Washington's Best Hikes

The Pateros Library will host Unveiling Central Washington's Best Hikes with the Washington Trails Association on Thursday, Sept., 14 from 6-7 p.m.

“Are you an avid hiker looking for a new trail or a novice not sure where to start with hiking NCW,” the event page states. “Join us for a virtual chat with Claire and Holly from Washington Trails Association to learn about their favorite hikes. Claire and Holly will include hikes in Chelan, Douglas, Okanogan and Ferry counties for any skill level. Join us for a fun and inspiring chat about our beautiful region.”

This is a virtual event hosted on zoom.

For more information visit ncwlibraries.org/locations/pateros-public-library/


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we're encouraging all our readers to take advantage of our "Letters to the Editor" and "Point of View" columns.

Letters to the Editor: Your Short and Sweet Takes

Do you have a strong opinion about a recent local event? Has an act of kindness inspired you or felt the need to address a topic of importance? Our "Letters to the Editor" section is the perfect space for you. We invite you to craft concise letters of 250 words or fewer that tackle subjects of local interest. Your perspective could shed light on an angle that others might not have considered. To ensure transparency and credibility, please include your name, home address, and daytime phone number along with your letter. These details are for verification purposes. Only your name and city will be published.

Point of View: Delve Deeper into Community Issues

Is there a community issue that you're passionate about? Do you have a unique viewpoint that could enrich the discussions within our community? Our "Point of View" guest opinion columns are designed for just that. Share your insights in columns of no more than 700 words, diving into the heart of local matters that deserve attention. Just like with the letters, make sure to provide your name,

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Submission Guidelines

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**Respectful Dialogue:** Let's keep the conversation respectful and constructive. We will not publish letters or columns that impugn the personal character of private individuals or groups of people.

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**Subject Focus:** "Letters to the Editor" should revolve around subjects of local interest, while "Point of View" columns should delve into local community issues.



Terry Ward

From the Publisher

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Warm Regards,  
Terry Ward  
CEO & Publisher  
Ward Media

**QUAD CITY HERALD**

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131 S. Apple Blossom Drive #109, Chelan, WA 98816  
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website: [www.qcherald.com](http://www.qcherald.com)  
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advertising e-mail: [ruth@ward.media](mailto:ruth@ward.media)

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**Contact Information**

**CEO & Publisher**  
Terry Ward • 509-731-3284  
[terry@ward.media](mailto:terry@ward.media)

**COO & Co-Owner**  
Amy M. Yaley • 509-731-3321  
[amy@ward.media](mailto:amy@ward.media)

**Reporter/Photographer**  
Michael Maltais  
[mike@ward.media](mailto:mike@ward.media)

**Reporter/Photographer**  
Katie Lindert  
[katie@ward.media](mailto:katie@ward.media)

Quinn Propst  
[quinn@ward.media](mailto:quinn@ward.media)

**Advertising Sales**  
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[ruth@ward.media](mailto:ruth@ward.media)  
Lindsay Timmermans  
509-860-7301  
[lindsay@ward.media](mailto:lindsay@ward.media)

**Contact Information**

**Classifieds/Legals**  
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[heraldads@qcherald.com](mailto:heraldads@qcherald.com)  
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Laura Husa  
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**Corrections**

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## Long Term Recovery Group dedicates three homes



MIKE MALTAIS/WARD MEDIA

The Clint Ames home, lost in the 2020 Pearl Hill wildfire on the Colville Reservation, was among three new residences dedicated during ceremonies held by the Okanogan County Long Term Recovery Group last Friday, Sept. 1. Read the complete story in next week's Quad City Herald.

## NCW businesswoman mobilizes community to Raise \$10,000 for Women's Service League

By QUINN PROPST  
Ward Media Staff Reporter

North Central Washington businesswoman Erica Mendoza leveraged community support to award \$10,000 to the Women's Service League of North Central Washington, a service organization that works to empower women in the region.

As an individual, it can be hard to feel like you are making a difference, but the Women's Service League is a way for women to give back to their community in ways that make an impact, Mendoza said.

Mendoza, owner of East Wenatchee's Mendoza Insurance Services, initially received a \$5,000 donation for the Women's Service League, thanks to a submission process with Liberty Mutual® and Safeco Insurance® through their 2023 Make More Happen™ Awards. A story of their local partnership was featured on the official Make More Happen microsite where Mendoza Insurance had the opportunity to raise an additional \$5,000 by conducting a local awareness campaign for the nonprofit. Together with the community, the goal was met, increasing the total donation to \$10,000 for WSL.

"Women's Service League is super unique in that when you are trying to help in the community, you want to make sure that the impact is visible because we're just one person in what we can do," Mendoza said in the local awareness campaign video. "And it allows me to create positive connections and returns, I guess like an ROI, that you can truly see how it helps others. The places that we support and the women that are impacted by what we do are very visible, and that helps you continue to do the work."

"I have been a part of Women's Service League for many years, and this will give the ability for me to contribute

as an upcoming community member and be a part of something that has been very precious to me and helped me develop myself and get myself more confidence and be a part business-wise in the community," Mendoza said in the video.

The Women's Service League is dedicated to building a community through the empowerment of women and deliberate volunteer action. They host many events throughout the year to raise money to help women and children. Their biggest fundraiser is My Girlfriend's Closet, a three-day shopping event that sells new and gently used women's clothing, shoes, jewelry, and purses at low prices. The majority of the proceeds are distributed back into the community in many ways, including scholarship funds for women returning to college and grants to local nonprofits that primarily help women and children.

Last year, the Women's Service League gave \$10,000 in scholarships to women returning to college and \$60,000 in grants to North Central Washington nonprofits for women and children.

The award will help the league run its fundraising events, and the remainder will help the Women's Service League to help others in the region, league president Sue Epoch said.

"It takes a little pressure off some of the upfront expenses," Epoch said. "Last year we had to rent a space, in the past, that was donated. Putting the money upfront to rent a space is more stressful. The money will help so that we can put on our events and then at the end of the year turn around and award grants and scholarships."

Other events include a prom dress giveaway, Touch-A-Truck, and diaper drives. The group also collects small toiletries throughout the year and distributes them to school

districts for students who need them, as well as members volunteering to help other nonprofits, Epoch said.

The league is always looking for new members, Epoch said.

The Women's Service League is a great way to meet people and be involved in your community, Mendoza said.

Throughout 2023, Liberty Mutual and Safeco Insurance will select up to 37 independent agents nationwide for a Make More Happen Award, donating up to \$370,000 to the nonprofits they support. Agencies became eligible for the award by submitting an application and photos demonstrating their commitment to a specific nonprofit.

"When a company or corporation helps support a community like this, it feels like a validation of the work and impact you are making," Mendoza said.

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## SAVED FROM DEVELOPERS

# Methow Conservancy acquires iconic Sunny M Ranch

By MIKE MALTAIS  
Ward Media Staff Writer

WINTHROP – For the second time in a shade over two years the Methow Conservancy has engineered a major land purchase of an iconic site in the Methow Valley – the 1,200-acre Sunny M Ranch west of Winthrop.

The purchase was made possible with the help of 1,500 donors who raised the \$8.7 million needed to acquire a prime chunk of real estate that includes 400 acres of agricultural fields, 10 miles of community trails and building sites that would quicken the pulse of many commercial land developers.

In December 2022, the Conservancy created Imagine the Methow: The Campaign for Sunny M Ranch, with the intention of preserving the land. A mere six months later donors had not only raised the requisite purchase funds but also enough to enable stewardship dollars to maintain and manage the new acquisition. More than half a million dollars came from gifts under \$5,000 with the average being \$400.

The Conservancy board next passed a resolution designating the ranch be used as conservation and community lands. The resolution "outlined our standards for ethical practices by identifying the primary management goals for the Sunny M Ranch lands and the process that must be followed in the event change in use or management is contemplated," a statement on their website, methowconservancy.org, said.

The purchase ensures the local community will determine the future uses of the site. Those uses include wildlife, farming, affordable housing, and trails.

- Wildlife habitat protection: Land attractive for high-use development will now remain a haven for wildlife.
- Farmland preservation: Productive irrigated farmland will be maintained.
- Affordable housing: Land close to Winthrop will provide affordable housing for workers.



COURTESY OF STEVE MITCHELL/METHOWCONSERVANCY.ORG

Permanent trails access: The future of the Community Trail, Winthrop Trail, and Barnsley-Bitterbrush loops is now secure. The 10 miles of trails now preserved form part of the 120-mile network of the largest cross-country ski area in North America.

The Sunny M served as a cattle ranch from early in the 20th century and later a dude ranch as it passed through the hands of several owners.

**Wagner Ranch preserved**  
In September 2021 the Conservancy seized the opportunity to purchase the Wagner Ranch, 328 acres and

1.6 miles of Chewuch River frontage five miles north of Winthrop. That property was originally offered to the Yakama Nation, but when expected funding did not materialize the Conservancy stepped in with the \$3.3 million to acquire the Winthrop landmark.

The following May 2022 the Conservancy gifted the land – once traditional territory for the Methow Tribe – to the Colville Confederated Tribes (CCT). The Methows are among the 12 tribes that comprise the CCT.

Mike Maltais: 360-333-8483, mike@ward.media

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The Washington Utilities and Transportation Commission designated CenturyLink as an Eligible Telecommunications Carrier within its service area for universal service purposes. CenturyLink's basic local service rates for residential voice lines are \$30.50 per month and business services are \$43.50 per month. Specific rates will be provided upon request.

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BREWSTER



www.cbcbrewster.com  
Sunday Worship 9:30 a.m.

"With men this is impossible; but with God all things are possible."  
~ Matthew 19:26



To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: [ruth@lakechelanmirror.com](mailto:ruth@lakechelanmirror.com)

**COMMUNITY BULLETIN BOARD**

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

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- For more info call: Quad City Herald at 509-689-2507
- Email to: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

**COMMUNITY BULLETIN BOARD**

September 6, 8

**Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery**

BREWSTER – The Senior Center is now serving meals at Noon, at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. September 6: Sweet & Sour Meatballs, Wild Rice, Oriental Veggies, Asian Slaw, Pineapple, Roll, Dessert; September 8: Hot Turkey Sandwich, Mashed Potatoes/Gravy, Green Beans, Peaches, Oatmeal Cookie; September 12: Spaghetti & Meat Sauce, Caesar Salad, Fresh Fruit Tray, Garlic Bread, Dessert; September 13: Chili, Green Salad, Spiced Salad, Pears, Cornbread, Dessert.

September 6-9, 11-16

**Senior Center Thrift Store**

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Check out their great kids section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

September 6-7, 12-14, 16

**Chelan Valley Hope**

Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat  
CHELAN - The Hope Hoedown is approaching, and we are excited to invite you all to this fun western-themed event for the whole family. Join us on Saturday, September 16, at Chelan Valley Farms 4-8 p.m. Enjoy live music from Miller Campbell and food from Dooley Dogs and Taqueria Mazatlan. Other activities include a Jail n Bail, a Kids

Korral, raffles, a silent auction, and fun for the kids. You won't want to miss this event. For tickets and more information visit [chelanvalleyhope.org/HH](http://chelanvalleyhope.org/HH).

September 6

**American Legion Auxiliary to meet**

BREWSTER – The American Legion Auxiliary #97 meets the first Wednesday of each month, at the American Legion Hall at 6 p.m.

September 6, 20

**American Legion meetings**

BREWSTER – American Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. For information call Greg Wagg at 206-550-6474.

September 7

**Bingo**

BREWSTER - Brewster American Legion Bingo every Thursday night at 6 p.m. Card sales start at 5 p.m. - Be early.

September 8-10

**American Legion International Gavel Passing**

BREWSTER – American Legion Post 97 will hold a International Gavel Passing on September 8-9-10 at the American Legion Post. The public is invited to join them for Friday Night Steak Dinner starting at 5 p.m. Cost is \$15. Dance to Dan Webster's Band on Friday evening 8-11 p.m. Cost is a \$5 donation.

On Saturday, September 9, Nashville Stars 7-11 p.m. For American Legion members registration is on Friday, September 8, 11 a.m.-5 p.m., \$45 for a weekend of fun. Cost includes a walk for the Lei, desert auction, games, auction, Saturday lunch and dinner and the Gavel Passing Ceremony. There will be prizes and raffles.

September 11

**Okanogan County Fair Advisory Committee**

OKANOGAN – The Okanogan County Fair Advisory Committee meets the second Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

September 11, 27

**Okanogan County PUD meeting**

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners is at 3 p.m. For more information [okanoganpud.org](http://okanoganpud.org)

September 12

**Survivors of Suicide Loss Support Group**

WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: [tcf-wenatcheevalley.org](http://tcf-wenatcheevalley.org)

**DEATH NOTICES**

**James Michael Harvey**

James Michael Harvey, 69, of Bridgeport, Washington, passed away on August 30, 2023. Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**William Miller**

William Miller, 59, of Brewster, Washington, passed away on August 25, 2023. He was a former resident of Graham, Washington. Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**Teri Jenkins**

Teri Jenkins, 67, of Twisp, Washington, and a former resident of Winthrop, Washington passed away on August 27, 2023. Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**Thomas Georgianna**

Thomas Georgianna, 77, of Brewster, Washington, passed away on August 26, 2023. Services will be held at Barnes Chapel on September 7, 2023, at 1 p.m. Emtombment will be held September 9, 2023, 11 a.m. At Acaia Cemetery in Seattle. Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.



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Fill up the tank and stock up on snacks: Through September 30, you can earn up to **5x points** when you use your STCU rewards card at qualifying gas stations!\*

Redeem your points for cash back, gift cards, or even a charitable donation.

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\*Purchases at qualifying merchants only. Promotion runs from July 1 through September 30, 2023, and is limited to \$2,500 in qualifying purchases, or up to 7,500 bonus points on top of your standard earned points. No limit on the amount of standard earned points allowed. Rewards points typically awarded within three business days after your qualifying transaction posts to your account. Earned points on purchases never expire, with at least one purchase every 24 months. Bonus points expire one year from date awarded. Subject to credit approval.

PLACED FOURTH IN 18U WORD SERIES

# Brewster Farmers baseball bring bronze to best season finish



COURTESY OF DAN VASSAR

The Farmers pose with some of their loyal followers.

By MIKE MALTAIS  
Ward Media Staff Writer

**BREWSTER** - The Farmers Baseball Club notched its best finish in team history last month when the players made it to the final four semi-finals in Missouri and brought home the Babe Ruth 18U World Series bronze medal.

"This fourth-place finish is our best World Series finish," said coach Dan Vassar. "This was one of the most exciting events I have been a part of," said Vassar.

The Farmers flew into St. Louis on August 13, and began their series run the following day on Capaha Field at Southeast Missouri State College.

"The facility, event coverage, and overall treatment of our players was top notch," said Vassar. "I can only hope that every kid who loves baseball gets a chance to experience this."

August 14, Brewster lost to Indiana, 7-6.

"We played very sloppy in all parts of the game," said Vassar, singling out highlights from each game.

- Joe Pitts pitched 3 innings.
- Joe Thornton pitched 2.2 innings.
- Reese Vassar hit 2-4 and scored 1 run.
- Tyson Schertenleib hit 2-4, for two doubles and a run scored.
- Clay Jeanneret hit 1-4, with 2 runs batted in (RBIs).

August 15, Brewster defeated China's MLB Development, 7-0.

- Carson Boesel pitched 5 innings throwing 7 strikeouts, 0 runs.
- Brayden Meyer pitched 2 innings with 1 strikeout, 0 runs.
- Tyson Schertenleib hit 2-3 and scored 3 runs on a home run and a double.
- Joe Thornton hit 2-2 and scored 2 runs.

August 16, Farmers defeated Australia, 7-6.

- Brooks Pinski pitched 3 innings fanning 5 batters and allowing 2 runs.
- Brady Wulf pitched 3.1 innings with 2 strikeouts, 0 earned runs (ER).
- Ty Rusko pitched a .2 inning save.
- Joe Thornton hit 2-3 and scored 1 run.
- Clay Jeanneret hit 2-3 and scored 1 run.
- Brooks Pinski hit 2-3 with 1 RBI.

August 17, lost to Alabama's Gulf Coast Advance (12-time national champs), 5-3.

- Joe Thornton pitched 4 innings, with 3 strikeouts, 0 ER.
- Reese Vassar pitched 1.1 innings.
- Reese Vassar hit 2-4 with a triple and a run scored.
- Carson Boesel hit 2-4 with a double and a run scored.

Despite the loss Vassar ranked the Alabama game as one of the Farmers' best.

"We had one guy who pitched one bad inning and gave up three runs," said Vassar, "But we were right there,"

Brewster finished fourth in its pool and earned a first-round bracket game against Virginia.

August 18, Brewster defeated Greater Manassas (Virginia) 1-0.

- Carson Boesel pitched a 6-inning gem with 5 strikeouts, 1 run.
- Ty Rusko got a one inning save.
- Tyson Schertenleib hit 2-2 with an RBI.

"After winning that game we moved onto the quarterfinals to face number-one-seeded California," Vassar said.

August 18, Farmers defeated California, 4-2.

- Brooks Pinski pitched 3 innings, with 2 strikeouts, 0 hits.
- Ty Rusko pitched 4 innings with 3 strikeouts, 2 hits.

- Tyson Schertenleib hit 2-3 with a triple and 2 runs scored.
- Carson Boesel hit 1-3 with a double and 3 RBIs.

Vassar said the California was Brewster's best game of the series.

August 19, semi-final loss to Southeast Tropics, 4-3.

- Joe Pitts pitched 4 innings allowing 3 hits, 2 runs.
- Joe Thornton pitched 2 innings with a strikeout, 0 runs.
- Reese Vassar hit 1-2 with a double, 2 runs scored.
- Brady Wulf hit 1-4 with a double, 2 RBIs.
- Tyson Schertenleib hit 1-2 with a double.
- Ty Rusko hit 2-3.

"It was a great opportunity to be able to play international teams," said Carson Boesel, "The experience surpassed any expectations."

August 19, Brewster lost the third/fourth place game to Asia Pacific (Taiwan), 5-0.

- Brady Wulf pitched 3 innings with 2 strikeouts, 1 run.
- Grant Baker, Brayden Meyer, and Reese Vassar also pitched.
- Tyson Schertenleib hit 1-3.

"There were 14 teams at this tournament including four international squads," said Vassar. "Nine players were chosen for All-Tournament Offensive and Defensive Team."

- Offensive Team**
- Tyson Schertenleib (Brewster)
  - Reese Vassar (Brewster)
- Defensive Team**
- Carson Boesel (Okanogan)
  - Ty Rusko (Brewster)

Tyson Schertenleib was named tournament MVP. "The 2023 Babe Ruth World Series was a once-in-a-lifetime experience that I'll never forget," said Thornton. "Cape Girardeau knocked it out of the park hosting. I could not have asked for a more beautiful venue."



COURTESY OF DAN VASSAR

The Brewster Farmers 18U World Series bronze medalist team includes from left, coach Tory Wulf, Brady Wulf, Tyson Schertenleib, Ty Rusko, Grant Baker, Brooks Pinski, Carson Boesel, Brayden Meyer, Reese Vassar, Cooper Pinski, Joey Thornton, Clay Jeanneret, Eric Ramirez, Joe Pitts, and coach Dan Vassar.

Thornton added that interacting and making connections with Australia and Taiwan was his favorite part of the tournament.

"Thank you to all our sponsors for help making this happen," Thornton said.

"We have won many tournaments. The most impressive finish is our first-place finish at the Gonzaga invitationals."

The Gonzaga tournament is among the top in the Northwest with predominantly Division 1 players, most of whom are signed to play in the Northwest Athletic Conference (NWAC) next year.

Brooks and Cooper Pinski's grandfather attended the tournament. He played in the 1957 Babe Ruth World Series for the Wallace Idaho team. He threw out the ceremonial first pitch before the Alabama game.

The 18U World Series was the last event for this team before eight of the Farmers head



COURTESY OF DAN VASSAR

Brewster's Ty Rusko, left, and Teese Vassar celebrate after the California win.

to college to continue their baseball careers. Three of the seniors - Vassar, Schertenleib, and Thornton - were there at the beginning as eight-year-olds.

"It has been an awesome ten-year run for them," said coach Vassar. "We would like to thank our sponsors who have been sponsoring us for

many years now and those that help to make this trip in particular possible. There are too many sponsors to list, but this community made so many contributions and went a long way in making this experience happen."

Mike Maltais: 360-333-8483,  
mike@ward.media

# 15 teams participate in Legion golf tourney

By GREG WAGG  
Press Release  
American Legion Post #97

**ALTALAKE** - This year 15 teams participated in the Fifth Annual Legion Alta Lake Golf Tournament on Sunday, August 27. Tied for first place was the Lance Maning team and the Alta Employees, both shooting a 16 under par 56. Brewster Market Team #1, last year's defending champions, finished third with a 14 under par 58. Closest to hole on par 3's (KP). KP on holes #2 was John Gilmore. KP on hole #6 Kevin Vallance. KP on Hole #12 B. Vallance. KP on Hole #14 Jayson Whal.

Men's Long Drive Keving Vallance. Women's Long Drive

Shirley Philabaun. The long marshmallow drive was won by Jerry Gilmore. There were prizes for first place, all the KP's and long drives. Even the long Marshmallow drive won \$43. Along with the golf, the players were treated to a lunch including pulled pork sandwich, chips, and a cold drink.

The Brewster American Legion thanks this year's sponsors. The Barth family for helping to put on another successful tournament. Varrel Auto Glass, Stackhouse Plumbing, BTO construction, Northwest Wholesale, Erlandson's Engineering, Webster's Furniture, Harvest Foods, Brewster Veterinary Clinic, Sweet River Bakery,

Kodi's Noon Saloon, Schull's Towing, Isenhart Excavation, Bosel Construction, The Land Company, O'Connell Drilling, Conn Collision, North

Cascades Bank, Blue Water Sanitation, Bob Lewis, Alta Men's Club, Pat and Marry Fenerty, Thanks to the following for donating prizes:

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Post Commander,  
gregwagg@yahoo.com



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Deadline Noon on Friday for the next week's papers

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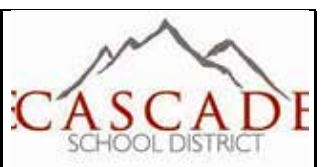
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School District is seeking qualified applicants for the following positions:

- Cascade High School Para Educator/Food Service Cashier 7.5 hours
- Cascade High School Assistant Basketball Coach

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### Help Wanted

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Deadline is Friday by Noon for the following Wednesday issues of all newspapers



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For questions, call Margaret Viebrock, WSU Chelan-Douglas County Director at 509-745-8531. Applications are due September 8. WSU is an EO/AA Educator and Employer.



School District is seeking qualified applicants for the following positions:

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### Legals

### Public Notices

**NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL** NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing on a setback variance request from 505 W. Beach Street. Said public hearing shall be held on Monday, September 18, at 6:00 p.m. in the Council chambers, Pateros City Hall, 113 Lakeshore Drive, Pateros, Washington, at which time and place all interested persons may appear and be heard. Published in the Quad City Herald September 6, 13, 2023. #6230

### Public Notices

### NOTICE OF HEARING SUPPLEMENTAL APPROPRIATION

Notice is hereby given by the Board of Commissioners of Douglas Okanogan County Fire District 15 that a public hearing is set for Monday, September 11, 2023 at the DOCFD15 EMS Station at 412 W. Indian Ave. Brewster, WA at 6:00 p.m. to discuss a supplemental budget appropriation to both the 2023 Fire District and Ambulance budgets. Public comments will be taken at this time concerning the supplemental budget appropriations. Published in the Quad City Herald August 30, September 6, 2023. #6183

### Public Notices

**PATEROS IRRIGATION DIST.** Meeting 5 pm on Sept 25, 2023 at 149 Pateros Mall. Published in the Quad City Herald September 6, 13, 2023. #6218

### Public Notices

### NOTICE OF PRELIMINARY BUDGET HEARING

A preliminary budget hearing for the Town of Mansfield will be held Tuesday, September 12, 2023 at the Mansfield Town Hall at 6:00 PM to afford citizens the opportunity to provide written or oral comments on the 2024 budget. Published in the Quad City Herald August 30, September 6, 2023. #6184

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**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR DOUGLAS COUNTY**  
In the Matter of  
**THE SCOTT WRIGHT TRUST**  
No. 23-4-00046-09  
**NONPROBATE NOTICE TO CREDITORS**  
RCW 11.42.030

The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the State of Washington.

According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed.

Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.42.070 by serving on or mailing to the notice agent or the notice agent's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the notice agent's declaration and oath were filed.

The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: August 23, 2023

The notice agent declares under penalty of perjury under the laws of the State of Washington on the 9th day of August, 2023, at Wenatchee, Washington, that the foregoing is true and correct.

LELA M. WRIGHT  
JERRY D. WHITAKER  
Notice Agent: LELA M. WRIGHT and JERRY D. WHITAKER  
Attorneys for the Notice Agent: Russell J. Speidel  
Address for Mailing or Service: Speidel Bentsen LLP  
7 North Wenatchee Avenue, Suite 600  
P.O. Box 881  
Wenatchee, Washington 98807  
Court of Notice Agent's Oath and Declaration and Cause Number: Douglas County Superior Court Cause No. 23-4-00046-09

Prepared By: SPEIDEL BENTSEN LLP

By: Russell J. Speidel  
WSBA No. 12838  
7 North Wenatchee Avenue, Suite 600  
P.O. Box 881  
Wenatchee, Washington 98807  
(509) 662-1211  
Published in the Quad City Herald August 23, 30, September 6, 2023. #6162

**Public Notices**

**SUMMONS Cross-Complaint (CITACION JUDICIAL-CONTRADEMANDA)**

**NOTICE TO CROSS-DEFENDANT: (AVISO AL CONTRA-DEMANDAD):**  
DANIEL LOPEZ LEON; ELLIS KATHY RODRIGUEZ; JESUS J. SANDOVAL HERNANDEZ; JESUS SANDOVAL CERVANTES; and MOES 1 THROUGH 10, INCLUSIVE

**YOU ARE BEING SUED BY CROSS-COMPLAINANT: (LO ESTÁ DEMANDANDO EL CONTRA-DEMANDANTE):**  
STATE OF CALIFORNIA, DEPARTMENT OF TRANSPORTATION

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the cross-complainant. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

Tiene 30 DIAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al contrademandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), o uniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 o más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

SHORT NAME OF CASE (from Complaint): (Nombre de Caso): Eskman vs. State of California, et al.  
CASE NUMBER: (Número del Caso): 34-2021-0031216  
The name and address of the court is: (El nombre y dirección de la corte es): Sacramento County Superior Court 720 Ninth Street, Sacramento, CA 95814

The name, address, and telephone number of cross-complaint's attorney, or cross-complaint without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del contrademandante, o el contrademandante que no tiene abogado, es):  
Monika D. Troike; Jones Dyer 3031 F Street, Suite 101, Sacramento CA 95816; (916) 552-5959  
DATE (Fecha): FEB 23, 2023  
Clerk. by (Secretario): T. LATHERS, Deputy (Adjunto)  
Published in the Quad City Herald August 16, 23, 30, September 6, 2023. #6126

# Two main categories of antihistamine medicines: sedating, non-sedating agents

**Q: Every summer, my nose runs, and my eyes itch from my allergies. Which antihistamine is best?**

When you come in contact with something you're allergic to, your body releases histamine, which triggers a cascade of symptoms we associate with an allergic reaction: nasal congestion, runny nose, itchy, watery eyes, and sinus pressure.

Antihistamines counteract the effects of histamine by triggering an opposite action in your body. Which antihistamine is best depends on how well it relieves your symptoms and how drowsy it makes you.

There are 2 main categories of antihistamine medicines: sedating and non-sedating agents. Sedating antihistamines are older drugs and usually cause some drowsiness and drying action. That drying action helps relieve a runny nose and watery eyes.

Antihistamines don't work the same in everyone. Some will relieve your allergy symptoms better than others. Many people have to try more than one before finding one that works well while causing less drowsiness.

Older antihistamines like Benadryl® (diphenhydramine), doxylamine, chlorpheniramine, and triprolidine cause drowsiness in most people. If this concerns you, start with one of the newer drugs.

Newer antihistamines like Claritin® (loratadine) and Allegra® (fexofenadine) rarely cause drowsiness. Unfortunately, these allergy medicines are less effective at drying runny noses or watery eyes than older agents like diphenhydramine and triprolidine.

Two non-sedating options are loratadine (Claritin®, Alavert®) and fexofenadine (Allegra®). Loratadine is taken once daily, while Allegra® is available in 2 formulas, once daily and twice daily.

Cetirizine (Zyrtec®) is another once-daily allergy medicine. Closely related to the prescription drug hydroxyzine, cetirizine is more likely to cause some drowsiness than Claritin® or Allegra®.

If you are suffering from a runny nose, Zyrtec® works better than the non-sedating allergy remedies.

Try one of the older antihistamines if Claritin®, Allegra®, or Zyrtec® aren't relieving your runny nose or itchy, watery eyes. The most powerful is Benadryl® (diphenhydramine).

It is more potent against severe allergy symptoms but can cause significant drowsiness in many people.

In fact, diphenhydramine



is sold as a non-prescription sleeping pill as Tylenol PM® and Sominex II. Unlike newer drugs for allergies, Benadryl® needs to be taken 3 to 4 times daily for best results. If your allergies wake you up with a stuffy nose and sinus pressure, consider taking Benadryl® only at bedtime and using a less sedating agent during the day.

Other older antihistamines still available include chlorpheniramine, brompheniramine, and triprolidine. Triprolidine causes a little less drowsiness than the other older antihistamines, and it dries up a runny nose for me better than anything else.

Triprolidine was previously only available in combination with a decongestant, as Actifed®. My favorite allergy medication is the version of Actifed® (Aprodine™), which contains triprolidine and the original form of Sudafed®, pseudoephedrine.

Years ago, before nasal sprays were available, surgeons used them to tame runny eyes and noses when doing surgery. I prefer it because it relieves my runny nose, watery eyes, and nasal congestion without much drowsiness.

In the past, triprolidine has been challenging to find. It has just been released as a single agent, Flonase Night Time Allergy Relief®. It is already in Mucinex® Night Shift Cold and Flu, Night Shift Severe Cold and Flu, and Night Shift Sinus.

I do not recommend Mucinex® Night Shift Severe Cold and Flu or Sinus because they contain phenylephrine. Phenylephrine is not an effective decongestant, and increases blood pressure without relieving nasal congestion.

phenylephrine is not an effective decongestant, and increases blood pressure without relieving nasal congestion.

**Here Are 5 Tips on Choosing an Antihistamine:**

- 1. Don't delay.**  
Antihistamines work best if you take them as soon as you are exposed to an allergy trigger. They are less effective after your nose stuffs up and your eyes start itching.
- 2. Choose not to snooze.**  
Non-sedating antihistamines like loratadine (Claritin®) or fexofenadine (Allegra®) are safest if you have to drive or use machinery.
- 3. Don't give up.**  
If your first antihistamine choice doesn't help you, try another one. It's not unusual to get little relief from one antihistamine but have good results with a different one.
- 4. Consider a combo.**  
Consider adding a nasal spray or decongestant to your antihistamine. Flonase® nasal spray and combining triprolidine and pseudoephedrine as Actifed® or Aprodine™ can address runny and stuffy nose symptoms.
- 5. Try triprolidine.**  
Although the combination of pseudoephedrine and triprolidine has been hard to find, triprolidine is now available as Flonase® Night Time Allergy Relief, taken every 4-6 hours. As an older antihistamine, it can cause drowsiness. Try it at home before driving to determine if you are affected, or take it only at night. Some, like me, notice no drowsiness at all.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com.

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## CROSSWORD PUZZLE

THEME: THE 1920s

**ACROSS**

- The Sweet's hit "Ballroom \_\_\_\_"
- Farm cry
- Barrel racing meet
- "\_\_\_\_ Quiet on the Western Front," 1920s novel
- Move sideways
- Southeast Asia org.
- Hula dancer's garland
- Like the Vitruvian Man
- "New type of movie in the 1920s"
- \*Jack Dempsey's sport
- Triple \_\_\_\_ liqueur
- Prep flour
- "Hamilton: An American Musical" singing style
- Floppy data storage
- Smack
- Not much (2 words)
- \*Prolific playwright \_\_\_\_ Coward
- Sacrum, pl.
- "Nana" author \_\_\_\_ mile \_\_\_\_
- Flash of light
- Not kosher
- Convex molding
- \*Football legend Graham, born in 1921
- Furniture wood
- Not wholesale
- Aquatic snakes
- Reggae precursor
- Animal den
- \*Assassinated Villa
- \*St. \_\_\_\_ 1928 Olympic site
- East Asian peninsula
- Nope
- "Bite the bullet," e.g.
- Relating to Quechuan people
- B.B. & e.g.
- Challenge
- Langley, VA agency
- Decorates, as in Christmas tree

**DOWN**

- Type of undergarment
- \*Like generation described by Gertrude Stein
- Brain wave
- Shades of blue
- Very tired
- \*"The Fighter" actor Christian \_\_\_\_
- Bass or Redhook
- Defendant's excuse
- Longer than mini
- Port in Yemen
- Smelting waste
- \_\_\_\_ Aviv
- 6 equal parts of 6
- Short for oftentimes
- Mosquito, slangily
- Schick's product
- Beyond's partner
- \*Amelia Earhart, e.g.
- \*Like Charles Lindbergh's 1927 transatlantic flight
- W on a bulb
- TV classic "Green \_\_\_\_"
- Floorboard sound
- \*"The Trial" and "The Castle" author Franz \_\_\_\_
- Samoan money
- Not on time
- Much, in Italy
- Tin Man's prop
- Follows soh
- Confession, archaic
- Not Doric nor Corinthian
- Downy duck
- Kind of cornbread
- Rainbows and such
- Like a drink in a snifter
- Mimicking bird
- \_\_\_\_ caca, South American lake
- Type of modern meeting
- \*American Girl character born in 1923
- American cuckoo
- Robinson to "The Graduate"

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## THE WASHINGTON OUTDOOR REPORT

### Humpty Madness Continues

By JOHN KRUSE  
Special to Ward Media

I just returned from my bi-annual camping trip to Fort Casey State Park on the east side of Whidbey Island. I book a stay there every other year in mid to late August to take advantage of the pink salmon that return to Puget Sound and its tributary rivers every odd year.

Pink salmon usually run on the smaller side, with three-pound fish being pretty average. 2023 though has been a banner year! Some four million pink salmon are in Puget Sound this summer and there are a lot of nicer fish being caught. Doug Saint Denis, the owner of 365 Charters LLC, told me he is definitely seeing this play out on the Sound this summer. On a recent guided outing, a thirteen-year-old girl from Wisconsin hooked and landed an 11.9-pound pink salmon.

In case you are wondering if this is a new state record,

I know I was, it is not. The current state record pink salmon was caught in 2007 on the Stillaguamish River by Adam Stewart, a behemoth that weighed a whopping 15.4 pounds.

The pink salmon generally start showing up first around Sekiu in Marine Area 5 where anglers target both pinks and coho salmon during the months of July and early August. When August gets into full swing, the pinks flood the entire Sound and anglers can catch them everywhere from Hoodsport to the San Juans and everywhere in between.

Pink salmon tend to swim in the upper water column and it's easy to identify schools as they readily jump out of the water. While many anglers target them from boats, you can also have very good success fishing from shore because the pinks, also known as humpies, and the coho salmon that sometimes run with them will often be found within casting distance of the beach in the morning, the evening and as high tide rolls in.

I fished from off the beach for three days. I spent all three

mornings fishing off the point at Fort Casey State Park battling a strong ebb tide. The first morning several anglers caught coho salmon using chartreuse fluttering jigs like Reapers or Buzz Bombs with pink hoochies covering the hook. However, outside of that morning the fishing was pretty slow at the state park.

I was told I could find more pinks about two miles south of the park at Driftwood Beach. I headed down there to find the tide coming in and the pinks on the bite. There were probably 25 anglers on the beach and it seemed like everyone was hooking into the humpies. The go to lure?

A 2 1/2 inch to 3-inch-long pink Buzz Bomb. Fishing the Sound, you do have to use a single barbless hook. Other lures worth trying would be a Mack's Lure Sonic Baifish in a pink/white color combination or simply a 1/2 ounce pink colored spoon. As long as it's pink, and you can cast it a long-way from shore, you've got an excellent opportunity to hook up!

My first fish was a stout pink, weighing close to six

pounds. I caught an averaged size 3-

pounder after that which I released and a short while later hooked into another good pink that weighed north of four pounds. Sensing I wouldn't be able to readily upgrade from these two fish, I called it a day after less than an hour of fishing. I then contented myself to watching others fight and reel in salmon galore with broad smiles on their faces and joyful laughs and screams as they hooked up. It was especially fun to watch fathers and mothers with their children who got to reel in their first salmon that day.

The pink salmon are moving into the rivers now and the run will continue through the middle of September. The Skagit River is always a good bet around Youngs Bar and the railroad bridge in Mt. Vernon, as is the Lower Snohomish River which opened up September 1 from the mouth to the railroad bridge near the Snohomish boat launch. The Snohomish is scheduled to open upstream from there to the mouth of the Skykom-



COURTESY OF JOHN KRUSE  
Jason Bachman from Oak Harbor with an average sized pink salmon.

ish and Snoqualmie Rivers on September 16.

Heading south, the Puyallup, Duwamish, and Green Rivers all offer good opportunities for humpies too, and if you are wondering why they have that nickname, it's because of the pronounced hump the males develop on their back after they enter freshwater to spawn. You can still catch humpies with spoons or spinners in the river, but most anglers will twitch pink jigs you can either cast and

retrieve or fish under a slip bobber. Drift fishing a pink or 50/50 (brass and nickel) Dick Nite spoon is also a great offering that has been catching pink salmon for decades.

When it comes to table fare the pink salmon get a bum rap, with many anglers looking down on them. Personally, I've found freshly caught and cooked pink salmon, especially out of the saltwater, taste great off the grill. If you do freeze them, I would recommend consuming them within a couple of weeks. The thinner fillets of these salmon, compared to coho or Chinook, don't hold up as well over time in the freezer. As for the salmon you catch out of the river? They taste just fine after you brine them and smoke them. The bottom line is this, if you are looking to get into a bunch of salmon during a day of fishing or want to introduce a new angler to the joys of salmon fishing, the humpies are here now and waiting for you.

For more information:  
John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

# Wenatchee River Salmon Festival returns

By RACHEL HANSEN  
Press Release  
Chelan County Public Utility District

WENATCHEE — Swim on over to Rocky Reach Park and Discovery Center to celebrate the Salmon People 9 a.m. to 5 p.m. Saturday, Sept. 23. For the first time since 2019, community day is back for people of all ages to enjoy a full day of interactive games, art, storytelling and fun.

Wenatchee River Salmon Festival is a hands-on outdoor event that connects people and nature by providing opportunities that create meaningful and enriching education. Visitors can journey through a Native American village and become immersed into a powerful, intertribal cultural experience. Natural resource specialists from around the Pacific Northwest will offer opportunities to learn more about fish, wildlife, healthy habitats and watersheds.

On Sept. 21-22, the Salmon Festival at Rocky Reach will transform into an outdoor classroom for about 1,500 third and fourth graders from around the region. The day-long field trip integrates grade-level curriculum in a memorable, experiential way.

The event has been the recipient of multiple awards, including, "Best Children's Program", by the Interna-



COURTESY OF CHELAN COUNTY PUD  
**Macroinvertebrates: Students become caddisflies, stoneflies, and other aquatic insects in a game of tag. They quickly learn that some insects are more susceptible to environmental changes than others.**

tional Festivals and Events Association. The best part is, admission is free.

Please join us in 2023 to celebrate the festival's 31st anniversary. For updates on the event, visit [salmonfest.org](http://salmonfest.org) and follow the Wenatchee River Salmon Festival on Facebook. This year's event is hosted by Chelan PUD, Friends of Northwest Hatcheries, U.S. Fish and Wildlife Service, U.S. Forest Service, and Bureau of Reclamation and Bonneville Power Administration.

#### Activities and Exhibits include:

- Natural resources and cultural exhibits
- Native American Village presented by Chelan PUD
- Salmon Maze
- Giant Fish Aquarium
- Sardis Raptor Center, "Hunters of the Sky"
- Gyotaku - Fish Printing
- Salmon-Bots with NCRL (sphero-coding)
- What's that bird?
- Rolling rivers
- Raptors over the Wenatchee

- 3:30-4:30 p.m. Reptile Lady, April Jackson (Main Stage)

Spotlight on Dancing, Drumming, & Cultural Presentations: Immerse yourself in the sights of sounds of traditional dancing and drumming during our pow wows, scheduled on Saturday, Sept 23 at 10 a.m. and 1 p.m. A pow wow is a celebration of life and a community gathering that allow visitors to share the Native American cultural traditions. Experience the music and dance that have been performed by Plateau Indian Peoples for centuries.

Spotlight on the Reptile Lady, April Jackson: Snakes, alligators, and lizards? Interact with reptiles from all over the world in this educational and fun show with the Reptile Lady, April Jackson. Perfect for children of all ages.

Salmon Fest Poster Contest: Every year, Third grade students from across Washington State submit their own artwork for a chance to be



COURTESY OF CHELAN COUNTY PUD  
**Grand prize: Ellie Mae B. from Alpine Lakes Elementary in Leavenworth created the 2023 Salmon Festival Poster.**




COURTESY OF CHELAN COUNTY PUD  
**Long tent: Roger Amerman of the Choctaw Nation presents a series of historical photographs that show the significance of the Native American long tent as the center of tribal community. In this photo, Amerman is discussing the East-West orientation of the long tent at the Wenatchee River Salmon Festival in 2022.**

featured on the o-"fish"-al Wenatchee River Salmon Festival poster. The winning design from 2023 was created by Ellie Mae B. from Alpine Lakes Elementary. Special thanks to our partners at the Chelan

County PUD for organizing this program.

For more information, contact Rachel Hansen: 509-661-4320, office, 509-470-4775, mobile, [Rachel.Hansen@chelanpud.org](mailto:Rachel.Hansen@chelanpud.org)



## The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret." In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to [Carol@leavenworthecho.com](mailto:Carol@leavenworthecho.com). Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo/Record office, call for details, 509-548-5286.

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**Classic Cookout Collection**

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Chicken Breasts (5 oz.)
- 4 Omaha Steaks Burgers (4 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE Omaha Steaks Burgers (4 oz.)

73818JQM separately \$274.99  
SPECIAL INTRODUCTORY PRICE **\$129.99**

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