

**Senior Focus**  
 A Guide to Healthy Living  
 For Seniors & Others - See page B1



Submitted photo

**Terry Ward and Amy Yaley of Ward Media LLC, have purchased NCW Media Inc. The newspapers involved in the transaction include The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald, and the Wenatchee Business Journal.**

*NCW Media Inc. completes sale of five local newspapers to Ward Media LLC*

NCW Media Inc., a prominent media company in North Central Washington, has finalized the sale of its five well-established local newspapers to Ward Media LLC, owned by Terry Ward and Amy Yaley. The newspapers involved in the transaction include *The Leavenworth Echo*, *Cashmere Valley Record*, *Lake Chelan Mirror*, *Quad City Herald*, and *the Wenatchee Business Journal*.

The acquisition marks a strategic move for both companies, aligning with their shared commitment to quality journalism and community engagement. NCW Media Inc. has been a significant player in the regional media landscape for two decades, providing trusted news coverage and in-depth reporting on local events and issues. The sale of these newspapers to Ward Media LLC is seen as a step to ensure the continued vitality and growth of these publications.

"We are excited to entrust these cherished community newspapers to Ward Media LLC," said Carol Forhan, President of NCW Media. "Terry Ward and Amy Yaley have a proven track record of dedication to journalism and a strong understanding of the unique needs of local communities. We believe this transition will not only sustain the legacy of these newspapers but also enhance their future prospects."

Terry Ward and Amy Yaley, owners of Ward Media LLC, bring a wealth of experience in

the media industry. Ward has held leadership positions in various media companies, focusing on bolstering community-centric journalism and providing local businesses with innovative marketing strategies. At the same time, Yaley has an extensive background in sales, marketing, events, and promotions.

"We are honored to take on the responsibility of carrying forward the journalistic tradition that these newspapers embody," Terry Ward stated. "We aim to maintain the high journalistic standards set by NCW Media and, simultaneously, explore innovative ways to engage with our readers and serve the local communities."

Amy Yaley added, "The nature of the media landscape requires an adaptable approach, and we are committed to staying ahead of the curve. By combining our expertise, we aim to deliver a seamless integration of traditional and digital media that caters to the evolving needs of our readers and advertisers alike."

As part of the transition, Ward Media intends to retain the existing staff members of the acquired newspapers, ensuring continuity in reporting and marketing expertise. Readers can expect to find the same credible news coverage that these newspapers have provided over the years.

NCW Media and Ward Media are committed to making the transition seamless for readers, advertisers, and staff.

**Open house on August 19**

**Mary Johnson celebrates 100 years of memories**

By MIKE MALTAIS  
 STAFF WRITER

**BREWSTER** – In 1923 the list price of a new Ford was \$265, Harold Carter unsealed the tomb of the Egyptian pharaoh Tutankhamun in Egypt, and a Hershey bar cost ten cents... oh, and Mary (Fike) Johnson was born August 22 in Iowa. That was 100 years ago this year and a conversation with her today is like taking a moderated tour through a century of history.

"I have a memory bank of 100 years of memories...happy memories," said Johnson.

"We left the cornfields if Iowa on August 1, 1930," recalled Johnson of those early Great Depression years.

The Fike family, including Mary and three siblings, visited relatives during a month-long trip to Cashmere where Johnson's father joined his sister's family.

"They were all picking apples, and his sister's family had five boys, so they made lots of money," said Johnson. "My Dad had four girls and we didn't know how to pick apples," she giggled.

Father Fike did not make his fortune with four poor apple pickers but did find work at the Rock Island Dam that was built between 1929 and 1933. He later hired on with the Great Northern Railroad and that employment took the family to Moses Coulee, where Johnson attended a one-room school through the eighth grade. She then bussed to Wenatchee to finish high school.

Johnson attended the new Wenatchee Junior College for both its proximity and affordability.

"I was in their second graduating class," Johnson said.

With her associate's degree Johnson next attended Central Washington College of Educa-



Mike Maltais/QCH

**Jack Wood has been Mary Johnson's companion for more than a decade.**



Mike Maltais/QCH

**Mary Johnson celebrates her 100th birthday on August 22.**

tion (now Central Washington University) in Ellensburg and received her teacher's degree so she could begin teaching in Wenatchee. There she met and married Johnny Johnson who served in the civil service during World War II where he taught Navy pilots how to fly by instruments. One of his students was a fellow named Francis Crane who reappears later in the story.

Mary continued teaching until the couple started a family.

"I taught until I got pregnant," said Johnson with a mischievous chuckle. The birth of baby Terry in 1944, was the first of six children.

The WWII teacher shortage allowed Johnson to acquire a War Emergency Certificate and return to teaching first grade students in Wenatchee.

Over the next 20 years, Claudia, Tim, Kevin, Lisa, and finally Keith, the youngest born in 1964, would join the family. Johnny went to work for his former flying student, Francis Crane, at Crane Orchards which relocated the family to Brewster.

With a pilot in the family, the story goes that Mary learned to fly a plane before she learned to drive a car. The flights the couple took occasionally came with their own brand of excitement. Son, Keith, told of one memorable trip to a friend's cabin at Domke Lake northwest of Lake Chelan near Lucerne. Among the amenities awaiting the visitors at the lodging was a rattlesnake under the bed.

"I wanted to return to teaching first grade," said Johnson. "I went to Pateros, I went to Brewster, I went to Bridgeport but apparently I was over-qualified so they would not hire me."

That was in 1978 and Johnson's disappointment became a major benefit for Brewster because it was also the year she started The Children's House.

"That was during the years when all the migrants were coming in and all the orchards were hiring," said Johnson.

The Children's House served the childcare needs of most of those families, so many in fact that Johnson said it's hard to find adults in Brewster today whose children did not attend The Children's House.

The Johnsons enjoyed 51 years of marriage before Johnny succumbed to cancer in 1995. Friend Jack Wood has been a companion to Mary for the last decade or so.

In 2018 The Quad ran a story commemorating the 40th anniversary of the Brewster institution. Keith, who was 14 when The Children's House debuted, assumed operations of the facility in 1998.

Mary Johnson's family will celebrate her century mark with an open house from 10 a.m. to noon on Saturday, August 19, at her home on 315 1/2 S. Bridge Street.

It will be another happy occasion to deposit in Mary Johnson's 100-year memory bank.

**Catch count is 155**



More than two dozen young fishermen were among this year's derby participants.

**Brewster King Salmon Derby nets 20-plus pound winners**

By MIKE MALTAIS  
 STAFF WRITER

**BREWSTER** – The 17th annual Brewster King Salmon Derby closed another successful run on Sunday, August 6, with the final weigh-in and awards ceremony at the boat launch gazebo.

Gage Howe of Chattaroy, won King of the Pool honors and the \$2,000 payoff with a 21.22-pound, 40-inch fish among the 10 largest kings that were separated by 3.38 pounds.

The derby drew 256 entrants this year, 20 of those in the youth category. Between them they landed 155 salmon weigh-

ing a total of 1,889 pounds for an average weight of 12.19 pounds.

Lakota Eldred of Wellpenit, won the youth division with a 20-pound fish. Twins Hunter and Cooper Fawcett finished second and third with respective catches of 19.84 and 18.50 pounds.

Derby organizer Mike Mauk said this year's event experienced a few hiccups but overall went smoother than the year previous. SimpleDerby (simplederby.com) provided the management software that kept all the catches and

SEE BREWSTER ON PAGE A2

**Final count due August 15**

*Three Rivers Hospital levy heads for majority approval*

By MIKE MALTAIS  
 STAFF WRITER

**OKANOGAN** – The third official count of votes from the August Primary Election show little difference from the initial count on August 1 with respect to the approval margin by Okanogan County voters of the renewal of the Three Rivers Hospital (TRH) one-year maintenance and operations

levy. Of the 2,974 votes cast, 2,162 or 72.7 percent approve the measure while 812 or 27.3 percent oppose. The latest results show only a .2 percent difference from the first count.

Douglas County voters split evenly on the issue, with 190 votes in favor and 190 opposed.

The third consecutive TRH M&O levy is the same as the

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Enrollment and staffing underway

# Treehouse Early Education Center opened for business August 1

BY MIKE MALTAIS  
STAFF WRITER

PATEROS – A dream that began in 2019 to create a first-class childcare and learning hub in Pateros has come to pass with the official August 1 opening of the Treehouse Early Education Center at 128 N. Independence Street.

Interim Director Carlene Anders and Interim Assistant Director Gene Dowers are busy enrolling new students and interviewing potentially qualified staff to bring the 72-child facility up to full operating capacity.

Treehouse serves children from zero to 13 years of age is licensed to accommodate 30 school age, 20 preschoolers, 14 toddlers, and eight infants.

“The infant section is already full,” Anders said. “We are looking for part-time school age for before and after school; early in the morning from 6:30-10 a.m., and afternoon from 2:30-5:30 p.m.”

The new center also signals the closure of ABC (Activity Based Childcare) that Anders and Dowers have operated for the past 26 years.

“I really believe this build-



Mike Maltais/QCH

**A small group of new Treehouse enrollees listen to their teacher.**

ing will be a Godsend over the next 20 years,” said Anders of the former Church of Christ headquarters. “I’m excited about what it is going to become.”

“We’re going to have to do some fundraising right out of the gate,” said Anders citing the cost to get everything on

site to open the doors. “And the cost of construction was double what we thought it would be.”

The Treehouse Early Education Center is a 501(c)(3) non-profit. To learn more about the school, tuition, or how to donate visit its website at paterostreehouse.com.

## BREWSTER

CONTINUED FROM PAGE A1

participants in order.

“Fishing was tough this year with some very seasoned local fishermen not bringing in any fish to weigh in,” said Mauk. “We did get a video clip of a bear walking along a beach by Bridgeport.”

Mauk thanks city public works and director Lee Webster for their great job keeping the park grounds in beautiful shape all year around.

The 2024 18th Brewster King Salmon Derby is August 2-4. Tickets go on sale December 1.

For a complete list of results see this story at [www.qcherald.com](http://www.qcherald.com)



Mike Maltais/QCH

**Derby organizer Mike Mauk presents King of the Pool winner Gage Howe his plaque and \$2,000 check.**



**Twins Hayes and Cutter Benson, first and second place winners among the free participants, and bracket third-place winner Eric Bunker.**

A technology gaining popularity

# Public Artificial Intelligence Expo scheduled for August 17

BY MIKE MALTAIS  
STAFF WRITER

WENATCHEE - The 2023 AI (Artificial Intelligence) Expo, hosted collaboratively by the NCW Tech Alliance, North Central ESD, and the Apple STEM Network, will be held from 12:30-5 p.m. on Thursday, August 17, at the Wenatchee Convention Center. This year marks a significant milestone as the AI Expo transitions from an online event to in-person format for the first time. The AI Expo is included in the NCESD STEM Summit, running from August 15-17 at the Wenatchee Convention Center.

The AI Expo is free to the business community and general public. It will provide an inclusive platform for individuals from all walks of life to plug into the fascinating universe of AI, which is rapidly gaining ground in North Central Washington and beyond.

The core objective of this year’s AI Expo sessions is to foster an environment of connection and exploration, focusing on the profound impact of AI on education, workforce development, and everyday life within rural communities. Featuring an engaging lineup of speakers and discussions, participants will be immersed in community conversations aimed at addressing the myriad questions that arise in the context of AI integration.

To inaugurate the event, attendees will be treated to an engaging keynote conversa-

tion followed by interactive breakout sessions, offering real-world insights into the practical applications of AI. Beyond the invaluable knowledge sharing, the AI Expo presents a unique networking opportunity. The event welcomes educators, community leaders, and business professionals from diverse backgrounds, creating an environment where both AI experts and novices can thrive.

**Speakers include:**

- Ben Bardsley, founder of BX, and a tech entrepreneur who is now building a climate tech platform that can support farmers in their environmental journey using data, AI and FX exchanges to enable this transition.
- Jolenta Coleman-Bush, Microsoft, leader of the Education & Workforce Development portfolio for Microsoft Philanthropies in Washington State.
- Dr. Paola Pesantez-Cabrera, AgAID Institute, a Research Assistant Professor in the School of Electrical Engineering and Computer Science at Washington State University.
- Dr. Shannon Thissen, Capital Region ESD 113, Regional Administrator for Educational Technology and Computer Science.
- Eduardo Castillo, Director General at Centro de Inteligencia Artificial - IA Center: A renowned technology enthusiast and innovator with an impressive

30-year career in the field of information technology and communications.

To inaugurate the event, attendees will be treated to an engaging keynote conversation followed by interactive breakout sessions, offering real-world insights into the practical applications of AI. Beyond the invaluable knowledge sharing, the AI Expo presents a unique networking opportunity. The event welcomes educators, community leaders, and business professionals from diverse backgrounds, creating an environment where both AI experts and novices can thrive.

As part of the NCW Tech Alliance commitment to including all communities, this year’s AI Expo includes an all-Spanish session.

For more information or to register for free please visit [NCWTech.org](http://NCWTech.org) or contact [info@ncwtech.org](mailto:info@ncwtech.org) or 509-661-9000.

The Apple STEM Network ([applestemnetwork.org](http://applestemnetwork.org)) is a regional alliance of K-12, higher ed, and community partners in North Central Washington

Since 1999, NCW Tech Alliance ([ncwtech.org](http://ncwtech.org)) has served as the region’s tech alliance, championing growth and development in North Central Washington.

The North Central Educational Service District ([ncesd.org/](http://ncesd.org/)) provides a wide array of programs, services and support to the public school districts in the North Central Washington region of Chelan, Douglas, Grant and Okanogan counties.

## HOSPITAL

CONTINUED FROM PAGE A1

previous two approved by voters in 2021 and 2022. It collects 33 cents per \$1,000 of assessed property value that will provide about \$1.5 million in 2024.

The TRH Board of Commissioners voted unanimously last May to put the resolution on the August election ballot.

In the race for Bridgeport School District Director Position 3, Kate McPherson leads Matt West by seven votes,

70-63. Jean Hardie is a close third with 60 votes. Okanogan County voters favor West over McPherson, 7-2.

With approximately 25 votes remaining to final count by the Okanogan County Auditor was scheduled for Tuesday, August 15.

Dog adoption event planned

# Okanogan Community Action establishes satellite office in Pateros

BY MIKE MALTAIS  
STAFF WRITER

PATEROS – The Okanogan County Community Action Council (OCCAC) is setting up a satellite office in space allotted for that purpose at the Pateros-Brewster Community Service Center at 169 Pateros Mall, Suite A. Executive Director Gene Dowers told the regular monthly meeting of the board of directors last Wednesday, August 9, that OCCAC’s tech specialist was scheduled to do the preliminary work to establish the necessary communications.

OCCAC was founded in 1965, one of the first such agencies in the nation formed in the wake of the national war on poverty. Its stated mission is: leading a revolt on poverty through education, empowerment, and engagement. The Pateros office will make OCCAC assistance and programs more accessible to south county residents.

Okanogan Angels will hold

a second two-day dog adoption event at the PBCRC during the upcoming hydro races on August 19-20.

Last month PBCRC applied for a \$66,000 Outdoor Learning Grant administered by the state’s Office of the Superintendent of Public Instruction (OSPI) to help fund the Pateros school’s sixth grade outdoor ed program. The school was awarded a smaller such grant last year. The money will pay for all the equipment for the outdoor ed program.

Dowers told the board he has received confirmation from OSPI that the application has been evaluated by its review committee and grant determinations will be made by Sept. 1.

“We’re a little quieter right now than normal,” said Dowers. “Our rental assistance program with OCCAC is over and our program of food care boxes for Covid has ended also.”

The Emergency Rental Assistance Program (ERAP)

was part of the U.S. Treasury Department’s \$46 billion effort to support housing stability during the Covid pandemic.

Dowers said PBCRC still has about 30 food care boxes to distribute to the food bank.

“We have lots of boxes of care kits and evacuation kits,” Dowers said and PBCRC is encouraged to keep those supplies on hand in the event of an emergency. In that vein Dowers mentioned the evacuation set up in Twisp in case the Sourdough fire, burning near Diablo near the North Cross Highway at this writing, moves toward Twisp and prompts evacuations.

“If it gets to people there, I will take some of our evacuation and care kits there,” Dowers said.

The Apple Pie Jamboree 4-on-4 volleyball tournament raised \$560 for the PBCRC.

The board renewed its contract with Dowers as Executive Director for another year. The next regular meeting is at 5:30 p.m., Wednesday, Sept. 13.

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**OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT**

**Douglas County Sheriff's Office**

**August 4**  
 12:50 Traffic Offense, 200 16th St., Bridgeport  
 14:57 Agency Assist, Grange and Moe Roads, Bridgeport  
 23:13 Noise Complaint, 510 Columbia Ave., Bridgeport

**August 5**  
 08:22 Malicious Mischief, 1999 Redfield Rd., Waterville  
 10:28 Trespassing, 4177 Tumbleweed Way, Rimrock Lake, Waterville  
 11:11 Noise Complaint, 1336 Foster Ave., Bridgeport  
 11:11 Agency Assist, 1000 16th St., Bridgeport  
 15:48 Marine, SR 173 MP 4, Bridgeport Bar  
 17:07 Noise Complaint, 531 Columbia Ave., Bridgeport  
 21:14 911-call, 601 N. Monroe St., NCW Fairgrounds, Waterville  
 21:29 Trespassing, 491 Rd. 14 NE, Mansfield

**August 6**  
 00:36 Noise Complaint, 758 SR 173, Bridgeport  
 09:34 Parking/ Abandoned Vehicle, Sun Cove Rd. and E. Marine View Dr., Orondo  
 22:46 Suspicious Circumstance, 106 Arden Ave., Bridgeport  
 23:25 Prowler, 123 State Ave., Bridgeport

**August 7**  
 06:48 Traffic Offense, SR 172 MP 19, Mansfield  
 07:52 Traffic Offense, 1300 block Douglas Ave., Bridgeport  
 10:35 Welfare Check, 410 S. Harrison St., Waterville  
 12:07 Animal Problem, 76 Gun Club Rd., Bridgeport  
 16:31 Juvenile Problem, 1636 Fisk Ave., Bridgeport  
 22:34 Agency Assist, 430 12th St., Bridgeport

**August 8**  
 09:05 Parking/ Abandoned Vehicle, Riggs and Gun Club Roads, Bridgeport  
 14:16 Extra Patrols, 1313 Jefferson Ave., Bridgeport  
 15:21 Suspicious Circumstance, 226 Hamilton St., Mansfield  
 18:30 Animal Problem, 101 Falcom Ridge Rd., Waterville

**August 9**  
 13:21 Non-injury Accident, Douglas Ave. and 15th St., Bridgeport  
 14:04 Malicious Mischief, 205 W. Birch St., Waterville  
 19:01 Harassment/ Threat, 115 E. 2nd Ave., Mansfield  
 21:40 Trespassing, 520 W. Entiat Dr., Orondo  
 23:01 Traffic Offense, Monroe Ave. and 21st St., Bridgeport

**August 10**  
 09:56 Non-injury Accident, 15th St. and Douglas Ave., Bridgeport  
 15:49 Civil Dispute, 205 W. Birch St., Waterville  
 20:35 Traffic Offense, 24th St. and Monroe Ave., Bridgeport  
 21:27 Injury Accident, 101 Lakefront Dr., Sun Cove, Orondo

**Brewster Sheriff's Department**

**August 3**  
 08:59 A civil dispute was reported on W. Griggs Ave. in Brewster when a caller reported her two children, a 1-year-old and a 3-year-old crying at her ex-boyfriend's residence.

**August 4**  
 22:37 A citizen assist was requested to give a patient a ride home from Three Rivers Hospital.  
 22:58 A group of two or three stray dogs were reported on S. Bridge St. near the 800 block in Brewster.

**August 5**  
 10:58 Harassment was reported at McDonald's in Brewster when an elderly male and female subject made harassing comments about the caller's girlfriend.  
 14:55 A non-injury accident was reported on Hwy. 97 at the McDonald's drive thru and the caller reported that the driver looked to be on drugs, driving a blue Mercedes and struck a white Subaru Forester.  
 19:42 Loud music was reported on S. 7th St. and W. Indian Ave. in Brewster.  
 21:05 A disabled vehicle was reported on S. 7th St. near the 500 block.  
 21:47 A welfare check was requested for a male subject laying on the roadside.  
 23:43 A domestic dispute was reported on S. Bridge St. in Brewster for a son and father fighting and the caller advised medical attention was needed.

**August 6**  
 04:43 An assault was reported on Marthas Rd. in Brewster when a caller reported they were jumped by a female subject and approximately three to five male subjects.  
 12:04 A caller at Brewster Market reported a male subject in a dark blue caravan backed into the caller's Pontiac Vibe.  
 13:06 An agency assist was requested on Fisk Ave. and 20th St. in Bridgeport for a drugs complaint and impound of a vehicle.  
 13:34 A parking problem was reported when a subject left their black Ford F150 with a boat trailer, parked at the RV Park in someone else's reserved space.  
 18:10 A missing person was

reported on S. Dawson St. in Pateros, the caller reported their sister advised she was going on a date with a male subject from Colville in Omak and her vehicle had been parked at the cove since 3 p.m.  
 22:53 An agency assist was requested on Arden Ave. in Bridgeport for a possible burglary in-progress, the caller disconnected after stating they had made it inside the residence.

**August 7**  
 13:04 A traeger was reported stolen from a back porch on S. 7th St. in Brewster.  
 17:39 A vehicle prowler was reported on W. Griggs Ave. and the caller reported finding an AirTag in the trunk of the vehicle under the spare tire compartment and discovered a ring missing from the vehicle.  
 18:25 A parking problem was reported on N. 3rd St. in E. Main Ave. in Brewster.

**August 8**  
 01:37 A 911-hangup was reported on W. Main Ave. in Brewster and upon callback dispatch could only hear static.

**Okanogan County Sheriff's Office**

**August 3**  
 14:50 A civil dispute was reported on S. Dawson St. in Pateros.  
 20:37 Trespassing was reported on Starr Rd. in Pateros for a male subject in a driveway that needed to leave. The caller was the manager and the male subject was the tenant and the male subject reportedly stole items from the caller.

*Overbearing*



Mike Maltais/QCH

**A momma black bear and her two yearling cubs have become regular callers at a pair of apricot trees growing in the backyard of a remote reservation ranch. A nearby maple tree is a favorite resting spot where she can send the cubs high into the branches.**

**Chelan County Sheriff seeks hit and run suspect**

WENATCHEE - The Chelan County Sheriff's Office is seeking the whereabouts of a suspect vehicle and driver involved in a hit-and-run fatality. Sheriff Mike Morrison reports that on August 10, a 70-year-old male was found deceased in the roadway of Malaga Alcoa Highway near Stemilt Creek Road. Deputies from the Chelan County Sheriff's Office and Wenatchee Police Department officers responded to the area. During the preliminary investigation, a witness stated that the deceased had been struck by a vehicle. After the

vehicle struck the victim, the driver fled the area northbound towards Wenatchee. The witness described the suspect vehicle as possibly a 2010 or newer blue Honda. Damage to the vehicle may be on the passenger side. The victim's identity is being withheld notification of next of kin. The Chelan County Sheriff's Office is asking for assistance identifying the suspect vehicle and driver. Anyone with information about the incident can contact Deputy Mathena via the Chelan County Sheriff's Office tip line at 509-667-6845.

*The Colville Tribes grieves the loss of former Chairman Michael Finley*

NESPELEM - The Colville Tribes is saddened to announce the passing of former Chairman Michael Finley. The Lucy Covington Government Center flew flags at half-staff in his honor. Finley was a three-time Chairman of the Colville Tribes and his accomplishments were numerous. He presided over Colville's Memorandum of Understanding (MOA) in 2008 with the Bonneville Power Administration for acquisition and management of habitat for resident and anadromous fish. While Chairman, Finley also served as Chairman of the

Inter-Tribal Monitoring Association for Indian Trust Funds. In 2012 the Tribes settled a breach of trust lawsuit with the federal government for \$193 million under Finley's leadership. He served as Chairman during the DNA testing that confirmed the Ancient One's (Kennewick Man) genetic link to the modern Colville Tribes and he worked passionately for the return of the Ancient One. Finley testified before Congress on numerous occasions on behalf of the Colville Tribes as Chairman. Finley also distinguished himself outside of his service

as tribal chairman. He earned a BA in American Indian studies and history in 2003 and a master's degree in history in 2005 from Eastern Washington University and served on the EWU Board of Trustees. He was a co-author of the book "Finding Chief Kamiakin: The Life and Legacy of a Northwest Patriot." He assisted with the Sinixt ethnoreport which informed the Colville Tribes' successful litigation of the Desautel case in the Canadian Supreme Court that re-affirmed the Sinixt as a First Nations people in Canada. Finley received numerous awards for his academic and

professional achievements. He served as the First Vice President of the National Congress of American Indians. Finley worked for the tribes' History and Archaeology Department and was an outstanding researcher, often finding overlooked or new data while visiting museums and archives. He collaborated with scholars such as Richard Scheuerman

and historians such as Richard Hart. He interviewed roughly 75 tribal elders to write several reports on traditional cultural properties. He contributed a chapter to Kennewick Man: Perspectives on the Ancient One. Finley also worked on archaeological surveys and excavations with a focus on the Upper Columbia River. "Former Chairman Finley

spent his life in service of the Colville people," said CCT Chairman Jarred-Michael Erickson both in preserving our history and in leading our way into the future," said CCT Chairman Jarred-Michael Erickson. "He leaves behind a family and many friends who love him. Mike will live on as part of the Colville tribal history he loved."

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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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- Garage and Yard Sale Ads are paid events, please email those to heraldads@qcherald.com or NCWMARKET.COM
- For more info call: Quad City Herald at 509-689-2507
- Email to: ruthk@lakechelanmirror.com

**DEATH NOTICES**

**Okey Blankenship**

Okey Blankenship, 97, of Brewster, Washington, and formerly of Kettle Falls, Washington, passed away on August 6, 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.

**Scott Wright**

Scott Wright, 91, of Bridgeport, Washington, passed away on August 7, 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.

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**COMMUNITY BULLETIN BOARD**

**August 16, 18**

**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. August 16: BBQ Chicken, Macaroni Salad, Peas & Carrots, Mixed Greens Salad, WW Roll, Berry Shortcake; August 18: Taco Salad, Spanish Rice, Mixed Fruit, Tortilla Chips, Dessert; August 22: Fish & Chips, Cole-slaw, Apricots, Garlic Bread, Dessert; August 23: Chicken Caesar Salad, Melon Slices, Cheesy Garlic Toast, Dessert; August 25: Pot Roast, Roast Potatoes & Carrots, Garden Salad, Watermelon, WW Roll, Oatmeal Cookie.

**August 16-19**

**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.

**August 16-17, 21-24**

**Chelan Valley Hope**

Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat CHELAN - Looking back at the first half of 2023, we are grateful to our volunteers and donors. In just the first half of 2023, Chelan Valley Hope has served well over 1,000 families with utility assistance, over 50 families with rental assistance, and over 400 non-food bags filled with items such as toothpaste, deodorant, and laundry detergent donated. The Little Essentials Pantry has served an average of 500 folks, and the Summer Kids Lunch Program served over 400 kids in July alone. At Hope, donations are gracious and essential support to our programs. With your help, we can provide locals in crisis with fuel cards, non-food essentials, snack packs, and much more. Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram for more information [chelanvalleyhope.org](http://chelanvalleyhope.org), @ChelanValleyHope

**August 17**

**Bingo**

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

**August 17, September 14**

**Brewster bus trips**

BREWSTER – OCTN takes Brewster area resident to

Wenatchee, second Thursday of the month. That next trip is August 10. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, September 14 riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

**August 18**

**Dance lessons**

BREWSTER - Dance lessons by Jen Phillips at the American Legion for Country Cha Cha Dancing. For information to join, contact Jen to sign up or for more info at 509-679-2582 . Lesson is 6:30-8 p.m.

**September 6**

**American Legion Auxiliary to meet**

BREWSTER – The American Legion Auxiliary #97 meets the first Wednesday of each month, a 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 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: [tcfwenatcheevalley.org](http://tcfwenatcheevalley.org)

**September 12, 26**

**Douglas County PUD meetings**

EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office.

**Obituary & Memorial Policies**

Ward Media LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald: An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. \*Payment is due at the time of placement. \*Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-682-2213 or 509-689-2507 for more information Or email [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

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# Senior Focus

A Guide to Healthy Living For Seniors & Others



## 3 items that can help you elevate your morning routine

**STATEPOINT** - A great morning routine makes getting out of bed more pleasant and sets the tone for a successful, happy day. Whether you are a morning lark or a night owl, check out these items that can help you start your days on the right foot.

**1. The perfect cup of coffee:** Most people think they are satisfied with their morning cup of coffee, that is, until they try Nextmug, a smart, self-heating mug that keeps beverages warm (130 degrees F), hot (140 degrees F) or piping hot, (150 degrees F) depending on the setting selected. Lab testing has shown that liquid in a standard ceramic mug loses 52% of its heat over a two-hour period. Nextmug loses no heat over that same time frame, making it possible to savor coffee or tea for as long as it takes to drink it. If you have ever resorted to microwaving a forgotten morning brew, which can turn

even the best drink bitter, or have simply slugged it down tepid, you will appreciate this sleek, ergonomic, easy-to-use mug. Plus, its optional spill-resistant lid means that you can take your cup of joe throughout the home or office, on the back deck, or wherever you would most enjoy it. For more information, visit <https://nextmug.com/>.

**2. A closer shave:** Men can say goodbye to nicks and patchy facial hair. Offering a close shave, even on a dense beard, Braun's Series 9 Pro Electric Shaver features sensors that adjust power to beard density, and a precision switch to capture tricky hair. Because its built-in sonic technology yields a more efficient shave, and its docking station automatically charges and cleans the razor, you'll be giving yourself the gift of more time for yourself in the morning.

**3. Music and podcasts on-**

**the-go:** Add entertainment and motivation to morning workouts with comfortable, durable headphones. Just be sure to consider your needs when selecting the right pair. Whereas bone conduction headphones offer the safety of being able to hear surrounding sounds, which is great for morning jogs and commutes, air conduction offers the best shock-free comfort. Finally, in-ear style headphones can isolate outside noise when it's desired, such as at the gym. The X9-pro, allows users to switch between these three modes. It's also completely waterproof and Bluetooth-connected, so you can listen to your favorite jams and podcasts, even when swimming laps at the pool. And thanks to its 32G storage, you won't get bored with his listening options.

For brighter, more efficient mornings, find gear that elevates your routine.

## Living With COPD? How to Navigate Palliative and Hospice Care

**STATEPOINT** - Chronic obstructive pulmonary disease (COPD) is also referred to as emphysema or chronic bronchitis and makes it hard to breathe. During every stage of the disease, starting when a person is first diagnosed, different supportive care options are available that can improve quality of life, including palliative and hospice care.

It's important for families affected by COPD to have a plan in place regarding these care options. Having trusted tools and information can make getting the conversation started with healthcare providers easier.

That's why the American Lung Association, in partnership with Embassy Health, has launched a new campaign to educate patients and families about the benefits and differences of palliative and hospice care.

### Palliative Care

Palliative care provides specialized medical care for people living with a chronic or serious illness. Surprisingly to many patients, it's appropriate at any stage of COPD. Early delivery of palliative care has the potential to reduce unnecessary hospital admissions and the use of health services. In fact, it's never too soon after a COPD diagnosis to ask a healthcare provider about adding in palliative care.

The intent of palliative care for those living with COPD is to improve their condition, manage symptoms and address their wishes and treatment goals. These services are often provided by a team of palliative care specialist doctors and nurses, social workers, nutritionists and spiritual advisers, and can take place in the home, a hospital, outpatient clinic, assisted living facility, nursing home or palliative care center.

### Hospice Care

When curative treatment options stop working, it's often referred to as end-stage or advanced COPD. This can be an extremely difficult time for patients and families, and a time where they need to make difficult decisions.

One treatment option for advanced COPD is hospice care. Hospice care focuses on bringing comfort and relief to a person with life-limiting COPD



PHOTO SOURCE: (c) Jovanmandic / iStock via Getty Images Plus  
It's important for families affected by COPD to have a plan in place regarding care options. Having trusted tools and information can make getting the conversation started with healthcare providers easier.

who has opted to no longer seek curative treatment. The goal is to consider the patient's overall wellbeing and improve the quality of their life.

While many worry it's too soon to start talking about hospice care, many patients discover that it comprises much more than end-of-life care.

When Carolynne, who has COPD, was hospitalized due to a severe exacerbation of the disease in November 2022, her healthcare team was especially concerned about her future and suggested hospice care. As she learned more, she began to understand that hospice encompasses supportive in-home care that could help prevent hospitalizations with another COPD flare-up. Carolynne's hospice care includes assistance with showers and medication, weekly nurse check-ins, chaplain visits, and in-home healthcare so that she doesn't have to travel to numerous medical appointments. This level of support has allowed her to focus her

time and energy on her family and her favorite hobby, baking.

"I am living at home, and I can do as I please and hospice is helping me do it," Carolynne says. "It's just a different style of living; you are living with help."

Hospice care is delivered by a multidisciplinary team that can consist of nurses, doctors, social workers, spiritual advisers, and trained volunteers. Everyone works together with the patient and their caregivers to provide medical, emotional, and spiritual support. An approach to care, not a place, hospice can be offered in the home, a care center, hospital, assisted living facility or hospice center for more information about COPD care options, visit [Lung.org/copd-plan](http://Lung.org/copd-plan).

For the 12.5 million people in the United States living with COPD and their families, having reliable information about supportive care options can mean fewer hospitalizations and a better quality of life.

## 1 in 4 Americans don't understand retirement planning but are willing to start learning online, new survey says

**BPT** - Will I be able to retire? How much do I need to save? What if I outlive those savings? Questions like these are common across America's current working population. Whether Gen X, Millennial or Gen Z worker populations, they each have hopes for a financially secure retirement, despite current economic uncertainty.

When it comes to retirement, research shows 70% of Americans plan to but are unsure they will really be able to, according to a recent Prudential survey. Having enough savings is a primary concern for almost half (40%) of Americans who are not confident they can retire. Concerns such as this may cause people to continue to work as they age - be it full time in their career or part time in a less demanding position.

### Financial knowledge needed

This lack of confidence is coupled with a lack of financial knowledge. Just over 1 in 4 respondents (26%) said they do not have a strong understanding of what to do when it comes to retirement planning, and over half (59%) do not have a 401(k) account, one of the primary savings vehicles for retirement. Of those who do, 21% are unsure of how much money is currently in their account.

Captured in the survey, which polled 2,000 working adults across generations this spring, was a strong desire to retire and openness to receiving professional advice, yet a general uncertainty about how to begin. Fortunately, online tools are becoming more widely available, and some provide important insights that can bridge the retirement planning gap.

Online retirement insights  
If you feel anxious about

retirement and are confused about where to start, you are not alone. The survey found that among those who expressed confusion about retirement planning or are worried about being behind, most (65%) said they are open and willing to use digital tools. Because of their convenience, digital tools may be a smart option for people looking to take the first step in their retirement planning journey, but they aren't one size fits all.

One free online option is Prudential Stages for Retirement, a platform that offers a personalized digital experience with access to a team of financial advisors. By answering a few questions, the platform provides customers with a "Retirement Confidence" score and shows them the ways in which they are strong in their retirement preparedness as well as where they may need to adjust to get closer to their goal. Users can also access a retirement calculator to see just how much they need to save to achieve their individual vision for retirement.

### A human touch in retirement planning

Even as online tools help bridge the retirement confidence gap, the survey shows that most people still want access to a financial advisor - even if they aren't physically in the room with them. A whopping 94% of all respondents say they are interested in receiving advice from a financial expert in some manner.

On Prudential Stages for Retirement, people of all age ranges, levels of wealth and retirement preparedness have one-click access to an advisor, virtually or in-person, if desired. There is no minimum savings required to access an advisor, so everyone can ask questions to help them gain more confidence in their retirement planning choices.

### Getting started

While most working people across generations have retirement as a goal, many don't know what to do to plan appropriately. Online retirement planning tools like those from Prudential can be an effective first step in gaining knowledge and boosting confidence that retirement dreams will become reality.

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**Deadline Noon on Friday for the next week's papers**

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**Brewster School District is Hiring! MS Special Education Para Educator - Classified Position**  
Applications may be obtained on the district website, [www.brewsterbears.org](http://www.brewsterbears.org) or by contacting the district office at 509-689-3418. The position is open until filled.

**Help Wanted**

**CASCADE SCHOOL DISTRICT**

School District is seeking qualified applicants for the following positions:

Cascade High School Special Education Para Pro/Cashier 7.5 hours

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

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**Help Wanted**

**Clerk of the Board/Facilities Coordinator - Full-time**

**Organization:** Okanogan County Transit Authority (TranGO)  
TranGO is looking for a full-time Clerk of the Board/Facilities Coordinator. This position is hourly non-exempt. Compensation is \$28.12 - \$30.42 per hour (DOE). Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation.

Responsible in part for clerical duties for the OCTA and OCOG Boards, processing accounts payable, replying to Public Records Requests, notary, compiling and editing various documents, advertising for meetings and public hearings, serving as back up on phones, receiving and distributing mail, organizing, and maintaining all OCTA and OCOG files and responsible for records retention. (See job description for complete details). Visit [www.okanogantansit.com](http://www.okanogantansit.com) for application and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to [financehr@okanogantansit.com](mailto:financehr@okanogantansit.com) or mail to TranGO, PO Box 507, Okanogan WA 98840.

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Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
**Deadline: Noon on Friday for all papers.**

**Garage & Yard Sale**

**CITY OF LEAVENWORTH SURPLUS GARAGE SALE**  
The City of Leavenworth is hosting a garage sale of items that the City no longer uses. There will be office supplies, furniture, tools and more. The sale will take place during the Farmer's Market on August 17, 2023 from 4:00-7:00 PM. The sale will be held in the Osborn Gym at 225 Central Avenue...follow the signs!

**Garage & Yard Sale**

**CLEAR SOME SPACE WITH A Garage Sale**

Fill your pockets with CASH \$\$ Let others know what items you are selling!

Go online now to Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

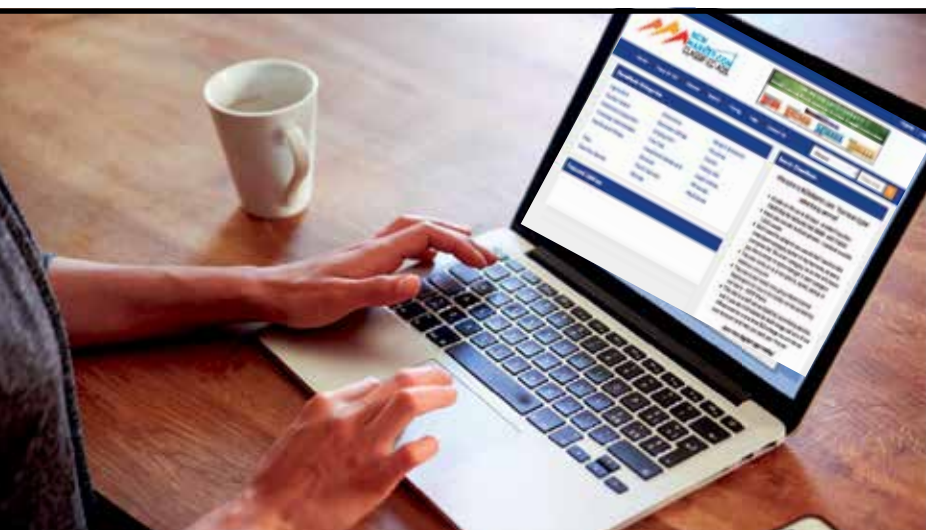
Your ad will appear online and in the newspapers for one low price!

**General Merchandise**

- Items for Sale**
- AMEREX carbon dioxide commercial fire extinguisher \$50
  - Small hand-truck \$25
  - Rival brand small microwave, \$25.
  - Toaster-Broiler oven \$20.
  - 4 metal-framed chairs with burgundy cloth seats \$40
  - Nice wooden, 2 drawer legal file with folders \$40
  - Several desk cloth chairs \$20 each.
  - A Laverne & Shirley 1960's Gray metal kitchen table \$50
  - Tiffany style lamp-table \$50
  - 24 x 24 inch canvas pink rose picture \$20
- Call 509-670-1723 to see

[www.qcherald.com](http://www.qcherald.com)

**Advertise in the Classifieds**  
509-689-2507



**Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee**

**NCWMarket.com** is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

**The good news about NCWMarket.com is:**

- It's available 24/7
- Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
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**Legals**  
**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of JEFFREY L. FIEBELKORN, Deceased.**  
**No. 23-4-00282-04 PROBATE NOTICE TO CREDITORS**  
**RCW 11.40.030**

The personal representative named below has been appointed as personal representative of this estate. 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 11.40.070 by serving on or mailing to the personal representative or the personal representative'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 probate proceedings were commenced. The claim must be presented within the later of:

(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(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 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: August 16, 2023  
Personal Representative: TAMARA L. WOOLSEY  
Attorney for the Personal Representative: DAVID J. BENTSEN  
Address for Mailing or Service: Speidel Bentsen LLP  
7 North Wenatchee Avenue, Suite 600  
P.O. Box 881  
Wenatchee, WA 98807-0881  
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00282-04  
TAMARA L. WOOLSEY  
Personal Representative  
Attorneys for Personal Representative: SPEIDEL BENTSEN LLP  
By: DAVID J. BENTSEN  
WSBA No. 42107  
7 North Wenatchee Avenue, Suite 600  
P.O. Box 881  
Wenatchee, WA 98807  
Published in the Quad City Herald August 16, 23, 30, 2023. #6128

**Public Notices**

**SUPERIOR COURT OF WASHINGTON STATE COUNTY OF OKANOGAN United States Department of Agriculture (USDA), Plaintiff, v. Helen M. Snyder, an individual or marital community thereof; and John and Jane Does I through X; occupants of the subject real property; and all other persons or parties unknown claiming any right, title, interest, lien or Estate in the property herein described, Defendant(s).**  
**No. 23-2-0023724**  
**SUMMONS (60 days)**

TO THE DEFENDANTS: A lawsuit has been started against you in the above entitled court by United States Department of Agriculture (USDA), Plaintiff. Plaintiff's claim is stated in the written complaint, a copy of which is available upon request and is on file with the court.

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after 19th day of July, 2023 and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff, and serve a copy of your answer upon the undersigned attorneys for plaintiff at his (or their) office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The purpose of this suit is to foreclose on your interest in the following described property:

LEGAL DESCRIPTION: Lot 11 and 12 EXCEPT the East 62.3 feet thereof, Block 121, Townsit of Omak, as per plat thereof recorded in Volume D of Plats, Page 31, records of the auditor Ok Okanogan County, Washington. Which is located at: 615 7th Ave E, Omak, Washington 98841  
In order to defend against this lawsuit, you must respond to the complaint by stating your defense in writing, and by serving a copy upon the person signing the summons within 60 days after the service of this summons, excluding the day of service, or a default judgment may be entered against you without notice. A default judgment is one where plaintiff is entitled to what he or she asks for because you have not responded. If you serve a notice of appearance on the undersigned person, you are entitled to notice before a default judgment may be entered.

**IMPORTANT NOTICE**  
If judgment is taken against you, either by default or after hearing by the court, your property will be sold at public auction. You may prevent the sale by paying the amount of the judgment at any time prior to the sale. If your property is sold, you may have the right to redeem the property during the redemption period if applicable, by paying the amount for which the property was sold, plus interest and costs of the sale. If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your written response, if any, may be served on time. This summons is issued pursuant to rule 4 of the Superior Court Civil Rules of the State of Washington. Dated this 20th day of June, 2023.  
WONG FLEMING  
Vanessa Moore,  
WSBA No. 52668  
Attorney for Plaintiff  
Published in the Quad City Herald July 19, 26, August 2, 9, 16, 23, 2023. #5994

**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 MOSES 1 THROUGH 10, INCLUSIVE

**YOU ARE BEING SUED BY CROSS-COMPLAINANT: (LO ESTÁ DEMANDANDO EL CONTRADEMANDANTE):**  
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 DÍAS 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 queda 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 pidiéndole en contacto con la corte y 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 desear el caso.  
**SHORT NAME OF CASE (from Complaint): (Nombre de Caso):** Eskman vs. State of California, et al.  
**CASE NUMBER: (Número del Caso):** 24-2021-0031216  
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-complainant'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

**Public Notices**

# What else is in your medicine

When Donna was first diagnosed with blood clots in her lungs 20 years ago, she took a common blood thinner for over 10 years with no problems. Then her doctor told her that she could stop taking it, so she did. Five years later, Donna was back in the Emergency Department with trouble breathing. This time, she again had blood clots, but in both her lungs.

She spent 2 days in the hospital, where her doctors restarted her previous blood thinner. She was discharged to home, where her breathing gradually improved, but she started feeling "itchy all over." After trying several over-the-counter allergy medications with little success, she saw her doctor, who prescribed other allergy medicines, which didn't give her any relief.

Finally, although she had taken the same drug for years without any problems, her doctor changed her blood thinner medication.

And to everyone's surprise, her itching stopped.

Did she develop an allergy to her old blood thinner medicine? Possibly, but other compounds besides a pill's active ingredients can cause side effects or change how you absorb a particular medication. These "inactive" ingredients are called excipients. They lurk in our tablets, capsules, and liquid medicines. Many generic drugs use different excipients than the original branded formulation.

Generic drugs are only required to include the same active ingredient. Generic medications often have different colors, coatings, sizes, and shapes, including other "inactive" compounds than the original, branded medicine. This can lead to differences in how the original medicine acts in your body compared to its generic counterparts.

Tablets and capsules must contain a specific amount of a drug's active ingredient. This is often just a tiny amount of powder. To make it pill-sized and shaped, other compounds called excipients are added. These "extra ingredients" may help preserve it, color it, sweeten it, speed its dissolving under your tongue, or make it easier to manufacture.

Stabilizers or preservatives protect the final product from contamination by microbes or slow down the degradation of the active ingredient when exposed to oxygen and moisture.

Sodium bisulfite is a standard stabilizer that helps an active ingredient stay potent longer. Some commonly used preservatives include sodium benzoate, sorbic acid, and parabens like methylparaben, ethylparaben, propylparaben, and butylparaben.

With most medicines, combining the active ingredient, diluent, and dye or coloring agent doesn't provide enough powder to fill out each



dose and create tablets big enough to pick up, handle, and swallow. A filler agent like cornstarch, lactose, sucrose, dextrose, or talc is often added to the mixture, adding bulk. This helps create a tablet or capsule of a specific size.

A diluent is often added to help blend the active ingredients evenly throughout the mixture, giving the final tablets or caplets a more consistent color. It also helps ensure an equivalent dose in each piece when a tablet is cut or broken in half.

Although your pill mixture contains active ingredient, diluent, food coloring, and filler, you often need to add a binder and lubricant in order to make the pill easier to manufacture when using automated pill presses.

Dry, powdery snow is fun to ski in but worthless for a good snowball fight. Water helps snow stick together when compressed into a snowball. Similarly, a binder gives powdered medicine the "stickiness" it needs to form a tablet when pressed into a particular shape.

When making waffles, the batter is poured onto the bottom of a hot waffle iron, which is then closed to cook. When the cooking time is up, you open the iron and lift the steaming waffle off the hot griddle and onto a waiting plate.

It's aggravating when your awaited treat refuses to come loose, instead ripping itself apart. You end up peeling waffle off each side of your waffle iron. When a medicine tablet is pressed into its final shape, it also has to be able to LET GO and roll away, which is why a lubricant is often added to the medicated mixture, like oil is added to a waffle iron.

Another inactive ingredient is a wetting agent or "disintegrant". It pulls water into a tablet more quickly, speeding up the process of dissolving it and releasing the active ingredient more rapidly and completely.

Chewable tablets are often sweetened and flavored, while preservatives are added to liquid medicines like ear drops, eye drops, and nose sprays to discourage the growth of microbes.

The active drug is not always to blame for problems. Generics often use different inactive ingredients, which can trigger side effects like allergic reactions.

*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. ©2023 Louise Achey*

**Public Notices**

**ORDINANCE #528**

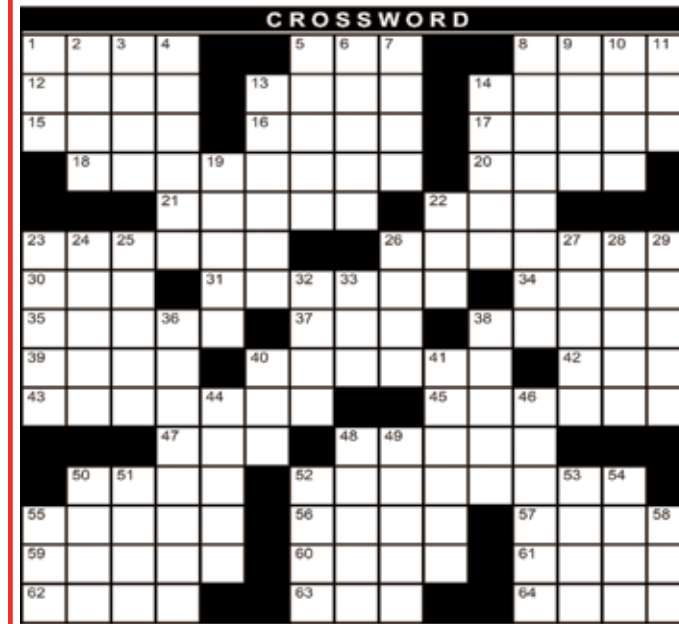
A summary of an ordinance of the Town of Mansfield, Washington, adopting a twelve (12) month interim zoning ordinance within the Town of Mansfield on the allowance of transient rentals as a Permitted Use within the Town. This ordinance is being summarized for publication per RCW 25.27.300. Adopted this 8th day of August, 2023 in regular session at the Mansfield Town Hall, Mansfield, Washington. Published in the Quad City Herald August 16, 2023. #6139



**Place your Help Wanted and find the best qualified local employee**

- Place your ad 24/7 at [ncwmarket.com](http://ncwmarket.com)
- Email: [heraldads@qcherald.com](mailto:heraldads@qcherald.com)
- Call 689-2507

**CROSSWORD PUZZLE**



THEME: FOOTBALL ACROSS

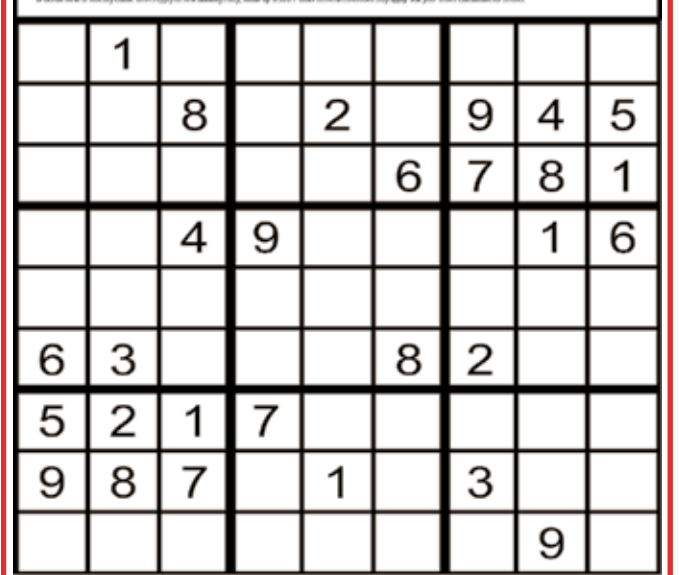
- '90s Don Johnson TV character
- India's smallest state
- Light on one's feet
- Arctic floater
- Mouthful, swallowed
- Rocks at mountain base
- Reading helper
- Serve soup
- Clean & \_\_\_\_\_ in a workout
- \*QB's target
- Wholly engrossed
- Religious ritual table
- Scot's woolen cap
- Relating to milk
- Oil-producing plant
- Shakespearean "fuss"
- Crowd
- Like the White Rabbit
- Chip feature
- Mozart's "L\_\_\_\_\_ del Cairo"
- Asian goat antelope
- Turn sharply
- Yield
- Compass bearing
- \*When QB changes play at line of scrimmage
- \_\_\_\_\_ identity
- Failed Molotov cocktail
- Alicia Keys' instrument
- Final notice
- \*It results in change of possession in football
- Off-white color
- Actor Pitt
- Type of ore
- Classic TV's "lovely lady"
- Stiff hair
- Vegetative state
- Distinctive elegance

- Prior to, prefix
- \*Tom Brady's 2008, 2018 or 2021 award

- DOWN
- \*Professional football org.
  - Relating to amplit
  - Jazz subculture hipster
  - Tropical juice flavor
  - Comparative form of #40 Down
  - Imitator
  - SAT or ACT \_\_\_\_\_ course
  - Catch one's breath
  - "Owner of a Lonely Heart" band
  - Malfunction
  - Hair product
  - Chosen few
  - Dress like Ancient Greeks
  - Butterfly, pre-metamorphosis
  - Bye, to...lisabeth Borne
  - Encrypted
  - \*a.k.a. hike
  - Dog-\_\_\_\_\_ pages
  - Do penance
  - Not as old
  - Casanova, e.g.
  - Two before Dec.
  - \*NFL playing field
  - Shorthand
  - Antediluvian
  - Idi Amin's country
  - Butane derivative
  - Not an expert
  - Less adulterated
  - All worked up
  - Like Joe Biden's office
  - \_\_\_\_\_ Bora
  - Son of Aphrodite
  - Boisterous play
  - \*\_\_\_\_\_ the kicker
  - "Uh-uh"

**SUDOKU PUZZLE**

**GRAND ALASKAN CRUISE & TOUR**  
12 days, departs May - Sep 2022  
VANT VACATIONS  
1-855-208-9533  
FROM \$1,949  
\$1,699\*



Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



The Washington Outdoors Report

Wildfire Prevention

By JOHN KRUSE

Common sense isn't common, negligence is all too often prolific and these two factors combine to create wildfires in our forests and across our landscapes every year. According to the National Park Service, 85 percent of wild fires are human caused. Here are some of the common ways these forest fires start.

**LEAVING CAMPFIRES UNATTENDED OR ABANDONED:** Robin DeMario, a Public Affairs Specialist with the Wenatchee-Okanogan National Forest, has said many times over the years that this is a very common cause of forest fires and their personnel routinely come across abandoned campfires either smoldering or burning.

I witnessed this first hand a few years ago at Camano Island State Park. The family camping next to us packed to leave and told us they had some extra firewood at their campsite if we wanted it. I thanked them and a short time after they drove off towards home, I went to their campsite to find they had left their campfire burning merrily away, having made no effort to put it out at all. I was

dumbfounded at their decision making but it made me realize Robin was right about this.

Many times, campers will pour water over a campfire and leave thinking it is out. However, you need to truly drown that fire out. First pour water on the fire, stir it with a stick, pour more water on it, and don't leave until the embers are cold to the touch.

**TOSSED CIGARETTES:** If you have ever seen a wildfire start next to a road there is a good chance someone discarded a burning cigarette from their vehicle which started that fire. That's why there is a very steep fine if a law enforcement officer sees you discarding a lit cigarette from your vehicle to the tune of \$1025 or more.

**PARKING A RUNNING VEHICLE IN DRY GRASS:** Another reason fires start near roadways is because motorists will pull off the side of a road, or drive off-road and park their running vehicle in high, dry grass or weeds. The grass can catch fire in a hurry, not only burning neighboring grasslands but also the vehicle itself in some cases. This is something that doesn't get a lot of attention, and therefore, a lot of people don't even think about the cause and effect of a hot engine in contact with dry grass on a warm summer



Courtesy US Forest Service

A wildland firefighter and a burning wildfire.

day. **LOOSE CHAINS OR METAL DRAGGING FROM VEHICLES:** Yet another cause of roadside fire starts are chains or other metal objects being dragged along the roadway by moving cars or trucks. Using the analogy of a flint or magnesium fire starter, if you produce enough sparks, you will eventually start a fire and unfortunately, this holds true

for the sparks generated by metal objects dragged along our highways.

**FIREWORKS:** This one is a no-brainer but state and federal land managers haven't been able to rely on common sense and instead have to issue fireworks bans and publicize them every summer because of the obvious danger exploding and sparking fireworks produce.

**BURNPILES:** Counties com-

monly implement burn bans during the summer but some people still attempt to burn debris whether it be orchard wood or household items on their property. Even when it is legal to have these fires, they have to be attended to constantly, have water or other means to put the fire out and kept at a level where they can be controlled.

**STARTING A FIRE ON A**

**WINDY DAY:** When it comes to controlled burns or campfires,

both can quickly get out of hand if they are lit during windy conditions. I vividly remember the Castlerock Fire in Wenatchee back in September 1992 that burned 30 residences down in just a few hours. The fire was started by several teenagers lighting a campfire on a hill behind Castlerock Avenue on a very windy day. The campfire got out of control and in no time at all, the devastating flames raced to nearby neighborhoods and the roofs of several homes, several of them with cedar-shake roofs, were on fire.

**ARSON:** Last but not least, it is a known fact arsonists are also responsible for wildfires and they can be difficult to catch. This is where you as an observant person can play a key role. If you see someone starting a fire or a vehicle leaving an area where a fire is starting, call 911 and give them a good description of the individual, the vehicle and if possible, a license plate. That call can go a long way towards stopping this person from starting future fires.

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

Community Foundation accepting applications for grant programs

Deadlines in September

SUBMITTED BY JENNIFER DOLGE, COMMUNITY FOUNDATION OF NCW

**WENATCHEE -** The Community Foundation of NCW is now accepting applications for its Regional Impact Grant (RIG) and Woods Family Music and Arts Grant.

The RIG is an annual grant program open to nonprofit organizations and public agencies that address community needs in Chelan, Douglas, and Okanogan counties (excluding the Methow Valley). Organizations that are 501(c)(3) public charities headquartered in these counties are eligible and encouraged to apply for unrestricted, core operating support. Government agencies (excluding schools), tribal agencies, faith-based organizations, fiscally sponsored programs, or a 501(c)(3) public charity serving the region but headquartered outside of NCW are eligible for funding to support specific programs or projects that meet our Grant Guidelines and Policies.

The funding request, \$6,000-\$14,000, is determined by the budget size of the organization. The Foundation strives to award a balanced number

of grants across budget sizes based on the total funding available and the number of applications received per budget range.

The Woods Family Music & Arts Grant is open to 501(c)3 nonprofit organizations, or fiscally sponsored programs, and public schools in Chelan, Douglas, and Okanogan counties, excluding the Methow Valley. Up to \$5,000 is available to support initiatives such as equitable access to arts and culture for youth, expand and increase access to underrepresented audiences, programs that celebrate the rich and diverse culture of NCW, and operating support for high-quality art programs.

The deadline for the RIG is September 15. The deadline for the Woods Grant is September 30. Learn more and apply online at [www.cfncw.org/grants](http://www.cfncw.org/grants).

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$130 million in assets through 600+ individual funds and has awarded over \$55 million in grants and scholarships.

WSU extension classes blend garden, kitchen interests

SUBMITTED BY MARCO MARTINEZ, WSU EXTENSION

**WENATCHEE -** Classes on garden topics and ways to use your garden produce are being offered at the Celebration Lutheran Church Community Garden, located at 801 8th St. NE, East Wenatchee.

The Wednesday classes start at 6:30 p.m. and continue through the first week in Oc-

tober. The free series is offered by WSU Extension, SNAP-Ed Nutrition

Program and Chelan-Douglas County Master Gardeners. The community garden is the combined effort of those programs and Celebration Lutheran Church.

August 30, Grill Those Veggies: Learn three tasty and easy ways to grill your garden vegetables. Turn those common

veggies into a show-stopping side dish to compliment your entrée.

September 13, Let's Make Salsa: Learn how to turn your garden bounty of tomatoes, cabbage, peppers, and onions into fresh and flavorful salsas that you can serve with baked tortilla chips or pita.

September 27, What To Do with Squash: Need new ideas for using squash? How about

apple butternut soup, spaghetti squash lasagna, butternut apple crisp or tasty roasted squash? Join us to taste these recipes!

October 4, Putting Your Garden to Bed: The gardening season is winding down quickly. Learn how to put your garden to bed for easy start up in the spring.

Discover plants you can grow and enjoy over the winter months.

Washington State Tree Fruit Association releases the 2023 Washington Apple Harvest estimate

Return to normal numbers, exceptionally high fruit quality drive forecast as harvest begins

SUBMITTED BY WASHINGTON STATE TREE FRUIT ASSOCIATION

**YAKIMA -** The Washington State Tree Fruit Association (WSTFA) released its forecast for the 2023 Washington state fresh apple crop today. The full crop is estimated at just over 134 million standard forty-pound boxes of fresh apples, a 28.8% increase from 2022's 104.3 million boxes. The 2022 harvest was much smaller than normal due to a very cold spring, with snow that inhibited pollination during bloom. This year, moderate weather has helped growers deliver a healthy crop much closer (5% above) the previous six-year average production. This return to historic norms is also seen in growers' reports of good size distribution and expected high quality across all varieties. The forecast also illustrates the continued trend of varietal diversification, including Honeycrisp, Ambrosia, Envy and Cosmic Crisp, with this four alone representing more than a quarter of forecast produc-

tion.

"There is a lot of excitement as we are seeing a more normal harvest and excellent fruit quality this year," said Jon DeVaney, WSTFA President. "A moderate spring and a warm early summer created near-perfect growing conditions, so our domestic and foreign customers are going to see great size, color, and overall good quality in our apples. The harvest is just getting underway now, and our growers look forward to bringing in a great harvest that will benefit consumers around the state, country, and world."

The WSTFA forecast indicates a robust production in five popular varieties. Gala represents the largest part of the harvest at 19.8%, Red Delicious is projected at 13%, followed by Honeycrisp at 14.6%, Granny Smith at 13.8%, and Fuji at 11.7% of total production. Cosmic Crisp, a proprietary varietal grown only in Washington state continues to grow in its share of the total crop, with 5.9% of the harvest. This reflects the

ongoing diversification of the state's apple production to serve a diverse and growing customer base.

Washington apples are vital to the state's economy and are its leading agricultural commodity by production value. Apples represented 21% of the state's total agricultural value in 2021. Twenty percent of the harvest was exported in 2022, down from the five-year average of 28% due to lower overall production in 2022.

The organic apple market continues to grow, and Washington also leads the nation in the production of organic apples. The organic forecast for 2023, is 21 million boxes, or 15.7% of the total harvest. It should be noted that not all organic production is packed and marketed as organic and WSTFA members are always working on new strategies and techniques to deliver fresh, healthy apples. "Our growers have a long tradition of meeting consumer demand and they are proving it again by producing more 93% of the country's organic apple

output," added DeVaney.

"It's great for the state and for consumers around that world that our growers have rebounded from a down year with a strong, healthy crop in 2023," said Derek Sandison, Director of the Washington State Department of Agriculture. "More importantly, thanks to moderate weather the quality of apples is exceptionally high. Apples are Washington state's calling card to every corner of the globe. This year, we are literally putting our best crop forward and that's good for our state economy, our workforce, and our growers."

This forecast is based on a survey of WSTFA members and represents the best estimate of the total volume of apples that will eventually be packed and sold on the fresh market (excluding product sent to processors). Apple harvest typically begins in August and continues into November, and as a result, this forecast is still subject to several months of variable weather which can affect the final harvest total.

**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, judgmentalism, 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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