

Mary Johnson to celebrate 100th birthday



Courtesy photo

Mary Johnson of Brewster will be turning 100 years old on August 22, and her family will be hosting an open house for her later this month.

Brewster Salmon Derby fishermen reel in the kings



Mike Maltais/QCH

Rick Dozier of Coupeville hoists a 19.24-pound king that was large enough to make the top five on the adult leaderboard as the catches were being weighed in at the end of the second day of fishing.



Mike Maltais/QCH

Jason Williams, owner of Something Catchy in Cashmere and a Brewster derby sponsor weighed in a 17-pound king.



Mike Maltais/QCH

Ernie Mauk weighs, measures, and marks each salmon passed across the scale.



Maria, left, and Stacy of La Nortenita provided a variety of Mexican food and snacks for the hungry fishermen.

Three Rivers Hospital levy shows early approval

By MIKE MALTAIS STAFF WRITER

BREWSTER - Initial results from the first count of August 1 primary election ballots by the Okanogan County Auditor show the renewal of Three Rivers Hospital's (TRH) the one-year maintenance and operations levy passing handily with nearly three-quarters of voters approving.

votes counted as of August 1, 1,707 or 72.9 percent approved and 661 or 27.9 percent opposed. The TRH Board of Commissioners voted unanimously last May to put the resolution on the August election ballot. It is the same amount approved by voters for the previous levies in 2021 and 2022, 33 cents per \$1,000 of assessed property value. The

estimated amount TRH would receive is about \$1.5 million in 2024. Chief Executive Officer Scott Graham said the levy funding is an invaluable resource to support emergency room services. TRH contracts with STATUS Health Partners, an Iowa-based service specializing in rural critical access hospital physician staffing for 24/7 coverage in the ER and

acute care. Graham explained that while the financial goal of the non-profit TRH is to break even, reimbursements from insurance are not adequate to fully cover the cost of providing care in the ER. Chief Deputy Auditor Jamie Groomes said her office has about 70 votes left to count. The next count will be this week.

Dedication will honor Civil War Union veteran

By MIKE MALTAIS STAFF WRITER

METHOW - A tombstone dedication for a Civil War veteran who served in the Union Army is scheduled for 11 a.m., Saturday, August 19, at the Methow Cemetery, at 935 Highway 153, south of Methow.

James W. Fox, who died on February 11, 1912, and is buried there will be honored with placement of a new Civil War style headstone provided by the Veterans Affairs and already delivered to the gravesite. Fox was born on February 23, 1843, and enlisted with the 9th Kansas Cavalry in Union Army on July 21, 1861. He was discharged from service on November 21, 1864.



Mike Maltais/QCH

The Methow Cemetery is tucked away on a bench overlooking the Methow River about 1.9 miles south of Methow via Highway 153.

VA last winter. The headstone was approved and received by the late George Brady at his Pateros warehouse.

The public is invited to attend the outdoor ceremony and visitors are advised to bring a folding chair for seating accommodations. Speaking at the dedication will be Jameson and Mrs. Brady. Chaplain readings, music by FWW Camp Secretary Hank

Cramer of Winthrop, a rifle salute by the Columbia Post 97 American Legion Honor Guard, and taps will conclude the dedication. The Region 11-2 Combat Veterans Motorcycle Association will also be in attendance.

The Methow Cemetery is 1.9 miles south of Methow and is accessed by a dirt road that will be designated for the occasion by signage and possibly



The tombstone for James W. Fox awaits placement at his grave site.

a guide person. Following the dedication, the public is invited to reconvene at the Columbia Post 97 headquarters at 103 Third Street in Brewster for a no-host lunch. Following lunch anyone with a history or Civil War story is invited to share it.

Good homes wanted

Okanogan Angels announces two August dog adoption events



Courtesy okanoganangels.org

This is Jack, a dog looking for a home.

By MIKE MALTAIS STAFF WRITER

PATEROS - Okanogan Angels (OA), a 501(c)3 non-profit dog rescue organization, will hold a pair of dog adoption events in conjunction with two community celebrations, the Omak Stampede on August 13, and the Pateros Hydro Races

on August 19-20. Jennifer Harrison, President of OA, said the Stampede event will be held in the alley behind Paws and Petals, 16 N. Main Street, immediately following the parade. The Pateros event will be held at 159 Pateros Mall, and that one will include OA's first microchip clinic. Appointments are advised



Courtesy okanoganangels.org

Bearita will make a wonderful pet for someone.

for the microchip clinic. More information is available online at okanoganangels.org and on Facebook.

Okanogan Angels is currently 100 percent foster-based and relies heavily on volunteers, donations, and the adoptions the organization has available.

"There is a crisis in this country (not just in our coun-

ty)," said Harrison, "so moving dogs from our area to other partner shelters in the state has become harder and harder."

Harrison said OA hopes to join another group and have some dogs available for adoption at the upcoming Okanogan County Fair on September 7-10.

INSIDE THIS WEEK

Table with 2 columns: Category and Page numbers. Includes Community, Bulletin Board, Obituaries/Death Notices, Classified Index, Classifieds, Puzzles, Public Notices, Puzzles.

Who said crime does not pay?

County jail ATM fees called “outrageous”

Editor's note: Quotes in the following story about the July 24 meeting of the Board of Commissioners of Okanogan County (BOCC) are taken from notes provided by Okanogan County Watch countywatch.org.

OKANOGAN – If you are among those who think the standard fees charged by area ATMs are onerous, DO NOT

commit any offense that lands you in the Okanogan County jail. The incarceration is bad enough. Then there is the 10 percent transaction fee the jail ATM charges those who deposit money into an inmate's account.

That's the complaint one citizen brought to the meeting of the Board of Okanogan County Commissioners

(BOCC) on June 24.

Citizen Steve Kelly called the 10 percent fee “outrageous” and said he was advised by Okanogan County Sheriff Paul Budrow that the BOCC has jurisdiction over the ATM contract.

Kelly had more to add. “A couple of months ago a friend left \$100 and was charged \$10 extra,” said Kelly.

“That seems unfair and taking advantage of people.”

Kelly cited yet another case where an inmate who was expecting some money never saw any of it.

“He'd been assaulted last year in jail and had to be taken to the hospital,” said Kelly. “So, they're deducting his hospital bill from whatever is donated to him.”

Kelly said that it is the inmate's understanding that the person who assaulted him is the one who is held responsible.

“If he's not getting his money, it's going to make the rest of us not want to give money to any inmate,” said Kelly. “I know someone who'd like to donate, but what's the point if (the inmate) is not getting it.”

Commissioner Chris Branch said the BOCC has taken note of the practice and will look into it.

Commissioner Andy Hover said that for those in jail who come from low-income homes, the high charge can make a real difference.

Commissioner Jon Neal said while most ATMs charge a fee, 10 percent seems too much.

Kindness Counts: People making NCW a better place to live

By MATTHEW OCKINGA
CORRESPONDENT

WENATCHEE — Charles Dickens published his classic A Christmas Carol in December 1943. The masterpiece's opening stave shows Fred exhorting his Uncle Scrooge to view Christmas as the only time in the long calendar of the year “when men and women seem by one consent to open their shut-up hearts freely, and to think of people below them as if they were really fellow-passengers to the grave, and not another race of creatures bound on other journeys.”

Last Christmas, Gene Sharratt found himself pondering his fellow passengers. The educator grew frustrated with the increasing social tension fissuring the nation. He observed that some New Year's resolutions soar for 12 months while most remain grounded after two weeks. An idea surfaced of a communal resolution: kindness.

These ruminations inspired Kindness Counts North Central Washington, a one-year campaign designed to inspire, recognize, and contribute to acts of kindness. The organization is not a 501(c)(3) and does not accept donations. “We're just a group of people who want to make our community a better place to live,” Sharratt said. “We have a lot more in common than we have differences, regardless of our political affiliation, our religious affiliation, or any

other demographic. So, why don't we try to raise a voice around commonalities and build bridges in community, state and nation rather than build barriers?”

Before fully fueling this notion, Sharratt desired to define his terms. What is kindness? The campaign described it as “the quality of being friendly, generous and considerate.”

His initial research found that February 17 is National Random Acts of Kindness Day. Using that date as a launching point, he gathered a kindness brain trust to gauge the idea's merits which included Margie Kerr, local Make a Difference Day founder, Dave Herald, owner-partner of Sunny FM, Linda Haglund, Executive Director at Wenatchee Downtown Association, Rufus Woods, publisher emeritus of the Wenatchee World and Laurel Helton. The friends met twice monthly to refine goals. Sharratt contacted the mayors of Wenatchee, East Wenatchee, Chelan, Cashmere and Moses Lake. They all responded with official city proclamations.

“It's easy to get caught up in negative news and dwell on those stories. The ugly feeling of what is wrong in the world tends to take over your life, interrupting your thoughts, affecting your relationships, and controlling your attitude,” East Wenatchee Mayor Jarriela Crawford said. “I believe what the Kindness Counts committee is trying to do is make kindness contagious



Courtesy Kindness Counts
Laurel Helton and two girls prepare the Kindness Counts float for last May's Stemilt Grand Parade, part of the Apple Blossom festivities.

and infect the whole valley with it.”

Other kindness ambassadors were Mike Cooney, former mayor of Chelan, Rafael Aguilar, local radio personality, Dominick Bonny of Digital Media Northwest, and civic volunteers including Melanie McQuaig, Kris Cameron and Abbie Gunderson.

The campaign collects local acts of kindness on kindnesscountsncw.com and a drop box at Pybus Public Market. The group promotes these stories on their website

and social media accounts. Sharratt emphasized that the site promotes small everyday gestures including returning one's shopping cart and opening the door for a stranger.

During the July 20 meeting at the North Central Washington Community Foundation, attendees shared stories of kindness from around the valley. That included Wenatchee High School students Kirsten Jarmin and Izzie Brown, the president and vice president of the school's Random Acts of Kindness Club. Kory Kalahar, Superintendent of the

Wenatchee School District, also encouraged the group.

“If we all can be kinder than necessary, we will be good stewards of our community,” Kalahar said.

Retired art teacher Terry Valdez and his daughter Claire spoke about the progress of their Art Cart. The father-daughter pair sets up free watercolor painting lessons in local parks which has attracted many passersby. They will host the next Art Cart on Aug. 9 from 2-4 p.m. at Wenatchee's Rotary Park.

The positive energy of Sharratt's brainstorming has electrified the community. Several groups have paid forward kindness including Link Transit and the Wenatchee Valley Senior Activity Center. Local high schools have started kindness clubs while established groups have furthered their efforts. At Vale Elementary in Cashmere, students wrote nearly 1,400 “Happy Letters” to encourage their recipients, including 600 written to veterans last November.

Sharratt has seen the need for general benevolence during his decades in public education. He worked in K-12 schools for 30 years and been the Superintendent of North Central Education services, a professor at Washington State University and the Executive Director of the Washington Student Achievement Council. Currently he is the senior research advisor for the Center of Education Effectiveness. Considering the aftereffects of the COVID-19 pandemic,

Sharratt feels the responsibility to mirror kindness for younger generations.

“As an educator I want to make sure we as adults model the kind of behavior, we expect our young people to have going forward like civility, thoughtfulness,” he said.

When Sharratt asked Cooney to join the initiative, the two bonded quickly. Cooney believes small acts of kindness contain high mileage and that the country has overcome greater obstacles than the current disagreements.

“I don't think you go in this to see any bar charts showing kindness is up 10 percent,” Cooney said. “When you hold the door open for someone, there's just a little bit of joy that you get. You hope by opening the door that person will pass it on, do something. We just have to get back to being humane to each other.”

In ways seen and unseen, that is what Kindness Counts NCW aims to encourage as the 2023 campaign continues. For Sharratt, a silent Christmas thought has evolved into a community endeavor he hopes will have lasting effects throughout the long calendar of this year and beyond.

“We cannot exist as a community, we can't prosper as a state or as a nation if we can't come around to honoring diverse points of view without fear and anger,” Sharratt said. “Kindness is free. It doesn't cost anything. You don't have to be wealthy to be kind. It's one of those things where it's just really contagious.”

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Call Quad City Herald at 689-2507

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Corrections
Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue.

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Bringing the community to your door

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff's Office

July 28
08:37 Agency Assist, 1395 Rd. C NW, Mansfield
16:15 CPS/ APS Referral, 262 Brays Landing Rd., Orondo
16:31 Suspicious Circumstance, 100 Rd. I SW, Waterville
18:57 Suspicious Circumstance, 1020 Columbia Ave., Bridgeport
19:23 Agency Assist, US Hwy. 97 MP 234, Orondo
22:30 Civil Dispute, 17 Washburn Ave., Bridgeport
23:19 Traffic Offense, 100 block Arden Ave., Bridgeport

July 29
14:07 Non-injury Accident, McNeil Canyon and Ridge Roads, Orondo
21:50 Public Assist, SR 173 MP 3, Bridgeport Bar
22:09 Noise Complaint, 11 Port Rd., Bridgeport Bar
23:47 911-call, 200 Crane Orchard Rd., Bridgeport

July 30
10:00 Agency Assist, 584 SR 173, Bridgeport Bar
10:31 Property, 21318 US Hwy. 97, Orondo
15:04 Welfare Check, 255 Columbia Ave., Bridgeport
17:01 Non-injury Accident, Rd. 8 NW MP 8, Waterville
17:04 Civil Dispute, 335 E. Railroad Ave., Mansfield
21:43 Noise Complaint, 12th St. and Douglas Ave., Bridgeport

July 31
03:08 Non-injury Accident, 855 Fairview Ave., Bridgeport
15:27 Registered Sex Offender, 591 SR 173, Bridgeport Bar
15:37 Traffic Offense, SR 173 MP 4, Bridgeport Bar
16:16 Civil Dispute, 75 Mountmorvic Ranch Rd., Waterville
18:05 Traffic Offense, 100 block Arden Ave., Bridgeport

August 1
00:46 Trespassing, 44 Orchard Dr., Orondo
16:04 Trespassing, 811 Jefferson Ave., Bridgeport

August 2
10:55 Extra Patrols, McNeil Canyon Rd. MP 3, Orondo
11:35 Public Assist, 405 W. Beech St., Waterville
13:37 Theft, 98 Hillcrest Dr., Bridgeport
16:54 Suspicious Circumstance, 2400 Tacoma Ave., Bridgeport
19:01 Alarm, 70 Edgewater Dr., Orondo

August 3
09:11 Suspicious Circumstance, 811 Jefferson Ave., Bridgeport
11:17 Fraud/ Forgery, 19 Walnut St., Mansfield
13:17 Public Assist, 27 Auvil Canyon Rd., Orondo
13:38 Non-injury Accident, McNeil Canyon Rd. MP 1,

Orondo
13:38 Parking/ Abandoned Vehicle, Sun Cove Rd. and US Hwy. 97, Orondo
13:40 Suspicious Circumstance, 230 S. Division Rd., Waterville
21:10 Traffic Offense, Silliest and Weimer Roads, Orondo
21:17 Noise Complaint, 1206 Columbia Ave., Bridgeport
23:30 911-call, 1324 Fairview Ave., Bridgeport
12:44 Juvenile Problem, 1631 Raymond Ave., Bridgeport

Brewster Sheriff's Department

July 27
11:44 An injury accident was reported near Hwy. 153 in Pateros when a male subject rolled a tractor over a bank and he was reported laying on the ground.

July 28
10:46 Animal abuse was reported on S. 3rd St. in Brewster.
23:05 An agency assist was requested on Hwy. 97 in Brewster for a possible DUI driver in a black spray painted SUV that reportedly was all over the road and came flying out of an orchard nearby.

July 29
00:34 A domestic dispute was reported on S. 4th St. in Brewster when a caller's ex-boyfriend was refusing to leave the location and he had been asked several times.
19:37 A noise complaint was received from State Way for a party nearby.

July 30
11:08 Malicious mischief was reported on W. Main Ave. in Brewster for an attempted break-in with damages done by a pry bar.
13:11 A 911-hangup call was received from a church on S. 4th St. in Brewster.

July 31
11:38 A CPS referral was requested.

August 1
No local reports.

August 2
13:50 Lost property was reported on W. Indian Ave. in Brewster.
21:14 An unknown-injury accident was reported on Hwy. 97 near Brewster when a white Landrover was reported off the road on the right side, leaving luggage in the road and the female driver reportedly was screaming she was kidnapped.
22:15 Theft was reported at a location on Hwy. 97 in Brewster when a male subject walked out the door with multiple items and was near where the semis were parked.

Okanogan County Sheriff's Office

July 28
09:35 A civil dispute was reported on W. Warren Ave. in Pateros when a 1995 Toyota Camry had been parked at the caller's residence for a couple months, it belonged to the caller's ex-husband.
11:44 An injury accident was reported near Hwy. 153 in Pateros when a male subject rolled a tractor over a bank and he was reported laying on the ground.
13:25 An agency assist was requested on Hwy. 17 in Bridgeport for a 2-vehicle collision involving a White Ford Explorer and a Gray Toyota SUV, with one vehicle blocking the westbound lane.

15:54 A transformer was reported on fire next to a power station on Old Hwy. 97 in Brewster.

July 29
18:18 A caller on N. Independence Way in Pateros reported their ex-wife was supposed to meet the caller to pick up kids and 6 p.m. and she did not show up and the caller texted and called her and could not get ahold of her.

July 30
06:30 An active burn pile was reported at a location on Hwy. 97 in Pateros, it did not look like it was spreading.
07:13 An agency assist was requested from Chelan County Sheriff's Office for Okanogan County Sheriff's Office to pick up a SANE evidence kit and deliver it to sergeant at a location near Wells Dam.

23:18 An accident was reported on Pariseau Rd. in Bridgeport for people racing up and down the road and a subject reportedly wrecked and were possibly intoxicated.

July 31
17:38 A caller on Half-sun Way in Bridgeport reported a crash and the driver was intoxicated and the vehicle was blocking a single lane and would not start.

August 1
08:28 A male subject reported he went fishing and his wife left her wallet in the car and he left it unlocked and they stole his daughter's social security information and his ID and credit cards and opened his account.
10:29 A stray husky puppy was reported on Cemetery Rd. in Pateros that had been around the residence for three days.
14:35 A civil dispute was reported when three hispanic male subjects in a silver Dodge and an older Maroon car were

reported pulling in and out of a property for weeks.
16:02 An accident was reported on Jack Wells Rd. in Bridgeport and a male caller advised a young man hit his car and no EMS was needed, both drivers agreed to pay for damage and exchange information.

August 2
10:42 A 911-hangup call was received from a location on LaGrange Rd. in Brewster.
11:24 A civil matter was reported on LaGrange Rd. in Bridgeport when a caller's four 3-month-old husky dogs were behind a fence at the

golf course and he requested access to retrieve them.
12:21 An order violation was reported on W. Warren Ave. in Pateros when a letter was received in violation or a no contact order.
12:54 A caller reported a lost purse on Monse Bridge Rd. and Old Hwy. 97 and described it as a small brown leather hand bag with logo from Texas.
14:08 A medical call was received regarding a 34-year-old male subject that was reportedly in and out of consciousness due to intoxication, the caller requested EMS.

15:11 Fraud was reported on Bagwell Ln. in Brewster regarding a realtor in Pateros and advised there was an attempt to sell his 40-acre parcel without his knowledge.
17:53 An orange Kabota tractor model with a red fork lift on the front was reported stolen from a location on Alta Lake Rd. in Pateros.
18:30 A civil dispute was reported on Beach St. in Pateros when a caller reported he lived with his mother and she had taken his car keys, wallet and driver's license. The caller wanted options on what he could do.

Have a Community or Sports Story idea?
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COMMUNITY BULLETIN BOARD

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

COMMUNITY BULLETIN BOARD

August 9, 11, 15, 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 9: Cheese Stuffed Shells with Pesto Sauce, Venetian Veggies, Tossed Salad, Apricots, Dessert; August 11: Chicken Strips, Jo Jois, Spinach Salad, Mandarin Oranges, Garlic Bread, Dessert; August 15: Personal Size Omelet, Oven Brown Potatoes, Stewed To-

matoes, Mixed Melons, Muffin; 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 9-12, 14-19

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 9-10, 14-17

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. This includes over 30 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, @ChelanValleyHope

August 9

Brewster Chamber to meet

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, July 12, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is

welcome and encouraged to attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.

August 10

Bingo

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

August 10, 17

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, August 17 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 11

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.

August 14

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

August 14

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.

August 16

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.

August 21

Family and friends Support Group

WENATCHEE - Family and

friends Support Group meets the 3rd Monday 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

August 22

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.

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 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

WVC Foundation receives \$1,500 grant from Wenatchee Rotary Club

SUBMITTED BY HOLLY THORPE, PIO WENATCHEE VALLEY COLLEGE

WENATCHEE - The Wenatchee Valley College Foundation received a \$1,500 grant from the Wenatchee Rotary Club to support the WVC Bridge program. The new program is designed to help Adult Basic Education (ABE) students without their high school credentials get access to financial aid so that they can transition into higher education programs, including trade programs, two- and four-year degrees. The WVC Bridge program will begin summer quarter 2023.

If a student does not have high school credentials, a diploma or GED, they are not eligible for financial aid support through federal aid (FAFSA) or state aid (WASFA).

However, if they complete

six college credits, then they can claim Ability to Benefit (ATB), a federal classification that gives them access to financial aid to continue their education.

“These students are in a financial aid desert,” said Rachel Evey, WVC Foundation executive director. “With funding from the Wenatchee Rotary Club to support WVC Bridge, WVC can cover college-related expenses for ABE students to successfully transition into higher education programs.”

Of 564 WVC students enrolled in Adult Basic Education who were surveyed, 52% reported having a family income below the 70% lower-living income standard for

Washington, according to ABE faculty Julie Fitch. Learn more about ABE at WVC at wvc.edu/TransitionalStudies.

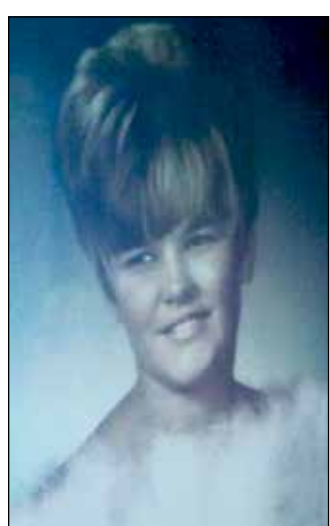
OBITUARIES

Patty Munson

Patty Munson, 71, long time Bridgeport resident, passed away on July 28, 2023. She is survived by her husband Danny Munson, her sons (Trevi and Nathan Munson), Nathan's wife Stacie, three granddaughters (Charleah, Devynn and Emma Munson), her brother (Ward Turner) and sister (Marilee Perkins), a nephew (Todd Perkins), Todd's wife Jessica and a grand niece (Emersyn Perkins) and grand nephew (Ethan Perkins).

She graduated from Bridgeport High School in 1970, married Danny in 1972 and worked along side him in the Steak House in Bridgeport for many, many years.

She wasn't much for hobbies except tending to her fingernails once she had the opportunity to. Even her final illness couldn't keep her from that. She loved plants



but couldn't keep them alive despite help from her green thumb sister.

She always did her best for her family - frequently in difficult circumstances. She truly did shine at that. She was loved and will be missed by all of us.

Greg C. Johnson

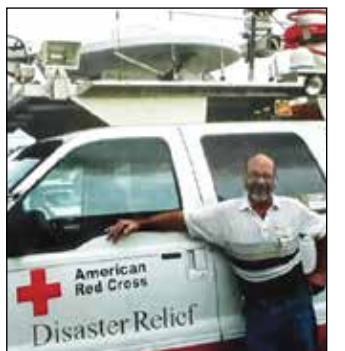
February 24, 1952 – March 18, 2023

East Wenatchee, WA
Gregory "Butch" Christian Johnson passed away peacefully at home on March 18, 2023, in Comanche, OK. Greg was born in Brewster, WA, to Leith and Jean Johnson. He grew up in the little town of Methow, WA. Greg was able to take advantage of all the adventures that the rural farming community had to offer. Summers were spent at the local swimming hole with his sisters and friends (where he enjoyed doing cannon balls), camping and most of all, fishing. Greg developed a great inclination early on for using tools and fixing things. He was naturally curious about the way things worked and his mother favored educational toys and games for children and his father was an electrician, so this might have come as no surprise to people who knew him.

Greg started working when he was very young and soon had a reputation for having a strong work ethic and volunteer spirit. He could be found bucking bales of hay for a neighbor or driving a tractor, or working with the fire-fighting crews as kitchen support and later, as a HAM radio operator. After electronics school in Arizona, Greg returned to Okanogan County and worked in the Brewster area, eventually going to work for General Telephone Company at their communications satellite station.

In 1976, Greg married Shari Mitchell and they built their home in Brewster. They welcomed: Rachel in 1979, Crystal in 1981, and Patrisha in 1983. The first few years of his girls' lives, the family moved several times, finally settling in East Wenatchee, WA. During this time, Greg was employed by Sprint to maintain and repair the company's fiber optics cable.

Greg enjoyed spending time with family, many holiday gatherings were held at the family home. Sharing his love of the outdoors and camping, Greg enjoyed setting up



“base camp” on the Chewuch River for the annual family camping trip. He loaded up little bikes, trikes and camping gear. He thrived on being busy with camp cooking and chopping wood.

Greg volunteered for Ridge to River and Special Olympics. He became an active member of the Apple Valley HAM Radio Club and taught classes to those interested in becoming licensed operators. He continued to use his skills to volunteer in directing communications at disaster scenes, something that he would continue to do throughout his life for the Red Cross everywhere he lived.

In 2017, Greg married Avis Jones of Comanche, OK. His retirement was filled with volunteering, spending time with his dogs, and fishing with Avis at their favorite fishing holes. As his daughter, Crystal stated “Above all, Dad loved to fish.” Heaven better have a fully stocked lake because he wouldn't want it any other way.

Greg was preceded in death by his father; and sister, Sue Krueger. He is survived by his wife, Avis Jones; daughters: Rachel Johnson (RJ), Crystal Johnson (Raul), and Trish Johnson; grandchildren: Trenton, Abbey, Keyen, Journey, Caysin, and Adame; mother, Jean Johnson; sisters: Kathie Windle and Nancy Johnson; and six nieces and nephews.

A tree has been planted in his memory and a memorial service will be held at a later date. Memorials may be made out to American Red Cross, Northwest Region or the Apple Valley HAM Radio Club.

Judy Irene Golden

Judy Irene Golden, 75, was born July 5, 1948 in Grand Junction, Colorado to Robert and Rose Stapleton and passed away July 20, 2023 at her home in Tekoa, Washington after a lengthy battle with ovarian cancer.

Judy married her high school sweetheart, Tom Golden, on Thanksgiving Day in 1966. The young couple moved around Colorado and Texas before ultimately settling in Bridgeport, Washington, and raising their four children.

Judy was an active member of the Brewster SDA church for many years, and participated in numerous community outreach programs.

She was an avid reader with a thirst for knowledge and a love of teaching. She was an excellent knitter and was always willing to share her expertise with fellow knitters or anyone interested in becoming one. She enjoyed sharing her colorful creations with friends and family and various charities.

Judy was a spontaneous adventurer, always excited to see where a new road would



lead and who she might meet along the way.

She is survived by her devoted husband, Tom Golden, Tekoa, Washington, son Thayne Golden, Mulino, Oregon, and daughters Heidi Day, Lewisburg, Kentucky, Christy Golden, Spokane Valley, Washington, and Amanda Stolp, Chewelah, Washington. Her family also includes eight grandchildren and numerous great-grandchildren.

She was honored by her family with a Living Funeral on July 11, 2023. No additional memorial service is planned.

Obituaries & Death Notices also appear online at qcherald.com

No, you can't wrap a fish in a Web site,



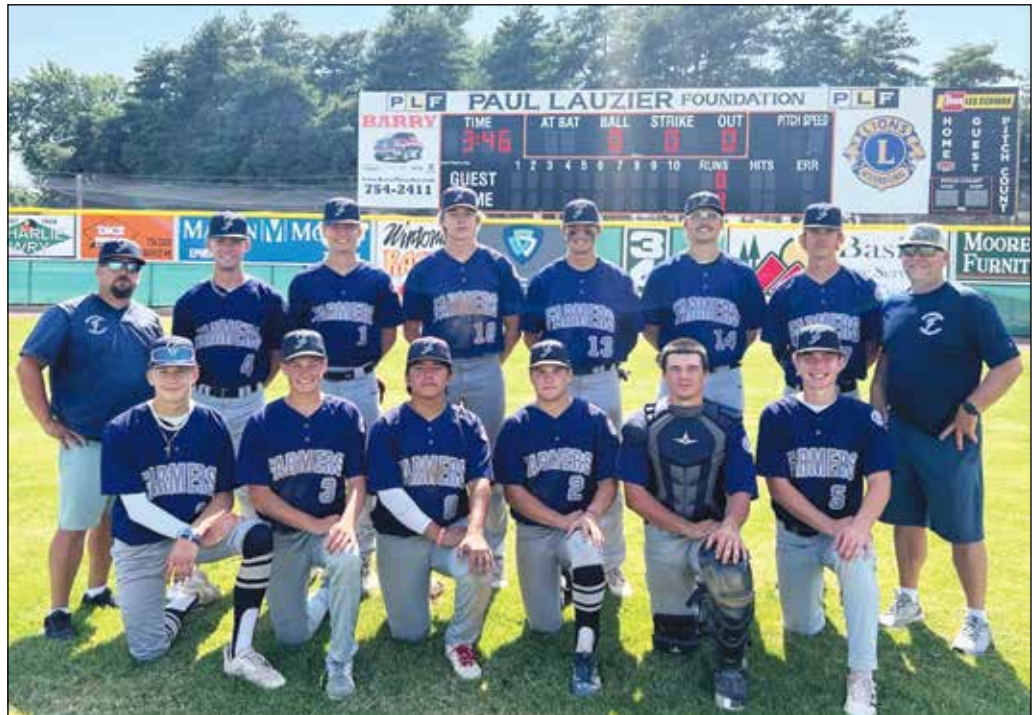
...but you can get the local news online at www.qcherald.com

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NCW Media, Inc.: 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 682-2213 or 689-2507 for more information Or email ruthk@lakechelanmirror.com

Pacific Northwest champs advance

Farmers win Regionals, head to Babe Ruth World Series



Courtesy Daniel Vassar

The Brewster Farmers include front row from left: Brayden Meyer (Okanogan), Ty Rusko (Brewster), Eric Ramirez (Brewster), Reese Vassar (Brewster), Clay Jeanneret (Chewelah), and Brooks Pinski (Manson). Back row from left: Dan Vassar, Tyson Schertenleib (Brewster), Brady Wulf (Brewster), Carson Boesel (Okanogan), Joe Thronton (Tonasket), Joe Pitts, Grant Baker (Brewster), and Tory Wulf.

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – “Farmers Baseball is on a roll.”

That understatement by coach Daniel Vassar sums up the season so far for the 18U Farmers’ team after they wrapped up the Pacific Northwest Region Championship in a Division 1 tournament at Gonzaga. The run to the title included:

- July 20 loss to Baden (Medina), 6-4.
 - July 21 win over New Level (Puyallup), 3-2.
 - July 22 won over Coast to Coast (Vancouver), 3-2.
 - July 23 semis win over Narrows (Pierce County), 9-3.
 - July 23 championship win over Boys of Summer (Seattle) in 10 innings, 7-5.
- “The Gonzaga tournament is predominantly Division 1 players,” said Vassar. “Most of our kids are signed to play in the NWAC next year so a big win for us.”
- The Farmers then headed to Calgary, Alberta, Canada, and played in the Northwestern Babe Ruth Regionals. Game highlights include:
- July 25 win over Calgary Blues, 6-1.
 - » Joe Pitts threw a complete game in 7 innings, allowed 2 hits, no earned runs, six strikeouts.
 - » Reese Vassar hit 2-4 with a double, triple, and 2 runs scored.
 - » Tyson Rusko hit 1-3, with a run scored.
 - July 26 win against RBI baseball of Portland, 22-1.
 - » Brady Wulf pitched 2 innings, allowed 2 hits, no runs, 4 strikeouts.
 - » Grant Baker pitched 2 innings, allowed 2 hits, 1 run, 1 strikeout.
 - » Brady Wulf hit 2-4, 1 RBI, 2 runs scored.

- » Carson Boesel, hit 2-4, 3 runs scored.
- » Joes Pitts hit 2-2, 2 runs scored, 3 RBIs.
- » Brooks Pinski hit 3-3, 2 runs scored, 6 RBIs.
- July 27 win over Kelso baseball club 11-1
 - » Carson Boesel pitched 6 innings, allowed 4 hits, 1 run, 5 strikeouts.
 - » Reese Vassar hit 3-3, with a double, 3 runs scored.
 - » Brady Wulf hit 3-3, with a HR, 2 runs scored, 3 RBIs.
 - » Carson Boesel hit 1-2, with a HR, 2 runs scored, 4 RBIs.
- July 29 win over Rock Springs, Wyoming, 12-1.
 - » Reese Vassar pitched 4 innings, allowed 3 hits, 1 run, 7 strikeouts.
 - » Brayden Meyer pitched 1 inning, no runs.
 - » Carson Boesel hit 3-3, with a HR, 3 runs scored, 3 RBIs.
 - » Clay Jeanneret hit 2-2, with a double, 1 run scored, 1 RBI.
 - » Joe Thornton hit 2-2, 1 run scored, 2 RBIs.
 - » Eric Ramirez 0-0, 2 runs scored, 3 walks.
- July 30 semi-final win over Calgary Premier, 2-1.
 - » Brooks Pinski pitched 6.2 innings, allowed 5 hits, no earned runs, 3 strikeouts.
 - » Reese Vassar hit 2-3.
 - » Carson Boesel hit 1-2 and intentionally walked twice.
 - » Joe Pitts hit 1-3, double, 1 RBI.
- July 30 Championship win over Shady Pack, Oregon, 13-3.
 - » Ty Rusko pitched 5 innings, allowed 7 hits, 3 runs, 4 strikeouts.
 - » Brady Wulf hit 3-4, with a double, HR, 2 runs scored, 3 RBIs.

- » Reese Vassar hit 1-2, 4 runs scored, 2 walks.
- » Carson Boesel hit 1-2, with a HR, 1 walk.
- » Joe Pitts hit 2-3, with a HR, 2 runs scored, 4 RBIs.

“We are headed to the Babe Ruth World series on August 13-20, in Cape Girardeau, Missouri,” said Vassar. “The teams will consist of winners from nine USA regions and five international regions including Asia Pacific, Canada, China, Southeast Tropics, and Australia. A total of 14 teams and the pools and brackets are on the tourney machine app.”

The team thanks its current sponsors, J&J Enterprises and Vassar Electric. Those interested in sponsoring the Brewster Farmers to help with travel, lodging, and food can send donations to: Bear Backers, PO Box 776 Brewster, WA 98812. Include an email address a tax-deductible receipt is needed.

THE WASHINGTON OUTDOOR REPORT

Reintroducing Chinook Salmon above Grand Coulee Dam

BY JOHN KRUSE

Chinook salmon have not been swimming in the waters of the Upper Columbia River above Grand Coulee Dam since it was built in 1941 but several Native American tribes in our region are working on bringing them back.

I recently had a chance to chat with Conor Giorgi, the Anadromous Program Manager at

Spokane Tribal Fisheries, about this subject. I asked Conor why no fish ladder was installed at Grand Coulee Dam so the salmon could get past the dam like others on the Columbia River.

Giorgi said a fish ladder was planned for the dam but as the dam grew bigger and taller, the construction of a fish ladder became unfeasible. There were efforts made after the dam was constructed to trap Chinook salmon at Rock Island Dam near Wenatchee and transport the fish above Grand Coulee Dam but the efforts to sustain the Chinook salmon in Lake Roosevelt and further north into Canada failed within a few years of the dam being built.

Grand Coulee Dam is not the only dam without a fish ladder. The next dam downstream, Chief Joseph Dam, which was built in 1950, also lacks a fish ladder and all migratory salmon passage has been blocked upstream of this dam near Bridgeport to the headwaters of the river in British Columbia.

Asked about the possibility of installing fish ladders at these two dams now, Giorgi said they would be unlikely to work because the fish would simply have to expend too much energy attempting to make it past these dams. Instead, they are trapping salmon and hauling them above Grand Coulee Dam. However, they are not necessarily releasing them right above the dam.

Giorgi points out Lake Roosevelt is 150 miles long and the Spokane Tribe, in partnership



Courtesy Idaho Department of Fish and Game

An adult Chinook Salmon.



Courtesy Upper Columbia United Tribes

Juvenile salmon being released.

with the Confederated Tribes of the Colville Reservation and the Coeur d’Alene Tribe to release the trapped salmon in multiple locations in the Upper Columbia and tributaries above the dam, to include the Spokane River watershed.

Giorgi went on to explain the Upper Columbia tribes are taking the lead on this project because, “They have connections with the salmon that go back millennia. The (Chinook) are not just a food source, they are a staple of their cultural and spiritual well-being.”

Efforts to reintroduce salmon into river drainages above Grand Coulee Dam have been ongoing since 2015. The first adult Chinook were released into this area in 2019 and the first juvenile Chinook were released into a creek on the Spokane Tribal Reservation in 2017. In 2022, 146 adult Chinook were released into the Spokane River, and some of these fish were released into a part of the river that had not seen the presence of these fish since 1911 when Little Falls Dam was built.

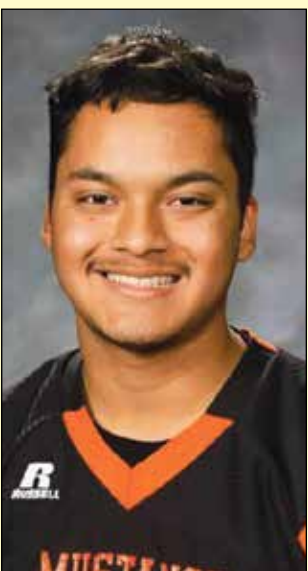
The specific stock of fish being used are summer Chi-

nook salmon because of their abundance in the Upper Columbia. Biologists tagged 752 yearling salmon in 2017 that were released to migrate downstream. Of these fish, only 234 were detected passing over Bonneville Dam and only 75 were detected in the Columbia River estuary near Astoria. However, one of these fish made it back as a spawning adult in the summer of 2019. The salmon made it back to the Chief Joseph Hatchery fish ladder and the remains of the fish were transferred to Tshimakain Creek where it was released as a juvenile fish two years earlier.

This second phase of salmon reintroduction above Grand Coulee Dam is expected to go on for some 20 years and with any luck, we’ll be seeing healthy populations of these iconic salmon swimming in the waters and tributaries of the Columbia River in harvestable numbers above the dam by that time or sooner. To find out more about this project go to www.ucut.org.

John Kruse – www.northwesternoutdoors.com and www.americasoutdoorsradio.com

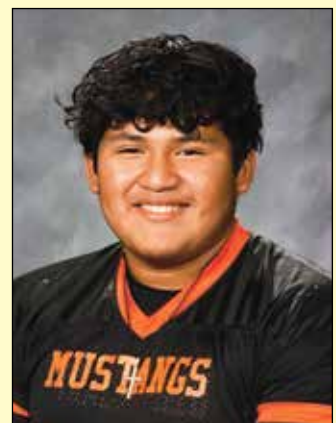
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Legals

Public Notices

City of Pateros Public Notice of Application for Variance Permit –and– Determination of Non-Significance (DNS)

NOTICE IS HEREBY GIVEN that the City of Pateros, Washington, in accordance with the City of Pateros Municipal Code, has prepared an application for a Variance Permit. The applicants are requesting a front yard setback variance to reduce the front yard setback from 20 feet to 5 feet.
Location: 505 W. Beach Pateros, WA, Tax a Lot 10 & 11 Block & Vac Alley Orchard Park Addition, Pateros, Okanogan County WA. Threshold Determination: The lead agency for this proposal has determined that it does not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(c). This decision was made after review of a completed environmental checklist and other information on file with the lead agency. The information is available to the public on request.
{ } There is no comment period for this DNS.
{X } This DNS is issued under 197-11-340; the lead agency will not act on this proposal for 21 days from the date below. Comments must be submitted no later than August 24, 2023. Persons wishing to view project information may contact Pateros City Hall, 113 Lakeshore Drive, between the hours of 7:00 AM and 3:30 PM Monday through Friday. Written comments must be submitted to the City of Pateros, P.O. Box 8, Pateros, WA 98846, no later than 3:30, August 24, 2023 to be included in the staff report. You may appeal this determination. Appeals must be submitted in writing. You should be prepared to make specific factual objections. For further information contact Kerri Wilson at (509)923-2571. Published in the Quad City Herald August 2, 9, 2023. #6066



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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.

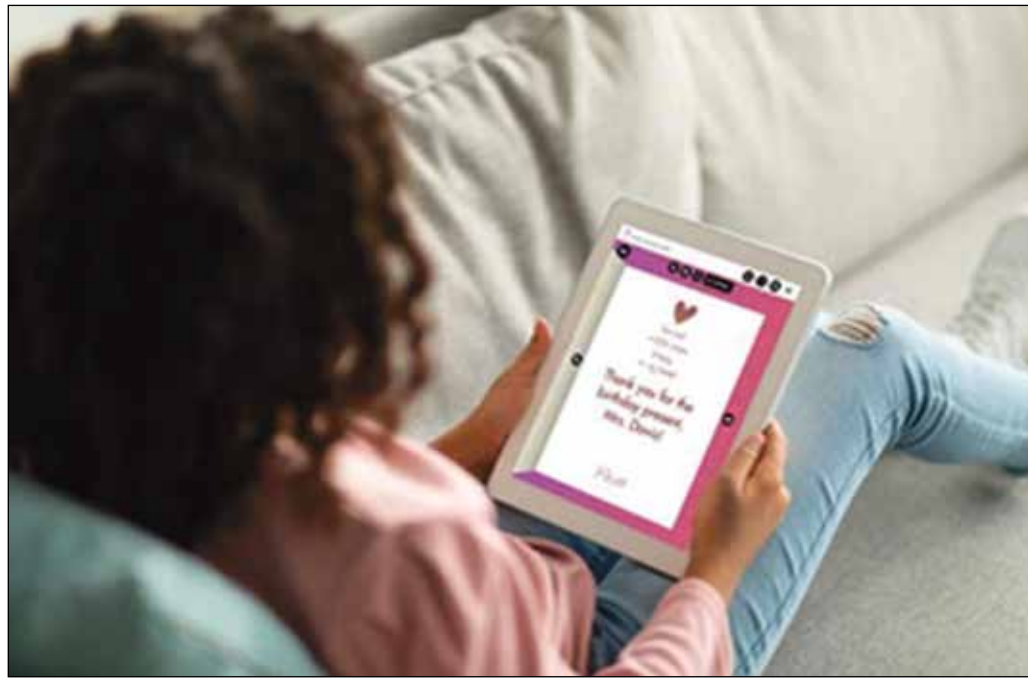
You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after 19th day of July, 2023 and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff, and serve a copy of your answer 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, Townsite of Omak, as per plat thereof recorded in Volume D of Plats, Page 31, records of the auditor of 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

Teach kids kindness and gratitude with thank you notes



Courtesy StatePoint

Kids love devices, so put their screen time to good use with apps like American Greetings Creatacard for iPad.

STATEPOINT - Nearly 60% of Americans say they send thank you notes at least occasionally to show their appreciation for a gift or favor, according to a recent poll from AmericanGreetings.com. While writing thank you's might seem time consuming, it's actually a wonderful opportunity to teach children important life lessons such as kindness,

gratitude and empathy.

Whether they are thanking their new teacher, their favorite fall sports coach, or a friend or family member, here are a few tips and tricks for creating meaningful, yet simple, thank you notes with kids this back-to-school season and beyond.

Focus on the positive
It's important to give

children a "why." Parents should explain that when people receive a thank you note, it not only makes them feel good, but it lets them know that the gift arrived safely and was appreciated. By placing the emphasis on the person who gave them the gift, rather than on themselves, it changes thank you notes from a pain-point to a positive.

Make it a fun with devices

Kids love devices, so put their screen time to good use with apps like American Greetings Creatacard for iPad. The app offers a fun, easy and engaging tool to make and send greeting cards. Plus, receiving them will be just as exciting, as homemade cards from kids are enjoyed by 93% of Americans.

Whether making a card from scratch, coloring a card or customizing a pre-made design, the Creatacard app allows kids to explore their imaginations. Simply choose from a variety of virtual (and mess-free) tools, such as pencils, paint, markers, photo frames, stamps and stickers to add designs, images and personalized messages. Best of all, the app is free to download, and cards can be sent instantly via email, text, messaging apps or shared on social media.

Power of personalization
According to the American Greetings poll, personalized messages are the most important and enjoyed part of thank you notes. Parents should encourage kids to think about what made the

gift so special and be sure to communicate that message. Was it something they really needed or wanted? Will they use the check or money for a specific purpose? Spending a few extra minutes personalizing each note will go a long way to show their sincere appreciation.

Timing is Everything – The Sooner the Better

It's proper etiquette to be timely in sending thank you notes. In fact, 54% of Americans say they should be sent within one week of receiving a gift. Build good habits with kids by sending thank you notes as soon as possible. It may be helpful to plan ahead and establish a set time within a week of the celebration for children to create and send their cards. And luckily, if you're sending digital greetings, they'll arrive instantly, save money on postage, and save time by eliminating the need to find current street addresses.

Teaching kids the importance of properly showing gratitude is a life skill they can take with them as they grow older. Starting small with thank you notes can be an invaluable step to becoming a kinder and more gracious person.

Drug information sheets – why you get them

Q: I always get a sheet of printed information with every new prescription and refill. I usually throw them away without reading them because the print is too small. Why do I get these?

The Food and Drug Administration (FDA) wants you to be informed about important facts about your medicines so you can take them safely. Each time a pharmacist dispenses a new or refilled prescription, he or she is REQUIRED to provide written information about every one of your medicines. They are also expected to ensure that you have received it, so you get these either folded inside the bag containing your pill bottles or stapled to the outside.

Written information is considered one of the most reliable ways to give you essential information about your medicines. Instead of only hearing it once from your doctor or pharmacist, which you may forget by the time you arrive home, with printed information, you can read it at your own pace. Written communication can also be stored where you take your medicines in case you have a future question about one of your medicines.



There are 3 types of printed consumer information given out with prescription medicines: consumer medication information sheets (CMIs), Medication Guides (MedGuides), and Patient Package Inserts (PPIs).

Every time you get a new or refilled medicine, you are supposed to receive a consumer medication information sheet or CMI. Each CMI is computer-generated and designed to travel home with you, either stapled to or placed inside the bag holding your prescription. Although the FDA has published guidelines about what types of information they feel should be included in a CMI, they don't directly regulate or control what form a CMI takes.

The FDA recommends specific elements that they prefer pharmacies to use in their CMI handouts. However, each pharmacy retains the choice of which of those elements they will use. For example, the CMI you receive for your blood pressure medicine

at one pharmacy may look different from the CMI for the same drug from another drugstore. Some leaflets give only a few sentences of information, while others covering the same medicine can go on for several pages. One reason for this variation is how the printers used by each pharmacy limit the length and format of their CMI printouts. Whichever form they take, what most people consistently notice about their CMI is how small the print seems.

In a study published in 2010 by the University of Florida College of Pharmacy, professional shoppers filled prescriptions for two common medications in a sampling of 365 pharmacies nationwide. 94% of the pharmacies in the study dispensed a CMI with each drug. However, fewer than 50% of the CMIs provided were considered easy to read or understand.

A collaborative workgroup, including the FDA and other stakeholders, has been developing and promoting an easier-to-read format for medication information called a Patient Medication Information sheet (PMI). PMIs use bold print, bigger fonts, and much more white space.

Here are the 4 types

of written information for consumers about medications:

1. Consumer Medication Information sheets (CMIs)

CMIs are required by the FDA to be given out with every new prescription and refill. According to FDA guidelines, a CMI should include 8 criteria: the drug name and what it's used for; any contraindications and what to do about them; specific directions about how to use it, how to monitor your progress and get the most benefit; any special precautions and how to avoid harm while using it; symptoms of severe or frequent side effects and what to do if they happen; and encouragement to ask questions. The information must be up to date and scientifically accurate, easily understandable and legible, and have print large enough to read easily by most people.

2. Patient Medication Information sheets (PMIs)

PMIs are CMIs that are easier to read. They have larger fonts and more white space. PMIs usually include separate boxes or bubbles for crucial topics such as "Uses," "Important Safety Information," "How to

Take," "Get emergency help if you have," and "Possible side effects."

3. Medication Guides (MedGuides)

MedGuides are specialized information sheets describing how to reduce the risk of taking certain medicines known to have serious adverse reactions. MedGuides explain what side effects to watch out for. Non-steroidal anti-inflammatory drugs, blood thinners, and antidepressants are examples of drugs with MedGuides.

4. Patient Package Inserts (PPIs)

PPIs are similar to MedGuides but from the manufacturer. PPIs are required for products containing estrogens, like birth control pills, patches, and vaginal creams.

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

CROSSWORD PUZZLE

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
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72					73			74			

THEME: BACK TO SCHOOL

- ACROSS**
- *Beginning of a computer class?
 - Mandela's org.
 - Silly and insignificant
 - U.S. counterpart to British M15
 - Inuit skin boat
 - Long oar
 - Acronym, abbr.
 - Movie "___ Day Care"
 - *End of a pencil, sometimes
 - "Back to School" star
 - Asian restaurant frying pan
 - Anne ___ of gothic fiction fame
 - ___ Beesly of "The Office"
 - Cote d'Azur city
 - Opposite of comic
 - Major mountain chain in Russia
 - It launched Columbus, acr.
 - Walk through slush
 - Lindsey Vonn's prop
 - *Geography class prop
 - Bear in the sky
 - Idealized imaged of someone
 - Reflect deeply
 - Dismiss (2 words)
 - Not want
 - Albanian money
 - *Cafeteria ware
 - Rare find
 - *Paper holder
 - *Fictional high school in "Grease"
 - Pope's court
 - Barley brew
 - Run-of-the-mill
 - Boat contents
 - Little bit
 - Tale, in France
 - Small island
 - I, to Claudius
 - Terminated
- DOWN**
- Fleur-de-___
 - Sometimes it's enough
 - Wild ox of India
 - On spouse's side
 - Infamous Baby Face
 - A long way off
 - Network at 30 Rock
 - Wispy clouds
 - Yemen's neighbor
 - ___ receiver
 - The Tramp's spaghetti-slurping companion
 - Limit, to some
 - Bovine milk dispensers
 - Increasing
 - Reverberate
 - Scent, usually pleasant
 - Malaysia native
 - "Keep ___ and Carry On"
 - *One at high school reunion
 - Small Asian ungulate
 - September edition, e.g.
 - *Dry-erase marker predecessor
 - Toy construction set
 - Having the know-how
 - Lament for the dead
 - When one is not oneself (2 words)
 - Joker to Batman, e.g.
 - *Do this in Math class
 - *Do this in Speech class
 - Subatomic particle
 - Sable and beaver, e.g.
 - *Type of exam
 - Like SNL
 - *Grader's suggestion
 - City in Sweden
 - *"A day ___ and a dollar short"
 - Some special effects, acr.
 - Fall behind
 - Type of Christmas lights

SUDOKU PUZZLE

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	8			5			9
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	6	1				8	3
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Dolly Parton to visit Washington for statewide celebration of Dolly Parton's Imagination Library

SUBMITTED BY IMAGINATION LIBRARY OF WA

OLYMPIA – On Tuesday, August 15, legendary icon, musician, and philanthropist Dolly Parton will visit Washington State to celebrate achieving statewide coverage of the Imagination Library. All Washington children from birth to age five can now register to receive one book every month, for free, from Dolly Parton's Imagination Library.

August 15 will also be signified by a proclamation from Governor Jay Inslee and Lieutenant Governor Denny Heck as "Imagination Library of Washington Day".

Governor Inslee expressed, "We welcome the great Dolly Parton to celebrate our state-wide program and promote registration for our youngest learners into the Imagination Library. It is important to get high quality books to children from a young age and ensure that their families, and their unique races, ethnicities and identities are well-represented among the selection of

books."

Hosted by the Imagination Library of Washington, the celebratory event will feature a fireside chat with Dolly Parton, a small performance, and recognition of champions from across the state who are making Dolly's dream possible for Washington's earliest learners.

This invite-only event will be broadcasted and streamed live on TVW and available to view on both Imagination Library of Washington and TVW social media channels beginning at 2:30 p.m. on Tuesday, August 15, and all are invited to tune in.

"We did it, Washington. This is such a magnificent moment and achievement. Our team, program affiliates, state leaders, and partners have been on a quest to make this happen for the children of Washington, ensuring that all early learners have equitable access to this magical, connective, world-class literacy opportunity. What a positive, collaborative adventure this has been, and now we take



Courtesy Imagination Library of WA

All Washington children from birth to age five can now register to receive one book every month, for free, from Dolly Parton's Imagination Library.

a moment to celebrate and continue igniting support and enthusiasm around this for our future generations." Executive Director of Imagination Library of Washington, Brooke Fisher-Clark.

Dolly Parton's Imagination Library of Washington was established in June 2022 by legislative direction, sponsored through a partnership with the Office of Superintendent of Public Instruction (OSPI) and the Department of Children, Youth, & Families

(DCYF), and administered by United Ways of the Pacific Northwest. The program provides a high quality, age-appropriate book each month in the mail to enrolled children from birth to age five – at no cost to families in all 39 Washington counties. Currently, more than 65,000 children in Washington are enrolled in Dolly Parton's Imagination Library and in total, more than 1.6 million books have been gifted to children across the state. Prior to state commit-

ment, Dolly Parton's Imagination Library was only available in a handful of Washington regions.

"It's been an honor to support the expansion of early literacy across Washington," said State Superintendent Chris Reykdal. "By providing free books to our youngest learners, the Imagination Library is breaking down barriers to skills that will support Washington children for a lifetime. OSPI is grateful to our partners for supporting this work."

"Books develop literacy habits, strengthen ties between adults and children, and help children overcome intergenerational poverty," said DCYF Secretary, Ross Hunter.

Inspired by her father's inability to read and write, Dolly started Dolly Parton's Imagination Library in 1995 for



the children within her home county of Sevier County, Tennessee. Today, her program spans five countries and gifts

more than 2.4 million free books each month to children around the world. In March of 2023, Dolly Parton's Imagination Library reached a monumental global milestone: gifting more than 200 million books to children worldwide.

Dolly Parton's Imagination Library is backed by decades of research showing that having access to books in the home inspires a love of reading and promotes changes in home literacy environments, while building important foundational skills for entering kindergarten ready to succeed. Families with children under five can sign up for the Imagination Library by visiting www.imaginationlibrarywashington.org.

Wild give back to Wenatchee Valley during 2022-23 season

Final totals put Wild contributions at more than \$200,000 over past year

SUBMITTED BY WENATCHEE WILD

WENATCHEE – As their first season in the Western Hockey League (WHL) approaches, the Wenatchee Wild are excited to announce contributions of \$215,697, plus 110 hours of service from each player, to various causes and events in the Wenatchee Valley during and immediately after the 2022-23 season.

The organization commits each year to giving back to Wenatchee and surrounding communities, and has been successful in that pursuit over its 15 years on the ice. Some of those opportunities to give back are undertaken in-house on game nights, through the team's 50/50 raffle and Chuck-a-Puck promotion. Last season's 50/50 drawings and Chuck-a-Puck promotions raised \$58,651 for participating groups, ranging from the

Chelan County Regional Jail K9 Unit and the Wenatchee Wild Hockey Booster Club, to the Kenroy Elementary School Parent-Teacher Organization and the NCW Sun Devils fast-pitch softball club.

Each season, the Wild also celebrate jersey auction nights, wearing special uniforms that are auctioned off during and after the game with proceeds donated to local causes – the team's 2022-23 jersey auctions to benefit the Guns & Hoses Foundation, the EASE Cancer Foundation in Cashmere and the Wenatchee Amateur Hockey Association raised a total of \$65,465. Ticket donations from the past season totaled \$78,000 – other contributions from fundraising tickets sold by area groups and tickets distributed to the team's Wild About Learning partner schools also added to the total, pushing the Wild well past the \$200,000 mark for the season.

Key promotional dates, including jersey auction nights, have been set for the upcoming season as well – Guns & Hoses Night returns on Saturday, January 20, while Hockey Fights Cancer is back



Courtesy WAHA/Wenatchee Wild

Wenatchee Amateur Hockey Association members and Wenatchee Wild staff pose at a recent check presentation. The Wild announced more than \$215,000 in charitable contributions, covering the time during and immediately after the 2022-23 season.

on the schedule for February 16. Fans can also add their contributions during the annual Teddy Bear Toss game on December 1, and in the team's annual Diaper Toss on February 9.

Wenatchee Wild players also took their time and talents into the community with regular stops at the team's Wild About Learning partner

schools and the Wenatchee Valley Senior Activity Center, and an appearance at the Fred Meyer store in East Wenatchee to collect toys for the Les Schwab Community Toy Drive. Players also offered their time and talents on the ice, assisting with the Wenatchee Amateur Hockey Association's Learn to Play, Power Skate and American

Development Model programs. All told, each Wild player on the roster for the full season contributed 110 hours of service to the Wenatchee Valley community.

The Wild set out to "Restore The Roar" at Town Toyota Center during their 15th Anniversary season in 2022-23, their final season as members of the British Columbia

Hockey League (BCHL), and fans in the Wenatchee Valley responded to the call, giving the team its highest per-game attendance in five years. Nearly 70,000 fans took in Wenatchee hockey games in the "Wolves' Den" during the regular season, with playoff home games pushing the total attendance for the year to nearly 79,000 visitors. Included in that total was a sellout of 4,260 fans on Guns & Hoses Night, the team's first capacity crowd in five years and largest regular-season crowd since 2011.

Wenatchee's first WHL campaign begins with a home preseason game September 9 against the Tri-City Americans, and the team's home opener September 22 against the Portland Winterhawks. 2023-24 season tickets are still on sale, to purchase season tickets, call 509-888-7825 or stop into the team office at Town Toyota Center. Updated news and information on Wild hockey are available through the team's website and on the team's social media platforms on Facebook, Twitter, Instagram and YouTube.

WA State Patrol announces new Hit-and-Run Alert

SUBMITTED BY CHRIS LOFTIS, WASHINGTON STATE PATROL

Olympia - The Washington State Patrol (WSP) announced that the state's new Hit-and-Run Alert system began operations Aug. 1. Authorized by the state Legislature earlier this year, the Hit-and-Run Alert system is a program of cooperation among state, local,

and tribal law enforcement agencies, along with the Washington State Department of Transportation (WSDOT) to enhance the ability to identify

and recover a fleeing vehicle involved in a serious injury or fatality hit-and-run collision.

"Last year, our state saw over 300 hit-and-run collisions resulting in serious injury or death. In many of those situations, information about the fleeing vehicle was available that, if widely disseminated, might have helped us find a dangerous driver," said WSP Chief John R. Batiste. We are working with our partners in law enforcement across the state and in highway safety at WSDOT to get the word out

about these often devastating crimes.

For a Hit-and-Run Alert to be activated, the following criterion would need to be met:

- A hit-and-run collision resulting in serious injury or death.
- Enough descriptive information is available to assist in locating the suspect vehicle (i.e. a full or partial license plate, a description of the vehicle and any possible damage, location and direction of travel, etc.)
- The incident has been

reported and is being investigated by a law enforcement agency.

Alerts will be sent out to the media as well as to those who sign up to receive them electronically. Local law enforcement public information officers will also post them on social media. If there is enough identifying information regarding the fleeing vehicle to be helpful for the traveling public, WSDOT will use their electronic highway Variable Message Signs and Highway Advisory Radio sys-

tems in specific locales to aid in identifying a dangerous vehicle.

"If you see or hear the alert and then see what you think might be the suspect vehicle, call 911 and report your location," said Chief Batiste. "DO NOT ENGAGE with the ve-

hicle or driver under any circumstances. Let our troopers and our fine local law enforcement officers do their jobs in safely and professionally contacting suspect vehicles," the Chief emphasized. "Let's all do our part to keep the roadways and one another safer."

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While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

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The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel Garcia 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 TheLeavenworthEcho.com (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to 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.