

New programs approved

Washington state extends Medicaid waiver for five more years

Editor's note: Last March the Quad published a story about Medicaid recertification requirements in Washington state for the 3,210 Okanogan County residents covered by or eligible for Medicaid (Apple Health) coverage.

OLYMPIA - On June 30, the Health Care Authority (HCA) announced that the Centers for Medicare & Medicaid Services (CMS) approved a renewal for Washington state's Section 1115 Medicaid demonstration waiver.

MTP is an agreement between HCA and CMS that allows Washington state to implement new policies and use federal Medicaid funds to improve Apple Health, Washington's Medicaid program.

Last summer, HCA and the Department of Social and Health Services (DSHS) applied to renew MTP. In the MTP 2.0 application, the state proposed multiple changes to its existing MTP programs and proposed new ones.

Programs approved to continue:

- Medicaid Alternative Care (MAC) and Tailored Supports for Older Adults (TSOA), which:
- Expands care options for older people so they can stay at home and delay or avoid more intensive services, such as moving to a nursing facility.
- Assists unpaid family caregivers, ages 18 or older, who provide care for their loved ones.
- Substance use disorder (SUD) and institution for mental diseases (IMD) supports.

- Supportive housing and supported employment.

Newly approved programs:

- Continuous Apple Health enrollment for children, ages 0-5.
- Apple Health postpartum coverage expansion.
- Contingency management for SUD treatment.
- Re-entry coverage for individuals leaving a prison, jail, or youth correctional facility.
- Program innovations that support older adults, including expanded eligibility and presumptive eligibility to support access and enrollment.
- Programs that address health-related social needs (HRSN), including:
 - Community-based workforce payment through Community Hubs and the Native Hub.
 - HRSN services (e.g., nutrition, housing, medical respite, transportation).
 - Rental subsidies for up to six months.

Programs pending (discussions/negotiations for these programs will continue past July 1, 2023):

- Re-entry coverage for individuals leaving IMDs/state hospitals.
- Rental subsidies (beyond six months).
- Program innovations that support older adults through coordinated personal care, guardianship and decision-making supports.
- Washington Integrated Care Assessment (WA-ICA).
- Funding for the development of local, community-based initiatives in support of health equity.

Programs denied: CMS denied the request for postpartum care for non-citizens. The denial does not mean Washington State cannot implement this program; it only means it cannot use MTP waiver funds to support this program.

State sends firefighting resources to Canada

OLYMPIA - The NW Compact, an agreement with U.S. states and Canadian provinces to share resources, allows Washington DNR and its fire service partners to send heavy air tankers, engines, hand crews, and incident management teams to Alberta.

While DNR is asking Washingtonians to do their part to stop wildfires before they start, the agency is also supporting its neighbors to the north as they fight devastating fires. The NW Compact, along with other compacts, ensures that Washington can also count on support from states and provinces as needed.

"As we're seeing from the

massive smoke impacts on the East Coast right now, wildfire isn't just a West Coast issue," said Commissioner of Public Lands Hilary Franz. "The far-reaching effects of wildfire touch us all."

"Agreements like the NW compact are vital. We're supporting our friends in Alberta with vital equipment and crews, and we know they'll have our backs if we're facing a similarly dire situation," said Franz. "We've experienced catastrophic wildfires and smoke and know how important it is to have as many resources as possible to put the fires out and protect communities."

Crews quickly respond

Lightning sparks wildfires in Okanogan County

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - Lightning strikes sparked wildfires in several parts of Okanogan County on Tuesday, June 27, as ground crews and aircraft mobilized to quickly suppress the flames.

One blaze that ignited near the junction of Jack Wells Road and Delfield Road southeast of Bridgeport on the Colville Reservation was contained by air drops, a dozer fire line, and ground personnel, burned about 100 acres before it was brought under control, according to a firefighter on the scene.

Last month Commissioner of Public Lands Hilary Franz issued a media release that cautioned residents about fire conditions ahead.

"We're in for a long, active fire season this year that will drain resources and makes the potential of large fires impacting communities worrisome," Franz said. "I have a challenge for Washingtonians - please help fire crews here and in Canada by not adding human-caused fires to the equation."

Franz asked the public to follow "best practices and recreate responsibly," by "knowing the restrictions regarding campfires in their area, never leaving a flame unattended, and always being careful with fireworks and other incendiary devices."

The DNR projects above-average temperatures this month and in August, the typical peak months for wildfire in the state. A lack of precipitation through May has led to active fire behavior on both sides of the Cascades, not just here but also in Canada where smoke from its fires are blanketing the eastern U.S.

As last week's incidents demonstrate, lightning is no respecter of best practices. Several online websites like the National Oceanographic and Atmospheric Administration's noaa.gov explain the different types of lightning



Mike Maltais/QCH

Looking southwest, the charred terrain in the distance shows where a lightning-caused wildfire was stopped as it crested the plateau on the Colville Reservation.



Mike Maltais/QCH

A bulldozer creating a fire line can be seen in the lower right corner of the photo.



Mike Maltais/QCH

A fire crew staged near the contained fire is part of the mop up operation.

- positive, negative, and bipolar. While positive strikes comprise about five percent of all strikes, they are believed to be the greatest source of wildfires.

Changes coming to Confluence Health facility names

SUBMITTED BY ADAM MACDONALD, CONFLUENCE HEALTH

Wenatchee - Beginning July 1, Confluence Health transitioned its naming conventions for its hospitals and some other locations to increase clarity and allow for smoother services for patients.

Ten years after Wenatchee Valley Medical Center (now known as Wenatchee Valley Medical Group) and Central Washington Hospital affiliated under the name of Confluence Health in 2013, the organization will now transition to a single entity: Confluence Health. This change will result in some of the facilities having new names.

"After being first announced last summer, there has been a lot of work getting everything ready for

this important transition," remarked Tom Legel, chief financial officer for Confluence Health. "Bringing everything together has been complex with lots of challenges. We are excited for this transition and thankful to every staff member and provider for helping to make Confluence Health a place that means trust, respect, compassion, and teamwork to the community we serve."

With this transition, Central Washington Hospital and Wenatchee Valley Hospital will become one hospital, Confluence Health Hospital, with two locations. The former Central Washington Hospital will be the Central Campus of Confluence Health Hospital and the former Wenatchee Valley Hospital will be the Mares Campus.

In addition, to better reflect the services they provide, the Omak and Moses Lake clinics will now be known as Confluence Health Omak Campus and Confluence Health Moses Lake Campus, respectively. Other clinics - such as Confluence Health Cashmere Clinic, will not change their names.

"It's important for everyone to know that, while the names of our facilities are changing, we are still fully committed to providing excellent care for our community. Our commitment to care isn't changing," remarked Dr. Andrew Jones, CEO for Confluence Health. "This transition should instead help provide clearer and more consistent naming conventions, along with making some processes even smoother for our patients, staff, and providers, and that's

something worth celebrating."

About Confluence Health: Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. Confluence is one of only two locally-lead healthcare systems in the state with the purpose of maintaining availability and access to high-quality, cost-effective healthcare services for North Central Washington. The Confluence Health Board of Directors provides governance for Confluence Health, the Clinic, Central Washington Hospital, and Wenatchee Valley Hospital, and includes nine community board members and six physician board members.

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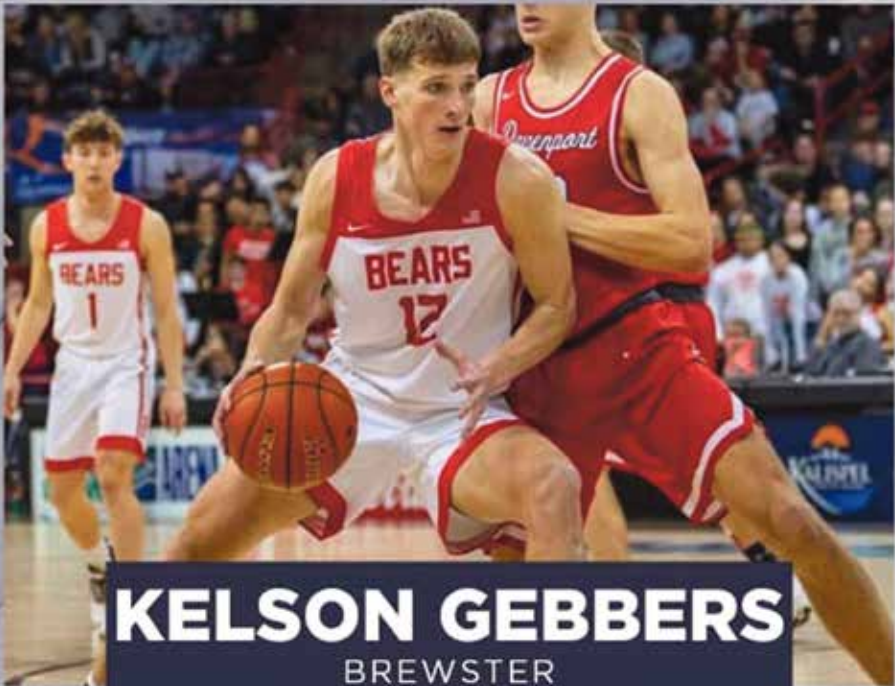


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Will play for University of Portland Pilots

Kelson Gebbers named Washington 2B Senior Athlete of the Year

WASHINGTON 2B SENIOR ATHLETE OF THE YEAR



KELSON GEBBERS
BREWSTER
FOOTBALL, BASKETBALL

Courtesy Nikki Gebbers

State 2B Senior Athlete of the Year Kelson Gebbers

By MIKE MALTAIS
STAFF WRITER

BREWSTER – Not long after he removed his cap and gown following graduation ceremonies for the Bears' Class of 2023, senior standout Kelson Gebbers was on his way to the next phase of his athletic/academic career, on scholarship to NCAA Division I, University of Portland. "He's down in Portland, already," said his mother Nikki Gebbers, "He has started his classes and is in his dorm with another teammate. It's a big change but I think he's very happy." Perhaps not as happy as the Pilots' sports program that recruited a prospect wooed and wanted by big

name schools across the country.

Gebbers' latest accolade was being named the state's top 2B Senior Athlete of the Year. Some impressive numbers earned on the basketball court and football gridiron back up the recognition.

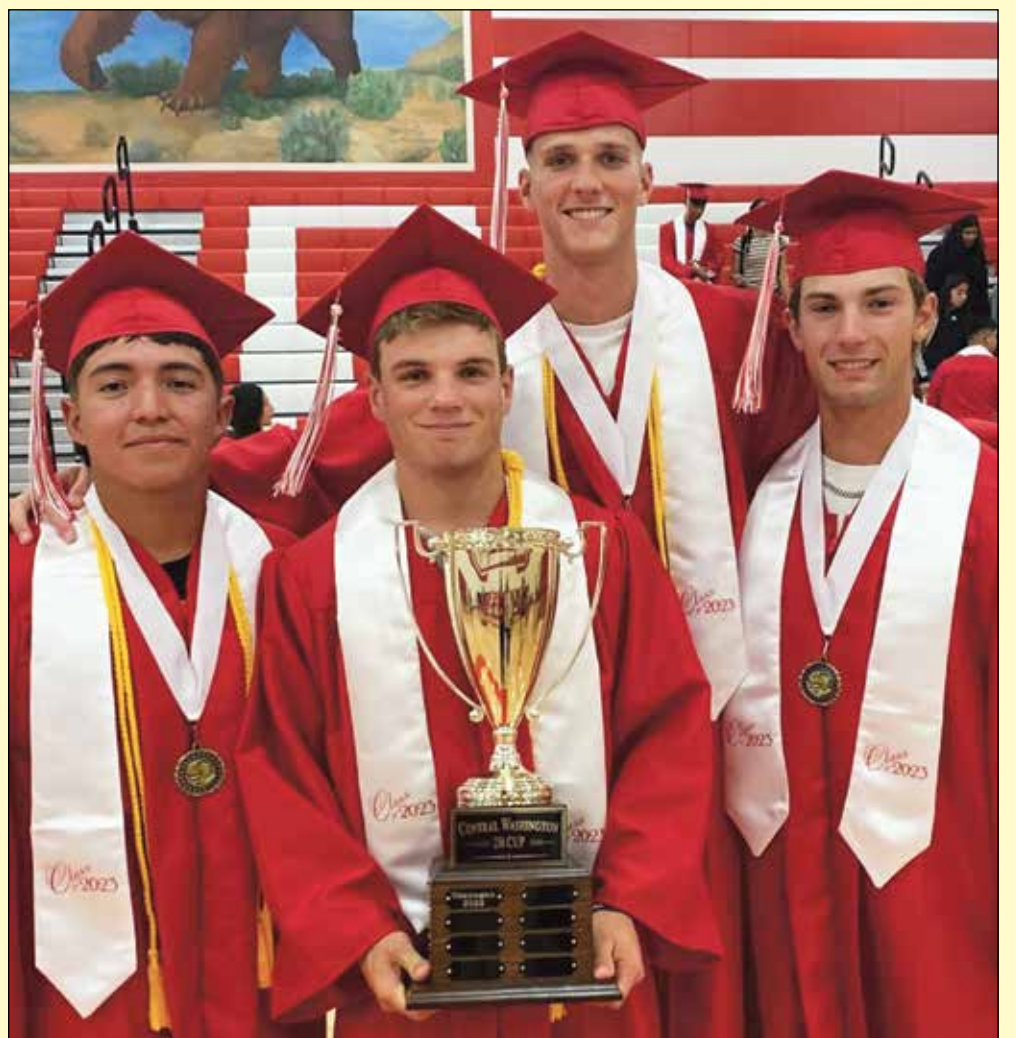
- 2,761 passing yards that set a new Brewster single season record, eclipsing the 2005 mark of 2,369 yards set by Chase LaMoreaux.
- 26 touchdowns with a pass completion average of nearly 55 percent.
- CWB 2B First Team and Player of the Year
- 739 points/26.4 ppg. and 12 rebounds according to head basketball coach Michael Taylor.

- Second place state basketball.
- A nearly 4.0 GPA.

And that is just in Gebbers' senior year. Along the way he set more school benchmarks for future Bears' athletes to chase:

- Most single season pass attempts: 316
- Most single season completions: 173
- Most career completions: 274
- Most career passing yards: 4,437.
- 1,783 career basketball points, nearly 20 ppg, over 90 games. That would place Gebbers fifth in the roster of 21 Bears men who have scored 1,000 points or more since 1977.

Brewster Bears claim 2023 CW 2B Cup



Courtesy brewstersportsfacebook

The Central Washington 2B Cup traveling trophy is spending the year at Brewster after the Bears sports teams outperformed the other schools in the league in athletic achievement. Posing with the award are from left, Eric Ramirez, Reese Vassar, Kelson Gebbers, and Tyson Schertenleib. Among the Bears' outstanding 2023 team performances are second place in state basketball, and third place in baseball.

Milltown annexation approved

Okanogan County issues record number of building permits

Editor's note: The following meeting summary of the Board of Commissioners of Okanogan County (BOCC) for Tuesday, June 20, is taken from notes provided by County Watch (countywatch.org).

OKANOGAN – The county may be entering a building boom according to figures disclosed to the Board of County Commissioners by county assessor Larry Gilman at the June 20 BOCC meeting.

Okanogan County is seeing the highest volume of building permits ever this year. There currently are 1,376 open permits. Gilman said that the Methow Valley was discovered by buyers/investors in the 1990's and now the rest of the county is getting the same treatment. Gilman credits three factors driving this surge of sales/purchases:

1. Retired people who sell a home elsewhere and purchase here with cash – not using a bank.
2. People who can work from home and live anywhere.
3. People buying their second, third, or fourth home.

In other Commissioner business:

- Tuesday, June 20, morning
- A \$40,000 budget supplement was approved for a public works window replacement and HVAC installation.

Tuesday, June 20, afternoon

- Solid Waste update: Pond 1 may have a leak. Three years ago it cost \$15,000-17,000 to repair Leach A pond. The 30-year-old liner can be replaced for \$40,000-\$50,000. Repair costs would be about \$35,000 vs. buying new.
- The Governor's budget included a Medicaid increase of 15 percent, adding \$267,000 to Medicaid rates for mental health and substitutes. It will impact Okanogan Behavioral Health Care and its ability to pay staff.
- The new 988 crisis line funded through a tax on the telecom system is getting attention. The county is in preliminary talks with the opioid settlement administrator about re-allocating some of those funds to pay for a person to provide services in the jail as needed.
- Copperstone Planned Development had paid its permit fees. The project between Methow and Pateros calls for creation of 56 residential lots and related facilities on 275.5 acres of former orchard and grazing land on the east side of the Methow River and south of the Burma Road bridge. The site is about two miles south of the town of Methow and 8.25 miles north of the City of Pateros.
- Resolution 67-2023 was approved for the Twisp Milltown annexation, a proposal to annex land to the city of Twisp for a development project.

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

Douglas County Sheriff's Office

June 23
09:51 Fireworks, 400 Fairview Ave., Bridgeport
14:58 Injury Accident, 509 W. Birch St., Waterville
15:55 Property, 2400 Tacoma Ave., Bridgeport
20:44 Traffic Offense, SR 17 MP 135, Bridgeport
22:38 Suspicious Circumstance, 1513 Tacoma Ave., Bridgeport

June 24
15:21 Harassment/Threat, 100 E. Park St., Waterville
15:39 Marine Call, Bauers Landing, Orondo
16:47 Alarm, 356 Moses Coulee Rd., Waterville
19:14 Extra Patrols, 422 S. Harrison St., Waterville
21:52 Noise Complaint, 115 6th St., Bridgeport
23:49 Disturbance, 11th St. and Columbia Ave., Bridgeport

June 25
09:49 Traffic Offense, B NE and 17 NE, Mansfield
11:44 Domestic Disturbance, 10 block Spring Canyon Rd., Orondo
21:40 Fireworks, 11 Moe Rd., Bridgeport Bar

June 26
09:25 Public Assist, Waterville area
18:40 Civil Dispute, 61 Orondo Loop Rd., Orondo
21:05 Fireworks, 5th St. and Columbia Ave., Bridgeport
21:33 Traffic Offense, US Hwy. 97 MP 215, Orondo

June 27
11:33 CPS/APS Referral, 76 Zanol Loop Rd., Orondo
16:44 Alarm, 45 Hayden Rd., Chief Joseph Dam, Bridgeport

June 28
05:16 Weapons Violation, 21318 US Hwy. 97, Orondo
09:36 Non-injury Accident, 219 W. Birch St., Waterville
12:06 Trespassing, 1206 Columbia Ave., Bridgeport
17:54 Domestic Disturbance, 309 S. Central Ave., Waterville
22:38 Burglary, 700 Fairview Ave., Bridgeport

June 29
05:57 Alarm, 2422 Monroe Ave., Bridgeport
07:41 Trespassing, 102 S. Chelan Ave., Waterville
08:28 Runaway, 228 Grange Rd., Bridgeport
10:09 Welfare Check, 117 S. Chelan Ave., Waterville
10:57 Civil Dispute, 101 W. Marine View Dr., Orondo
11:10 911-call, 2400 Tacoma Ave., Bridgeport
14:37 Theft, 102 E. Locust St., Waterville
19:16 Welfare Check, SR 173 MP 2, Bridgeport
21:18 Property, 929 Maple St., Bridgeport

21:28 Trespassing, 422 S. Harrison St., Waterville

Brewster Sheriff's Department

June 23
12:22 Suspicious Circumstance, W. Jay Ave., Brewster

June 24
09:35 A disabled vehicle was reported on Hwy. 97 and Old Hwy. 97 in Brewster for a subject with a semi truck that appeared to have lost their trailer.
22:32 A caller on W. Cliff Ave. reported taking her chihuahua out and observing a large black dog attacking and killing a small white dog.
23:51 An agency assist was requested on 11th St. and Columbia Ave. in Bridgeport for 20 subjects fighting physically.

June 25
14:53 A vicious black dog was reported on S. Bridge St.
20:41 Theft was reported on Hwy. 97 in Brewster.

June 26
11:47 Malicious mischief was reported on S. 7th St. and W. Cliff Ave. in Brewster when the caller came home to find her truck keyed, they reported it was unknown who may have done it.
12:08 Theft of an automobile was reported on W. Main Ave. in Brewster.

13:23 Information was requested on W. Main Ave. in Brewster.
17:04 A fire alarm was triggered on Hospital Way, it was set off by a floor cleaner.
19:40 A caller reported a 35-year-old person at-risk of suicide that left from a residence on S. 3rd St. in Brewster.

June 27
18:10 Illegal burning was reported on N. 7th St. in Brewster.

June 28
15:10 A citizen transport and contact was requested on Hospital Way for a subject that was reportedly very aggressive and delusional.
16:20 A civil dispute was reported on W. Cliff Ave. in Brewster and their ex advised him that she already sold his items at their mutual residence.

22:10 Fireworks were reported with juveniles at the parking lot and on Bridge St. lighting them off and reportedly competing with each other.

Okanogan County Sheriff's Office

June 22
12:15 A wildland fire was reported on North Star Rd. in Brewster as half an acre at the time, with flames 3-feet tall and not close to structures, growing to the north.
13:59 A citizen assist was requested on Keran Dr. in Brewster for a civil standby to get items from

his parents' house and there was an order in place.

June 23
11:01 A caller requested law enforcement deliver a message on Starr Rd. in Pateros regarding a death in the family.
18:28 A rollover accident was reported on Old Hwy. 97 when a black Tahoe rolled three times after driving off the road and one male subject was up and walking.

22:15 A noise complaint was reported on Monse Bridge Rd. for subjects in a blue Kia reportedly drinking with loud music.
June 24
100:42 A noise complaint was received from Sunset Dr. in Brewster for a small car with subjects playing loud music with the bass up.
23:03 A noise complaint was received from Brewster Grange Rd. and Hwy. 97 for loud music.
23:40 An assault was reported on W. Ives St. in Pateros when a caller advised their brother just put his hands around the caller's neck, the parties were separated.

June 25
07:05 An animal problem was reported on LaGrange Rd. for a dog that had been hit by a car in Bridgeport.
June 26
11:47 Malicious mischief was reported when a caller's truck was keyed on S. 7th St. and W. Cliff Ave. in Brewster.
14:16 A domestic disturbance was reported on Morning Star Way in Brewster.
14:33 Fraud was reported on Crystal Brooks Ln. in Brewster when a call was received seemingly from Border Patrol saying the caller's name was being used to launder money from several banks, then began asking personal questions.

June 27
17:21 A non-injury accident was reported on Old Hwy. 97 and Driskell Rd. in Brewster with one vehicle, non-blocking.

June 28
04:30 A domestic dispute was reported on North St. in Pateros for a 29-year-old male subject reportedly yelling and screaming at everything.
06:55 A suspicious circumstance was reported on Hwy. 153 in Pateros when an older hispanic male subject had reportedly been camping at a public fishing area across from the caller's residence. The subject reportedly comes over to the caller's property, playing a guitar and talking to himself.
19:49 A caller reported suspicious activity when unknown subjects were shooting guns down at the end of the road where the old helicopters are parked on Brewster Airport Rd.

Driver seriously injured in semi truck rollover



Courtesy Jim Oatey/Douglas County Fire District #4

On June 30 at 2:45 p.m. an auto accident was reported in Orondo two miles up McNeil Canyon Road. On arrival firefighters found a semi and trailer through the guardrail and over a steep embankment. Both the semi tractor and trailer were ripped apart with a load of apples spilling down the canyon. The driver of the semi was extricated from the vehicle and transported to Lake Chelan Health with serious injuries. Fire units on scene secured the vehicle that had an environmental spill and arching electrical components. McNeil Canyon Road was closed for a short time and was also closed at a later time when the semi and trailer were pulled from the canyon. Eleven Emergency Responders were on scene from Orondo Fire, Lake Chelan Health EMS and Douglas County Sheriff's Office. The sheriff is investigating the cause of the accident.







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COMMUNITY BULLETIN BOARD

July 5, 7

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

No meals served July 11-12, 14/ staff vacation

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.
 July 5: Chicken Parmesan, Pasta Marinara, Italian Veggies, Garden Salad, Fresh Fruit Tray, Garlic Bread, Dessert; July 7: Baked Fish Fillet, Herbed, Fettucine, Peas, Cabbage/Apple Slaw, Mixed Berries, Angel Food Cake.

July 5-8, 10-15

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 our 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.

July 5-6, 10-13

Chelan Valley Hope

Hope Hoedown Sept. 16

CHELAN - Chelan Valley Hope is excited to invite you all to the Hope Hoedown on September 16. Kick up your boots at the Hope Hoedown, a benefit for Chelan Valley Hope. Join them for a fun western-themed event for the whole family at Chelan Valley Farms. There will be Live Music from Miller Campbell, a Kid's Korral area with games, face painting, corn hole, and an interactive photo booth. Dooley Dogs and Taqueria Mazatlan, as well as Kettle Corn, will be available for purchase. A variety of beverages are available for purchase, including beer, wine, and mocktails. A raffle will be held, featuring several big-ticket items. There will be separate baskets for those under 21 years old. Additionally, A local artist will be doing live painting, creating a customizable scenery picture, and the lucky raffle winner will receive this unique piece. Other activities include a "Jail & Bail" game, where participants can be "arrested" and "bailed out" for a donation to Hope. To learn more and to purchase tickets visit ChelanValleyHope.org/hh or HopeHH.Eventbrite.com

July 5, 19

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.

July 5

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.

July 6

Bingo

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

July 7

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.

July 8

Kids Triathlon

WENATCHEE - Mission Ridge Ski Team (MRST) is hosting the 2nd Annual Kids Triathlon Saturday, July 8, in Walla Walla Point Park in Wenatchee. The event is sponsored by Artisan Flooring and begins at 9 a.m. The event is for kids ages 6-14. Distances for each leg of the swim, bike and run vary by age category. The event begins with the swim leg in the swimming area near the Walla Walla Point Park playground. Children will be able

to touch in the swimming area and lifeguards from the Wenatchee Racquet and Athletic Club will supervise the water events. After exiting the water, participants will transition to the bike leg. Participants need to bring their own bikes. The event finishes with a run to the finish line. The top three in each age category will receive medals. No prior experience is required. The event is limited to the first 100 competitors per age group. The cost to register is \$45. All participants will receive a t-shirt. For more information and to register visit mrst.us.

July 10, 24

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

July 10, 24

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.

July 10

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.

July 11

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

July 12

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.

July 13, 20

Brewster bus trips

BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is July 13. 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, July 20 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.

July 16 - Triangle Park

Okanogan County Democrats Family, Friends Picnic

OMAK – The Okanogan County Democrats Family and Friends Picnic will be held July 16, 1-4 p.m., at the Omak Eastside Park in the Triangle Park area. There will be free food, live music. Meet other Democrats from all around the county. Featuring Washington State Democrats chair Shasti Conrad and candidate for Washington State Attorney General Manka Dhingra. More info at: www.okanogan-democrats.org

July 17

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: tcfwenatcheevalley.org

Obituary & Memorial Policies

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

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THE WASHINGTON OUTDOOR REPORT

Outdoors Roundup

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Summer Chinook Season Curtailed

The Oregon and Washington Department of Fish and Wildlife announced fishing for adult summer chinook from the mouth of the Columbia River to Priest Rapids Dam was closed on July 1. The reason why? It's because the run is tracking significantly below pre-season expectations. As of June 28, only 52,572 adult summer chinook salmon had crossed Bonneville Dam. That's about 12,000 fish less than last year's run at this time and 6500 fish less than the ten-year average.

However, fishing for sockeye salmon, hatchery steelhead and jack chinook salmon remains open from the Astoria-Megler Bridge upstream to the Hwy 395 Bridge in Pasco. The daily adult bag limit is two adult salmonids (only one may be a hatchery steelhead) and five hatchery jack salmon. All sockeye salmon are considered adults. The fall chinook run on this portion of the Columbia River is still scheduled to open on August 1.

The Wenatchee Salmon Derby

The 10th annual Pete Flohr Memorial Wenatchee Salmon Derby takes place on the Columbia River between Rock Island Dam and Wells Dam on July 14 and 15. There will be over \$7500 in cash and prizes given away this year



Courtesy Washington State Parks

The Mount Vernon Mariachi group plays this summer at Lake Wenatchee State Park.

to include a cash prize for the biggest salmon weighed in and for the team who weighs in the heaviest limit of salmon on their boat. There is a mandatory skippers meeting at 6 p.m. on July 13 at the Eagles Aerie in Wenatchee. Weigh-ins will take place both derby days at Beebe Bridge State Park and at Hooked on Toys in Wenatchee. The awards ceremony will commence on Saturday July 15 at 5 p.m. at the Wenatchee Eagles Aerie. Proceeds from the event benefit the Washington state chapter of the Coastal Conservation Association. Tickets are available online at

A reminder - No Fireworks on Public Lands

Fireworks are illegal to use in many places east of the Cascade mountains due to high

fire danger and that includes public lands throughout the state such as state parks, national parks, U.S. Forest Service lands as well as property managed by the Bureau of Land Management in both Washington and Oregon. With wildfires already starting in several locations in Chelan, Douglas, and Grant Counties, fireworks bans can help reduce the risk of additional fires starting at this time of year.

Music at Lake Wenatchee State Park

Lake Wenatchee State Park will come alive with the sound of music this summer. Washington State Parks announced the 2nd Annual Mountain Melodies concert series has been scheduled at Lake Wenatchee State Park's South Park am-



Courtesy CCA WA

Salmon weighed in at a past Wenatchee Salmon Derby.

phitheater.

This year, the concerts will feature music from Eastern Europe, Norway, Mexico and rural America. All of the concerts take place between 8 and 9 p.m. on Saturday evenings in July and August. Here is the concert lineup:

July 15: Radost Ensemble and Dunava (Balkan, Klezmer, Eastern European music, and dance)

July 29: The Eclectic Cloggers (Old-time, bluegrass, Appalachian music, and clogging)

Aug. 12: Leikarringen (Norwegian folk music and dance)

Aug. 26: Mount Vernon School District Mariachi & Folklorico (More than 100 students from Mount Vernon High School's outstanding Mariachi program)

You can find out more about

this program at www.parks.wa.gov/1248/Mountain-Melodies-2023-Concert-Series.

Check out an outdoors adventure at your local library

Washington State Parks, along with several other state government agencies, are partnering with several non-profit foundations and the Washington State Employees Credit Union (WSECU) to expand its Check Out Washington Program by providing 500 adventure packs to libraries across the state for individuals to check out much as they would a library book. Each adventure pack con-

tains a Discover Pass, which provides families with free parking at public lands managed by Parks, Washington Department of Natural Resources and Washington Department of Fish and Wildlife. They also feature educational materials, a set of three laminated pocket guides about Washington trees, wildlife and birds, and a high-quality set of binoculars. The adventure packs are made in-state by eqpd gear, a Twisp-based sustainable bag manufacturer.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Firewood permits available for Colockum Wildlife Area near Wenatchee

SUBMITTED BY WASHINGTON DEPT. FISH AND WILDLIFE

WENATCHEE - The Washington Department of Fish and Wildlife (WDFW) announced June 27 that it has firewood permits available for the Colockum Wildlife Area near Wenatchee.

The available firewood is a result of a 900-acre forest health treatment to restore forest health, reduce fuel loads and prevent wildfire, and defend against insect outbreaks in the wildlife area. In line with the Department's Management Strategy for the Washington State Department of Fish and Wildlife's Forests, the thinning project helped to bring the area back to healthy historical tree densities, from 120 to 140 trees

per acre to now about 30 trees per acre.

Interested applicants should complete a firewood permit, downloadable at this link: <https://wdfw.wa.gov/sites/default/files/2023-06/wdfw-firewood-permit.pdf>

and mail it to the Department's South Central Region Office: Attn: Randy Carbary, 1701 South 24th Avenue, Yakima, WA 98902-5720. The Department anticipates issuing 30 permits for this first section, with six sections available in future permitting phases across the 900 acres. Permits are available on a first come, first serve basis. Selected permit applicants will have through October 2023 to gather firewood. Reference a map of the section online.

Permittees will be allowed

to cut and haul up to five cords of firewood for personal use. Harvesters can cut from slash piles or downed wood. Gathering firewood from standing trees is prohibited. Harvesters should also check for and follow Industrial Fire Precaution Levels prior to operating chainsaws during high fire danger periods. Harvesters also need a Discover Pass or Vehicle Access Pass to park on WDFW-managed lands.

For more information, reference the Colockum Wildlife Area webpage. Since 2014, WDFW has used a variety of forest management tools to mitigate risks and restore forests to their historic, healthier states. Restored forests decrease severe wildfire risk, improve health and habitat for fish and wildlife species,

and protect homes and local communities. Of forest management tools available, the Department focuses mostly on forest thinning, prescribed burning, and creating fuel breaks.

WDFW manages more than a million acres of land and hundreds of water access areas throughout the state. By actively managing lands, restoring habitats, and preserving wild places, the Department serves as stewards for Washington's natural places, protecting the state's land and water for its human and wildlife.

Harts Pass Trailhead will be closed in July due to construction work

SUBMITTED BY DEBORAH KELLY, USFS

WINTHROP - A popular trailhead used by Pacific Crest Trail hikers will close temporarily for construction work in July 2023. Contractors will be working at Harts Pass Trailhead, located 32 miles northwest of Winthrop, in early July as soon as snow conditions allow. The work is part of an ongoing trailhead improvement project that will expand and improve parking areas at the main Harts Pass trailhead.

"Last year the contractors worked right up until the first predicted snowfall, but there remains some work to do to finish it up this year," said Methow Valley Ranger District Recreation Manager Rosemary Seifried. "These improvements will make it easier for visitors to park safely and enjoy a hike in the area or a picnic or just a scenic stop on a drive," Seifried said.

The contract work involves hauling approximately 60 loads of gravel to the parking area. The Harts Pass Road #5400 will be closed to all motorists for approximately five days in July between 8 a.m. - 5 p.m. daily, to allow for heavy equipment and gravel

hauling. The road will reopen at the end of each workday for vehicle access. Visitors should plan their travel accordingly.

The trailhead improvements will ensure safer loading and staging areas for stock, including room for stock trucks. The project will

also include additional parking spaces and edge barriers for safety, along with two new toilets located at the upper and lower parking areas.

The project is funded by Washington State Recreation and Conservation Office and is expected to be completed by the end of this summer.

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Where were you in 1974?

You could have seen the movie *The Sting*, starring Paul Newman and Robert Redford. Its soundtrack introduced ragtime music, showcasing Scott Joplin's musical genius.

1974 the Food and Drug Administration approved ibuprofen as a prescription medicine to treat mild to moderate pain and inflammation.

Acetaminophen eases headaches and fever, but ibuprofen is more effective for muscle aches and inflammation. In 1974, doctors could prescribe ibuprofen instead of aspirin for muscle aches, arthritis pain and swelling, and menstrual cramps.

Aspirin and ibuprofen are non-steroidal anti-inflammatory medications or NSAIDs. Ibuprofen is less irritating to the stomach than aspirin, which gives better pain relief and fewer side effects.

One decade later, facing the expiration of its patent, ibuprofen's manufacturer applied to the FDA for approval to sell it without a prescription. In addition to the 400mg, 600mg, and 800mg tablets of prescription-only



**Ask...
Dr. Louise**

Motrin®, in 1984, the FDA approved ibuprofen as Motrin-IB® 200mg tablets, available over the counter (OTC).

Years later, naproxen followed the same path: first as a prescription-only anti-inflammatory, then approved for OTC use as Aleve®. The main options for pain relief by mouth without a prescription today include aspirin, acetaminophen, ibuprofen, and naproxen.

Non-prescription doses of naproxen or ibuprofen are much safer than aspirin and more effective than acetaminophen in relieving muscle pain, menstrual cramps, and toothache.

Although taking an NSAID is usually safe for easing fever and muscle aches, it can be dangerous for people with certain medical conditions like heart failure.

Eighty-two-year-old Diana takes a water pill daily for her heart failure, preventing fluid from building up in her lungs.

Last month, Diana started taking ibuprofen (Advil®) for a sinus headache. She continued her medications, but the ibuprofen in the Advil® triggered fluid retention. She ended up in the hospital with trouble breathing from fluid in her lungs and swelling in her hands and feet.

NSAIDs can also spell trouble for people with kidney problems, like diabetics. Taking ibuprofen or naproxen by prescription or OTC can trigger kidney damage, especially if you get dehydrated. Excessive sweating or suffering from vomiting or diarrhea can cause dehydration. Taking

NSAIDs when your body is low on fluids can seriously harm your kidneys.

People who have had a bleeding ulcer should also avoid taking NSAIDs like ibuprofen and naproxen. These medicines interfere with maintaining the protective gel layer that lines your stomach, protecting it from the acids you secrete to digest your food. Taking ibuprofen or naproxen erodes the gel lining of your stomach, making it thinner, which puts you at risk for stomach pain or bleeding.

When taken at the beginning of menstrual flow, just one dose of ibuprofen or naproxen can head off debilitating abdominal cramps. One dose of an NSAID right before a tooth extraction can avoid suffering from swollen "chipmunk cheeks" afterward.

Do you make frequent trips to the bathroom at night? One intriguing side effect of NSAIDs is reducing the frequency of urination. You only need a small dose: one 200mg ibuprofen tablet or Advil® Dual Action tablet at bedtime is enough to make

a difference.

Here are 5 Tips to Help Keep Yourself Safe When Taking NSAIDs:

1. Keep yourself hydrated.

Even young, healthy people can suffer severe kidney damage if they become dehydrated while taking an NSAID medicine. NSAIDs interfere with your body's safety net for your kidneys when you get low on fluid.

2. Ask your doctor first.

Most people can take low doses of ibuprofen or naproxen without harm. However, NSAIDs can aggravate and accelerate kidney problems. If you have diabetes, take Tylenol® (acetaminophen) for aches and pains instead of an NSAID, and consult your doctor before taking ibuprofen or naproxen.

3. Protect your heart.

If you have congestive heart failure, also called CHF, avoid taking any medicine that includes an NSAID. By causing sodium and water retention, ibuprofen and naproxen counteract the beneficial effects of water pills that help to keep fluid out of your lungs and reduce

swelling in your hands and feet.

4. Watch your blood pressure.

NSAIDs often cause your blood pressure to rise. They can interfere with how medicines keep your blood pressure in a normal range.

5. Don't double up.

It's surprisingly easy to take two NSAIDs at the same time. That's because the prescription strengths have different brand names than the OTC versions of the same medicines. Not realizing that you are taking two drugs with the same ingredient puts you at risk for overdose and side effects like stomach pain, bleeding, kidney and heart problems.

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

Outdoor power equipment helps weather a storm or power outage

Be prepared and keep safety in mind, says the Outdoor Power Equipment Institute

SUBMITTED BY DEBBI MAYSTER

Summer storm season is nearly here, but having the right outdoor power equipment on hand year-round is important, says the Outdoor Power Equipment Institute (OPEI), which advises home and business owners to think ahead before foul weather or a power outage disrupts life. "It's important to be prepared year-round given any season can be storm season. We see more people investing in portable and whole house generators and having other outdoor power equipment on hand such as chainsaws and water pumps to mitigate any damage from felled trees and water damage and floods," says Kris Kiser, President & CEO of OPEI, an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles, and golf cars. He notes that outdoor power equipment is becoming faster, lighter, more efficient, and more technologically advanced. "There's a power source for every need including battery/electric, propane, solar and gasoline," he says, noting each has different maintenance and care requirements. "Always read and follow the manufacturer's

WEATHER THE STORM
HOW TO PREPARE FOR THE NEXT STORM, HURRICANE, OR FLOOD

PREPARATIONS BEFORE THE STORM:

- Plan ahead by making sure you have the equipment you need and it's in good working order
- Always keep the right fuel on hand and check that batteries are charged
- Get everything set by having safety gear at hand and ready to go

SAFETY MEASURES AFTER THE STORM:

- Use safety precautions—keep a firm footing and ALWAYS use two hands on equipment
- Only use portable generators outside and make sure there's plenty of ventilation
- Drive utility vehicles (UTVs) slowly, never on steep grades, slopes, hills, or through standing water

OPEI Powering good.

manual." To get ready for inclement weather, homeowners should identify which equipment is needed. Chainsaws or pole saws can trim limbs and shrubs ahead of a storm and handle clearing.

String trimmers, pruners and chainsaws can also remove combustible material from around your home, making it less vulnerable to wildfires. A portable generator will power key appliances and charge

cell phones when utilities go down. Before an outage, plan where the generator will be set up (never in a home or garage, and always away from your home and any air intake) and determine how to

secure it if needed. Buy and install a carbon monoxide detector, too. Get outdoor-rated extension cords for portable generators and consider adding an approved cover to your generator for rainy weather. A whole house generator can keep the lights and appliances on and running. Water pumps can help get water and muck out of basements and homes. Be sure you know how to operate the pump. Never pump substances that your equipment is not designed to cope with. Pay attention to avoid overheating and follow all safety precautions. A utility type vehicle can transport people and supplies quickly in an emergency. Keep the vehicle stable and drive slowly. Do not turn mid-slope or while on a hill. Consider taking a safety course. Always read the directions provided by outdoor power equipment manufacturers and be sure to follow all manufacturer's safety and usage recommendations before you need it, not waiting until an emer-

gency. Practice how to operate equipment. Save a digital copy of the owner's manual on your computer if possible, so it can easily be consulted in the future. Make sure to have the right fuel on hand and charge batteries ahead of an outage. Gasoline-powered equipment uses E10 or less fuel and most manufacturers recommend adding a fuel stabilizer. Fuel that is more than 30 days old may phase separate and cause running problems, so it's important to purchase fuel just ahead of a storm. Store fuel safely and only use an approved fuel container. One of the most important things operators can do for safety is to pay attention to energy levels and health. Preparation for bad weather, a power outage and storm cleanup can be taxing on the body and the spirit. Do not operate power equipment when tired or overly fatigued. Drink plenty of water and take regular breaks. Always use safety equipment like chaps, gloves, eye protection or hear-

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- *Shari Lewis' TV puppet, ___ Chop
- Black gunk
- Chills and fever
- Misbehavior on road
- Near the wind
- Ship's steering wheel
- Sign of escape
- "How to Get Away with Murder," starring ___ Davis
- *Featuring Jerry, Elaine, George, Kramer
- Theories
- Mai follower
- *Featuring Sam, Diane, Cliff, Norm, Carla
- Scary creature
- Salmon on a bagel
- Etsy member
- Craving
- Quaker Man's grain
- Romanov rulers
- Stay clear of
- "The ___ Life" on Animal Planet
- Keep from happening
- Sets to zero
- Old age, in the olden days
- "___ Previews" with Siskel and Ebert
- Same as taboo
- *Featuring Dre, Rainbow, Zoey, Andre, Diane, Jack
- New Testament king
- Is not, colloquially
- At hand
- Microscope part
- "Hogan's Heroes," set in ___ Germany
- Coin opening
- Like some martinis
- Big Bang's original matter

DOWN

- ___-di-dah
- Awfully long time
- Stubborn beast
- Make soiled, in the olden days
- At the heart of Boston Tea Party
- Quick or nimble
- No longer working, shortened
- *Featuring Rebecca, Jack, Kate, Randall, Kevin
- *ABC comedy-drama, "___ 222" (1969-74)
- 90-degree pipes, e.g.
- Public health agency, acr.
- "The wretched ___ of your teeming shores"
- Of a bird
- Relating to Scandinavia
- Lookout point
- Necklace lock
- Great esteem
- Napoleon's time on Elba
- Crystalline hydrochloride
- Crossbeam
- Kind of heron
- "The defense ___"
- *Featuring Hurlley, Sawyer, Kate, Sayid, John
- Lake, in Provence
- *Featuring Stubing, Smith, Washington, McCoy, Bricker
- Fine-tune
- Finish line, e.g.
- Builds
- Certain jeans fit
- More than sly
- "The ___," featuring Fran, Maxwell, C.C., Niles
- "To ___ the Truth," game show
- Golden Fleece ship
- *Like George Costanza, Homer Simpson or Captain Picard
- Close an envelope
- Mental confusion
- Possesses
- Canyon feature

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Pangborn's Festival of Flight is July 7-8 - a free family fun event

SUBMITTED BY TRINA ELMES, PIO, PANBORN'S FESTIVAL OF FLIGHT

EAST WENATCHEE - The City of East Wenatchee and the Chelan-Douglas Regional Port Authority invite you to a free, family friendly, community event, Pangborn's Festival of Flight on Saturday, July 8. Learn about East Wenatchee's aviation history, check out some amazing airplanes, grab some lunch from our delicious food vendors, have your face painted, visit our exhibitors and have fun learning with their exciting aviation and Japanese activities.

July 7: Big Band Dinner and Dance

We are kicking off the event with the first-ever, 1940's Big Band Dinner & Dance on July 7. Tickets are selling fast and proceeds support the Spirit of Wenatchee's Aviation Scholarship. There will be a silent auction, the Wenatchee Big Band is play-



Pangborn's Festival of Flight

At Pangborn's Festival of Flight on Saturday, July 8, you can check out some amazing airplanes, check out some fun children's activities and check out a lifeflight helicopter.

ing, delicious food will be served and have your photo taken next to the airplanes from the Devotion Movie.

Thank you to our sponsors, Ridgeline Aviation, RH2, C&O Nursery, ALSC Architects, Davis Arneil

Law Firm and Ardurra. For more information, visit East-WenatcheeWA.gov or cdrpa.org.

On October 3, 1931, Clyde Pangborn and Hugh Herndon left Sabishiro Beach in Misawa, Japan, to fly Miss Veedol

across the ocean in the first non-stop, transPacific flight. After 41 hours in the air, Miss Veedol crash landed on the bluffs above East Wenatchee. The Wenatchee Valley has been connected to Misawa and the aviation



world ever since and Pangborn's Festival of Flight was created to celebrate this historic event.

Washington State Health Care Authority releases first month of Apple Health (Medicaid) renewal data and urges Washingtonians to update their information

SUBMITTED BY WASHINGTON STATE HEALTH CARE AUTHORITY

OLYMPIA - The Washington State Health Care Authority (HCA), in partnership with the Washington Health Benefit Exchange (Exchange) and the Department of Social and Health Services (DSHS), released initial data from May 2023, the first month of Apple Health (Medicaid) renewals.

During the COVID-19 pandemic, Apple Health clients did not need to provide renewal information to maintain their health care coverage. With the ending of the public health emergency, federal law requires states to resume eligibility verification over the next year.

More than 2.3 million Washington State residents are covered by Apple Health. The state is engaging in extensive outreach efforts to make sure Apple Health clients update their eligibility information to avoid losing coverage they might still be eligible for.

"Our goal is that every Washingtonian who is eli-

gible for Apple Health stays on Apple Health," said Sue Birch, HCA executive director. "We urge people to make sure their information is up to date. If you have a friend or family member on Apple Health, please encourage them to reach out to us and update their information."

After extensive outreach, in the month of May, HCA conducted eligibility reviews for 230,000 clients.

- HCA automatically renewed coverage for about half of those clients using available information from DSHS programs like the Supplemental Nutrition Assistance Program (SNAP) and cash assistance programs, employment and income data, and other available data sources.

- HCA, the Exchange, DSHS, managed care organizations, providers, and many other community partners have actively assisted clients through multiple outreach opportunities to help people to update their information and maintain Apple Health coverage.

- Roughly 116,000 people,

representing approximately 5 percent of the overall Apple Health covered population, were disenrolled from coverage due to various reasons: About 83,000 people were disenrolled after automatic eligibility checks were completed and the person did not respond to multiple requests to update their information. Clients are given at least 45 days to complete a renewal. This is a large initial proportion, but it is consistent with expectations. Disenrollment numbers are expected to decrease over the next 12 months, likely meaning that many people who needed Apple Health during the pandemic have regained employer-sponsored insurance or found coverage through Washington Healthplanfinder or now qualified for Medicare.

If an Apple Health client's coverage is terminated for not renewing, they have a 90-day reconsideration period, which allows them to reenroll and return to coverage. If they are determined eligible for Apple Health, their coverage

will be reinstated back to the day they were disenrolled, leading to no gap in coverage. Clients who miss their 90-day reconsideration period can still reapply for coverage at any time.

HCA and the Exchange will work with clients who are no longer eligible for Apple Health to ensure they are provided information on how to enroll for other affordable coverage options through the Washington Healthplanfinder. If they are over 65, they will receive information about applying for programs that help pay for Medicare.

HCA, DSHS, and the Exchange are taking proactive steps to ensure eligible individuals are not terminated from coverage due to procedural reasons, including:

- Spreading renewals out over 12 months, which provides time to run a smooth process and prevent systems from getting backlogged. This reduces burden not only on individuals and families, but also on state eligibility systems. Taking the time

to do the process correctly will ensure those eligible for continued coverage do not experience a gap in care and those no longer eligible can transition to other sources of coverage.

- Partnering with managed care plans and using data available from the United States Postal Service to update people's contact information so that they receive the renewal forms.

- Enhanced outreach using text messages, phone calls, social media, radio and TV ads to clients who have not completed a renewal prior to coverage termination.

- HCA's volunteer ambassador program was launched within communities to help people stay informed on renewal processes. This adds to a robust network of Washington Healthplanfinder's navigators and brokers who assist people across the state in obtaining and maintaining coverage.

- Maximizing the use of data sources, such as income information from the Employ-

ment Security Department, and renewing individuals based on their eligibility for other programs, such as SNAP and Temporary Assistance for Needy Families (TANF). This helps reduce the need for some individuals to fill out and return a renewal form.

"We want to ensure all Washingtonians stay covered, whether it is a new qualified health plan, Apple Health, or employer sponsored," said Ingrid Ulrey, CEO at Washington Health Benefit Exchange powering Washington Healthplanfinder. "For those who are now above income eligibility, they will have the opportunity to enroll in high-value, low-cost Cascade Care plans, now available for as low as \$10 or less per month."

Apple Health clients and Washington Healthplanfinder customers are encouraged to update their contact information to ensure they receive their renewal notice over the next year to maintain their health coverage. Enrollment data will be published monthly at www.hca.wa.gov/phe.

Newhouse stops Biden Administration from banning gas stoves

SUBMITTED BY MIKE MARINELLA, OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. - Rep. Dan Newhouse (R-WA) introduced an amendment to the Energy and Water Development Appropriations bill on

June 22, that will prohibit funds for the Department of Energy (DOE) to finalize, implement, or enforce an energy standard on gas stoves. The amendment was adopted by voice vote.

"Chairman Fleischmann



and Ranking Member Kaptur, I rise today in support of my amendment to the Energy and Water Appropriations bill."

"This amendment would prohibit the Department of

Energy from implementing a February 2023 proposed rule which would require, for the first time ever, an energy performance standard for residential cooktops."

"If this draconian rule were

carried out, it would eliminate anywhere between 50-95% of today's gas appliances. This is unacceptable given the serious negative impacts it could have on American households, restaurants, and communities across Central Washington and rural America. Gas appliances are at the center American households. They power our stoves, furnaces, water heaters, and fireplaces. Approximately 187 million

Americans use natural gas because it is affordable, reliable, and safe. It is time for the federal government to stop overregulating our lives and focus on creating solutions that will actually benefit the American people and our energy future. I respectfully urge my colleagues on both sides of the aisle to vote in support of my amendment. I yield back." -Rep. Newhouse



Nobel Prize winning author Gabriel Garcia Marquez 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.



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