

A fun evening at the Pateros Market and Movie
See page A2

WDFW opens public feedback survey to begin three-year hunting season planning
See page B1

Annual Salmon Bake boosts Pateros school activities



Mike Maltais/QCH

Steve Poppe adds just the right seasoning to the salmon filets.



Randy Lewis served as master of ceremonies.



Diners queue up for a fresh salmon lunch. Proceeds go to the Pateros Booster Club.



Paul Myrick barbecues the filets to a turn



A perfect day for a salmon barbecue in Lakeshore Park.

Parade, fireworks in park headline Brewster Fourth of July

BREWSTER - Parade participants are polishing up their entries, vendors are checking their stock, and fireworks handlers are going over safety measures as everyone prepares for the annual Fourth of July festivities next Tuesday, July 4.

The parade up Main Street will start at 10 a.m. with entrants lined up on Third Street at the American Legion at 9:30 a.m.

The parade will travel south down Seventh Avenue and terminate at Columbia Cove Park where vendors and entertainment will fill the afternoon.

Fireworks over the river will begin as darkness settles in. Y'all come!

Affordable housing at issue

Pateros homeowners discuss nightly rental zoning with city council

By MIKE MALTAIS STAFF WRITER

Pateros - Katie and Paul Servino, owners of a remodeled home at 123 Chris Street in Pateros, appeared before the June 20 meeting of the Pateros City Council to request a special permit or waiver to allow their R-1 zoned property to be used as a nightly rental.

Earlier this year the Servinos were notified by the city that their Airbnb was out of compliance with the current zoning.

"We have blacked out our calendar and not taken any additional nightly reservations," wrote the Servinos in a letter to the council. "We canceled our June reservations and received a 25 percent cancellation fee as a penalty. We will



Mike Maltais/QCH

Katie and Paul Servino address the June 20 meeting of the Pateros City Council

and have taken no further reservations for nightly rentals."

In their letter to the council the Servinos responded point-by-point to code provisions cited by city planner Kurt Danison at the May council meet-

ing. Regarding complaints that nightly rentals disrupt single family neighborhoods the Servinos wrote:

"We are located so close to R-1-A waterfront homes (nightly rentals allowed) that

the claims about noise disruption...are implausible. Any noise at those (waterfront) homes would impact other R-1 neighbors across the street equally."

The Servinos pointed out that their home is bordered on two sides by school-owned buildings that are empty at night. They added that they have never received any neighbor complaints and suggested the city disclose the number of complaints received since 2014 so they can better understand the problem.

To the claim that the city imposed the 2014 nightly rental moratorium because they take up housing stocks, the Servinos inquired whether limited housing stock was considered

SEE HOUSING ON PAGE A2

Two decades of community service

Pateros City Council honors George Brady, addresses city business

By MIKE MALTAIS STAFF WRITER

PATEROS - There was an empty chair - big time empty - at the regular monthly meeting of the Pateros City Council on June 20, resulting from the sudden passing of council member and former mayor George Brady.

Brady, 76, died on Wednesday, June 14.

Council member, Mike Harding, elected mayor pro tem in Brady's place, pro-

posed that a plaque or memorial bench be installed at Ives Landing to recognize Brady's 22 years of service to the city. Mayor Kelly Hook said he raised the same topic with the city administrator, Jord Wilson, and clerk treasurer, Kerri Wilson.

Robin Wright, owner of Wright's Dollar Store at 180 Pateros Mall, addressed the council concerning the need for more community support for city business. He suggested adding the names of

current businesses to the mall reader board as a temporary measure until the new one is ready to install.

Following a report from the Parks and Streets Committee that it reviewed updates to the six-year Transportation Improvement Plan a public hearing was held and Resolution 2023-16 passed adopting the plan for years 2024-2029.

A resolution was approved agreeing terms for a \$14,828



Mike Maltais/QCH

Robin Wright

SEE BRADY ON PAGE A2

Zoning public hearing set

Bridgeport council addresses pool heaters, tree sculpture preservation

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - A public hearing has been set for the July 19 Bridgeport City Council meeting to consider amending the city zoning code to allow auto sales in the central business district on a conditional use basis.

City planner Kurt Danison explained the process to modify the existing zoning code through the advertised public hearing process in response to a petition filed by Mario Marti-

nez, a property owner at 1130 Columbia Avenue. Martinez petitioned the city for a zoning code amendment to change the current central business district designation to include auto sales as an allowed use, which it currently does not.

Danison also reviewed two grants received by the Revitalization Committee from USDA Rural Development. One is for the city gateway signs.

Danison said the signs have been ordered, the building permits have been issued, so they can be installed before too long.

The other grant is for Phase

Two construction of the tree sculptures parking lot.

"We realized that we were not going to get much done with the money in terms of construction because we did not have the design work done," said Danison. "We went back to USDA and asked them to modify that grant so we can use the \$50,000 to actually pay for the engineering and not construction."

USDA approved the modification.

"The next step for the city is to retain a firm to come with a number for what it is going to take to prepare good ready



Mike Maltais/QCH

Kurt Danison

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# HOUSING

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when the school district purchased the house next to theirs and used it for administrative and operations purposes.

“We are aware that they worked with the city council to rezone the home next to ours from R-1 to Public Utility zoning which does not permit residential usage.”

The Servinos observed that the house was then rented to a teacher for six months in violation of the zoning code.

The claim that allowing nightly rentals only along the waterfront makes more affordable housing available for monthly rentals to address the chronic housing shortage drew this reply:

“R-2 and R-3 are also permitted by the city code to apply for nightly rentals,” wrote the

Servinos. “Are these permits being denied?”

The Servinos said that a monthly rental will be less likely to allow them to break even on their expenses due to the discounted price of monthly versus nightly rentals.

“Denying our request to be treated like all the other zones in Pateros will not solve the housing crisis,” wrote the Servinos and stressed, “The problem of affordable housing and low inventory cannot be thrust onto our shoulders alone.”

**The Servinos summed up their presentation with two points:**

- “Nightly rentals generate additional income for folks in the community,” wrote the Servinos. “We pay out management fees, cleaning fees, landscaping fees and other recurring utilities costs to various persons and businesses in

the area, not to mention tax revenue.”

- “We believe investment contributes to job growth and more potential to build and grow communities and help solve housing shortages,” wrote the Servinos. “We believe restoring worn down, unoccupied homes in the community will spur investment and growth for the city and for business owners.”

The Servinos noted that the house they remodeled was unfit for living, with a leaking roof, and no heat or air conditioning. In addition to those repairs the couple added another bedroom and bathroom.

Council and Planning Committee member Mike Harding said the committee is recommending the council to review amendments to the zoning use chart pertaining to nightly rentals.

# BRADY

CONTINUED FROM PAGE A1

DNR grant for trees to complete the Warren Avenue Improvement Project.

The city approved an update contract for the services of building inspector Barry

Hansen.

City Administrator Jord Wilson reported that the survey has been completed for downtown ADA improvements and Commercial Avenue upgrades. City engineer Varela & Associates is working on project design. The city received a \$569,000 grant for

the project.

The solar project at the new city reservoir funded by a \$228,000 grant is at 95 percent completion pending the arrival of back-ordered parts.

Final plans for the charging station along Commercial Avenue have been approved and construction will begin soon.

## A fun evening at the Pateros Market and Movie



Mike Maltais/QCH  
**Pateros librarian Ana Trejo offered photos with the Minions for Movie Night watchers**



**The Pateros Booster Club had a table on the mall.**



**The Pateros Booster Club had a table on the mall.**



**Visitors to Sweet River Bakery listen to live entertainment.**

## Okanogan County Commissioners close land deal with WDFW

**Editor's note:** The following meeting summary of the Board of Commissioners of Okanogan County (BOCC) for the second week of June is taken from notes provided by County Watch ([countywatch.org](http://countywatch.org)).

**OKANOGAN** – The county received nearly \$400,000 from the Washington Department of Fish and Wildlife for some county land adjacent to the new gravel pit.

The Town of Twisp has a plan in the works to develop property on the site of the former Wagner Lumber Mill just across the Methow River east of town.

**In other BOCC business:** Monday, June 12, all day

- Pete Palmer, Director of Planning,
  - » Discussed a good conversation she had with the members of the Mazama Subarea A group,
  - » She will negotiate a contract with consultants at Van Ness Feldman, to work on Planned Developments.
  - » The Town of Twisp is proposing to annex 3-4 acres of county land next to the town for a planned development called Mill Town
- Fairgrounds Manager, Naomie Peasley would

like to increase the damage deposit for renting Fairgrounds sites. She would also like the Sheriff's Office to increase its fee for allowing music between 10 p.m. and 1 a.m.

Chairman Chris Branch signed documents finalizing the sale of county land adjacent to the new gravel pit. After fees and other deduction, the county received \$399,544.49.

Emergency Management Director, Maurice Goodall and Commissioner Branch discussed signage on the

SEE WDFW ON PAGE A4



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- Tienen entre 25-65 años o tienen hijos que califican.
- Tener ingresos bajos o moderados.

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APRENDE MÁS

## BRIDGEPORT

CONTINUED FROM PAGE A1

documents for that parking lot – the entire thing,” said Danison. “That will put us in a much better position to get construction dollars; it’s very difficult to get construction dollars if you don’t have a plan.”

A public hearing for the six-year plan for the Transporta-

tion Improvement Program was also set for July 19.

Superintendent of public works Stuart Dezellem is trying with little success to find a contractor who will tackle the job to lift the carved tree sculptures and put permanent foundations under them.

“Even if the city accepts the liability for them damaging a tree, I can’t get a contractor to bite on it,” said Dezellem. “I’ve approached three differ-

ent sizes of contractors, and nobody is interested in taking on that job.”

The city may have to do the tree rehab itself. Dezellem is evaluating equipment options the city has in its inventory and what it might need to do that work.

“I believe we can handle all the trees except one,” Dezellem said.

“If you pick them all up except one,” said Mayor Janet Conklin, “I will get the PUD to get the other one.”

The public pool water is heated by four electric heat pumps and the circuit boards need replacement, said Dezellem. Replacement circuit boards are hard to find even if any are still available, so Dezellem explained the options to purchase propane and natural gas-powered units instead that are more available. He recommended that the city use some of its American Recovery Plan Act funds. He also cautioned that the post-Covid supply chain for electrical equipment has still not recovered adequately to get needed items.

Mayor Janet Conklin urged action to get the tree sculptures preserved as a priority for city ARPA funds which amount to about \$90,000.

The city requested more information on the heat pumps and Dezellem said he will assemble numbers for both electric and propane units.

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Legals: Noon, Friday  
Classified Ads: Noon, Friday  
Obituaries/Deaths: 4 p.m., Friday

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Have an idea for a story?  
Call Quad City Herald at 689-2507

#### Letters policy

The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com) or [publisher@leavenworthecho.com](mailto:publisher@leavenworthecho.com)

#### 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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# Newhouse defends American farmland from foreign adversaries

SUBMITTED BY OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. – The week of June 12, Rep. Dan Newhouse (R-WA) introduced an amendment to the Agriculture and Rural Development Appropriations bill that will require the Secretary of Agriculture to take necessary actions to prohibit the purchase of U.S. agricultural land by the Chinese Communist Party (CCP), Russia, North Korea, or Iran. His amendment was adopted by a vote of 34 to 26.

“Increased ownership of U.S. farmland by countries who are not our allies is an alarmingly growing trend that

poses a risk to our national and economic security.

“For example, according to the USDA, the Chinese Communist Party currently owns over 380,000 acres of farmland in the United States, which is worth about \$2 billion. But even more shocking than that is the trend: the CCP has increased their purchases by a factor of 10 over the last decade. This poses an immediate threat to U.S. national security and food security.

“When I talk to the many farmers and landowners in my district, they express deep concern about this encroachment of our land from foreign adversaries. They agree; we can no longer ignore the writ-

ing on the wall, and we must act to stop this threat now before it becomes too late.

“My amendment would bolster Section 765 by directing the Secretary of Agriculture to take any actions necessary to prohibit the purchase of U.S. agricultural land by non-resident aliens, foreign businesses, or any agent, trustee, or fiduciary associated with Russia, North Korea, Iran, or the Community Party of China.

“This clarity is necessary because adversaries like the CCP will take every opportunity they can to threaten democracy, our republic, and our way of life, including our agricultural supply chains.”

## OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

### Douglas County Sheriff's Office

- June 16**  
17:40 Juvenile Problem, 1636 Fisk Ave., Bridgeport  
20:14 Juvenile Problem, 10 block Rd. 14 NE, Mansfield  
22:03 Suspicious Circumstance, 106 Davis Ave., Bridgeport
- June 17**  
10:22 Agency Assist, SR 173 MP 4, Bridgeport Bar  
18:11 Harassment/ Threat, 335 E. Railroad Ave., Mansfield  
19:22 Civil Dispute, 2400 Tacoma Ave., Bridgeport  
21:17 Noise Complaint, 532 McNeil Canyon Rd., Orondo

- June 18**  
06:11 Malignant Mischief, 2300 Columbia Blvd., Bridgeport

- June 19**  
08:05 Agency Assist, 214 Arden Ave., Bridgeport  
15:32 Trespassing, 115 E. 2nd Ave., Mansfield  
17:25 Noise Complaint, Berry St. and Whitlam Ave., Bridgeport  
19:56 Weapons Violation, 206 Chipmunk Trail Rd., Waterville

- June 20**  
04:37 Non-injury Accident, 1908 Columbia Blvd., Bridgeport  
13:45 Lewd Conduct, 300 block E. Birch St., Waterville  
17:26 Suspicious Circumstance, 113 W. 1st St., Waterville  
20:39 Welfare Check, 23459 US Hwy. 97, Beebe Bridge, Chelan

- June 21**  
08:23 Registered Sex Offender, 306 S. Central Ave., Waterville  
09:33 Graffiti, 535 21st St., Bridgeport  
18:05 Welfare Check, McNeil Canyon Rd. MP 6, Orondo

- June 22**  
10:34 Welfare Check, 301 E. 1st Ave., Mansfield  
11:38 Runaway, 1636 Fisk Ave., Bridgeport

### Brewster Sheriff's Department

- June 16**  
10:01 A theft was reported on Paradise Hill Rd. in Brewster.

- June 17**  
11:57 A burglary was reported

**Have a Community or Sports Story idea?**

Contact Mike Maltais at 360-333-8483 or qchreporter@gmail.com

on Lakeview Way in Brewster and subjects reportedly broke into a residence sometime recently and were squatting and destroyed the inside.

20:57 A missing male pit bull was reported from S. Bridge St. and it was later returned home.

**June 18**  
09:10 A burglary alarm was triggered at a restaurant on E. Main Ave. in Brewster.

**June 19**  
10:07 A burglary alarm was triggered on N. 7th St. in Brewster.

**June 20**  
21:21 A stray Husky type dog was reported running on Highway 97 and outside a gas station.

**June 21**  
15:33 A citizen dispute was reported on N. 5th St. and W. Main Ave. in Brewster when a caller and his wife were in the public bathroom changing and using the restroom when a male subject attempted to come in the restroom and was trying to get in to where the caller and his wife were.

**June 22**  
01:08 A caller on W. Indian Ave. in Brewster reported hearing voices outside their window the last couple nights and didn't feel safe there.

### Okanogan County Sheriff's Office

**June 16**  
04:23 An unknown-injury accident was reported on Monse Bridge Rd. when a female driver swerved to miss a deer

and rolled over the embankment. The driver called her mother and she was able to help her get out of the vehicle.

**June 17**  
09:34 A caller on Stennes Point Dr. in Pateros reported an animal problem when their neighbor's dog repeatedly was on their property and there was an order in place with the neighbor.

**June 18**  
16:33 A domestic dispute was reported on Sunset Dr. in Brewster when a caller reported they were staying at the location with his kids while he looked for a place of his own. His mother-in-law was reportedly intoxicated and kicked him out of the house and threatened to call CPS.

**June 19**  
00:41 An ongoing issue with barking dogs at a neighboring property was reported on Indian Dan Canyon Rd. in Brewster.

16:40 A non-injury accident was reported by a caller on Old Hwy. 97. While attempting to pass a gray Chevy the vehicle swerved in front of him and slammed on his brakes, causing the caller to rear end him. The other driver would not follow the reporting party to cell service to place a 911 call.

**June 20**  
23:15 A civil matter was reported on W. Warren Ave. in Pateros.

**June 21**  
No local reports.

**June 22**  
01:08 A transport was requested by a subject on W. Indian Ave. in Brewster.

## Old Highway 97 gets a face lift



Mike Maltais/QCH

A crew from Granite Construction is resurfacing a stretch of Old Highway 97 north from the Comsat access road. Traffic is restricted to one-way with some delays as vehicles make their way through rough road conditions.

### Douglas stretch earns WWII label

# Highway designation honors Vietnam veterans

By MIKE MALTAIS STAFF WRITER

TONASKET – A dedication held just prior to Memorial Day designated Highway 20 in Okanogan County as “Vietnam Veterans Memorial Highway.” The renaming was spearheaded by veterans from Oroville American Legion Post 82 and Tonasket Post 84 who initiated a signature-gathering effort in support of the change.

It's just the latest in a number of similar designations that have been conferred upon sections of highway in this state and other parts of the nation. In October 2021 The Quad carried a story about a campaign to name the portion of U.S. Highway 97 in Washington State “World War II Veterans Memorial Highway.” That proposal met with some success earlier this year when the Washington State Transportation Com-

mission (WSTC) named U.S. 97 from Odabashian Bridge near Wenatchee to Beebe Bridge near Chelan “World War II Veterans Memorial Highway.”

The U.S. 97/WWII campaign originated in Oregon in the early 2000's by the Bend Heroes Foundation, a nonprofit that worked to rename other Oregon highways honoring U.S. war veterans. Among their successes:

- U.S. 395 – WWI Veterans Memorial Highway.
- U.S. 97-State Route 126 – WWII Veterans Historic Highway.
- Interstate 5 – Korean War Veterans Memorial Highway & Purple Heart Trail.
- Interstate 84 – Vietnam Veterans Memorial Highway.
- U.S. 101 – Persian Gulf, Afghanistan and Iraq Veterans Memorial Highway.

A section of WSTC policy and procedure outlines the

steps necessary for the non-legislative naming process. It reads:

*To initiate the naming process without a legislative Joint Memorial being enacted, an interested party must contact the Commission to establish their interest in seeking a naming. The requesting party shall provide sufficient evidence to the Commission indicating community support and acceptance of the proposal. Evidence of support and acceptance may include things such as:*

1. Letters of support from state and federal legislators representing area of the facility;
2. Resolutions passed by local, publicly elected bodies in the area of the facility;
3. Department support;
4. Supportive action by letter from local organizations such as local chambers of commerce or service clubs.

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~ Matthew 19:26



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## COMMUNITY BULLETIN BOARD

June 28, 30, July 5, 7

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

Closed July 4th

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.

June 28: Stuffed Pepper Casserole, Chopped Salad, Watermelon, WW Roll, Dessert; June 30: Clam Chowder, Tuna Sandwich, Garden Salad, Pineapple, Dessert; 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.

June 28-July 1, 3, 5-8

**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.

June 28-29, July 3,5-6

**Chelan Valley Hope**

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

June 29

**Bingo**

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

June 30

**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. Next class is June 23, 6:30-8 p.m.

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 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: tcf-wenatcheevalley.org

## WDFW

CONTINUED FROM PAGE A2

South Summit Road and the road's potential as an escape route in case of fire.

- Commissioners spoke with members of the Methow Valley EMS District Board. Their 10-year contract is up for renewal in December.

The discussion included hypothetical catastrophic situations in which the EMS district ceased to exist.

- BLM Field Director Kurtis Bryan of the Wenatchee Field Office updated the commissioners on the BLM's activities over the last few years. He will continue to deliver annual

updates.

- Tuesday, June 13, morning
- Director of Weed Office and WSU extension are working together to lease a new printer/copier.
- Shelley Keitzman of Human Resources reported on a possible matching grant program to help with added security costs. The county's share would be 15 percent. She also reported about a grant program for the jail that ended June 30, and needed to be renewed.
- There are three applicants for a position on the Board of Health.
- James DeSalvo of the Methow Trails presented a request for repair of the Lower Goat Creek trail bridge. He is working with WDFW on permitting and timeline. The estimate for the cost of the bridge project is \$84,490 all-inclusive with the non-profit group doing the building. Some of the funds are expected to go back to the county.
- County engineer public works update: Cost overrun for contractor in protest; still working on the Barnholt Loop speed limit change to 25 mph, one more

speed study to be completed. Paving on the Old Hwy 97 road project was expected to begin June 22. Seal Creek complete. Halfway completed on Twisp River overlay project.

- The Prosecuting Attorney requested another position in its office that could handle appeals and other duties.
- Tuesday, June 13, Board of Health meeting
- Okanogan and Chelan-Douglas counties will share a qualified epidemiologist.
- Financial future rosy until at least 2029 thanks to federal funds; they will cover the Environmental Health Director's post.
- Four Board members reported on the state-wide public health meeting: toxic algae, struggling obstetric (OB) services, opioid overdoses are the biggest shared concerns. Okanogan Public Health District is a model for other districts.
- A survey will assess the past six years (disaster preparedness, Covid trauma...)
- Three candidates are applying for the city Board of Health post.

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**Blood drive  
draws  
successful  
donations**

PATEROS – The latest blood drive held at the Pateros Fire Department last Thursday, June 22, resulted in 18 successful donations out of an allotted 24 slots, said Pateros City Council member Chantel Poole, who organized the event.

The previous drive was held in the Pateros school gym on Jan. 26, where more than two dozen donors showed up to give the life-saving gift.

Poole organized a drive at the Pateros-Brewster Community Resource Center on June 3, 2022.

"We don't have the next drive scheduled yet," said Poole, "but I'd imagine it will be around mid-August."

## OBITUARIES

**James Ben Hensley**

James Ben Hensley passed away May 26, 2023 after a long illness in Long Term Care at Grand Coulee, Washington. "Ben" was born in Wenatchee, Washington on July 1, 1939 to Logan and Alberta (Pease) Hensley.

Ben grew up in Mansfield, with his family on a small farm. He completed school at Mansfield and married Rene Shaw in June of 1960. They later divorced.

They had two children, Kurt (Julie) Hensley, Brewster and Teresa who passed away several years ago.

Soon after graduation Ben and Rene moved to the Seattle area where he worked at a Freightliner plant and the Washington State Highway Department and several private businesses. In 1970 Ben retired and moved to Wilson Creek, Washington where he did a little gardening. In 2017 Ben moved into the Long Term Care Facilities in Grand Coulee where he remained until his death.

He was preceded by death by both his parents, his brother Lowell and his daughter.

## DEATH NOTICES

**Brisia Andrade**

Brisia Andrade, 34, of Brewster, Washington, passed away on June 12, 2023.

Please leave any thoughts

and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**Luz Gonzalez**

Luz Gonzalez, 54, of Bridgeport, Washington, passed away on June 20, 2023.

Please leave any thoughts

and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**Kenneth Hall**

Kenneth Hall, 87, of Brewster, Washington, passed away on June 17, 2023.

Please leave any thoughts

and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**NCW Libraries receives  
national grant for  
small, rural libraries****\$20,000 grant will  
help Brewster  
Library improve  
accessibility**

SUBMITTED BY MICHELLE MCNIEL,  
NCW LIBRARIES

WENATCHEE — NCW Libraries has been selected as one of 240 libraries to participate in Libraries Transforming Communities: Accessible Small and Rural Communities, an American Library Association (ALA) initiative that provides community engagement and accessibility resources to small and rural libraries to help them better serve people with disabilities.

The competitive award comes with a \$20,000 grant that will help NCW Libraries make improvements to the overall accessibility of the buildings they occupy in Brewster and Peshastin. These projects will be completed in coordination with the Library's Reimagining Spaces project, a district-wide initiative to improve interior library spaces.

"We are so proud to be chosen for this amazing opportunity," said Kim Neher, NCW Libraries Deputy Director. "This grant will allow us to partner with residents in Brewster and Peshastin who have difficulty accessing and navigating their local library. We believe libraries are for everyone, and we want to strive to remove any barriers to access that the public might face."

As part of the grant, NCW Libraries staff will take an online course on leading community conversations, a vital skill for today's library workers. Staff will then host local conversations with residents about barriers to library ac-

cess and will use the grant funds to identify key building improvements to address those barriers.

The Brewster and Peshastin libraries were identified as candidates for funding because both buildings have accessibility challenges and interior space remodels were already planned for the buildings in the coming year. To get involved or join the conversation, please contact Tim Dillman at [tdillman@ncwlibraries.org](mailto:tdillman@ncwlibraries.org), or visit [ncwlibraries.org/reimagining-spaces](http://ncwlibraries.org/reimagining-spaces) for more information.

Since 2014, ALA's Libraries Transforming Communities initiative has re-imagined the role libraries play in supporting communities. Libraries of all types have utilized free dialogue and deliberation training and resources to lead community and campus forums; take part in anti-violence activities; provide a space for residents to come together and discuss challenging topics; and have productive conversations with civic leaders, library trustees and staff. "Libraries Transforming Communities: Accessible Small and Rural Communities is an initiative of the American Library Association (ALA) in collaboration with the Association for Rural and Small Libraries (ARSL)." The Brewster Public Library and the Peshastin Public Library are branches of NCW Libraries. NCW Libraries' mission is to connect the people of North Central Washington with resources and opportunities that foster individual growth and strengthen communities. NCW Libraries' Reimagining Spaces project is a multi-year initiative to make interior space improvements at 27 libraries across Chelan, Douglas, Grant, Okanogan, and Ferry Counties.

**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](mailto:ruthk@lakechelanmirror.com)

THE WASHINGTON OUTDOOR REPORT

The S&P 500

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Most folks think of the S&P 500 as a stock market index but on a recent trip to the Columbia River Gorge, I realized it had a fishing meaning as well. Namely, the opportunity to catch 500 shad and pikeminnow over the course of a week.

My friend Rusty Johnston and I spent a couple of days fishing on the Columbia River between Rufus and The Dalles. Our first goal was to catch a bunch of shad, not just for fun, but also to use for crab bait this summer. Our second goal was to catch some pikeminnow and turn them in for money through the Northern Pikeminnow Sport Reward Fishery Program.

This program is administered by the Bonneville Power Administration along with both the Washington and Oregon Department of Fish and Wildlife. The northern pikeminnow is a native fish, but fish nine inches and longer feed on outgoing salmon and steelhead smolt, impacting the survival of both species.

In this program, anglers are paid anywhere from \$6 to \$10 a fish for any pikeminnow turned into a designated station along the Columbia or Snake River. The more fish you catch, the more they are worth and if you catch a tagged fish, it is worth \$500. You can find out more about this program, designed not to eliminate, but control the population of pikeminnow, at [www.pikeminnow.org](http://www.pikeminnow.org).



Courtesy John Kruse

Rusty Johnston and his sturgeon.

Rusty and I decided to start our trip fishing for shad below the John Day Dam. You can fish below the dam on both the Washington and Oregon side of the river but we decided to buy a non-resident license at Gorge Outfitters Supply in Rufus and fish the Oregon side at Giles French Park.

We were using Shad Killers, a local jig sold at Gorge Outfitters Supply, and the hot color for us was red and white. The Shad Killer is a 1/16th ounce jig with a bit of flashabout on

it. We tied the jig onto a two-to-three-foot leader which we tied to a barrel swivel. Above the swivel we had another swivel which held a 1/2 ounce lead weight. Other lures that work well with this set up are shad darts and Dick Nite spoons.

We cast our offering from the bank, let it sink a few seconds, and the reeled in with a slow-to-moderate retrieve as the lure drifted downstream. We were soon rewarded by hook ups with a whole bunch of shad. The American Shad averages one to three pounds in size. They are scrappy fighters and up to six million of them make their way over Bonneville Dam between the end of May and mid-July, all heading up the Columbia to spawn. I have enjoyed good days on the water catching shad before but this day was epic. Rusty and I hooked into some 50 shad in just two hours of fishing. We lost a few (they have a nasty habit of throwing the hook) but reeled in some three-dozen fish, getting more than enough crab bait for the summer.

Speaking of uses for shad, the oily fish is also a favorite bait for sturgeon and some even cut them up into chunks to use for catfish bait. Still others will eat them. We met one angler at a cleaning station at Maryhill State Park who carefully filleted out the shad he caught. He told me he brines them and puts them in a pressure cooker (which gets rid of the bones) before canning them. He said the fish taste very good. I will have to give him the benefit of the doubt.

Finished with shad, we next registered at a check station and fished around The Dalles for pikeminnow. We only caught four keeper pikeminnow (worth \$6 each) but since this was our first time participating, we also each got to turn in a coupon worth \$10 each after checking in our first



Courtesy John Kruse

A northern pikeminnow caught with a nightcrawler.

fish. Better still, three anglers from Idaho were desperate for sturgeon bait and paid us \$20 for a single shad which they promptly put to use, casting their lines out at The Dalles marina hoping to hook into a monster fish. Altogether, we made \$64. That covered a good portion of our gas money getting back home.

One other fun thing about fishing for pikeminnow are the other fish you catch. I ended up catching eight perch and we both also caught smallmouth bass on the nightcrawlers we were using for pikeminnow bait, fished just off the bottom of the river with a two-ounce sliding weight. Rusty caught the most interesting bycatch of the day though, a 30-to-33-inch sturgeon on a bass rod that was spooled with braided line and just a 10-lb leader. It took him 15 minutes to get that prehistoric looking fish to shore at which point I snapped a photo of the fish and he released it. It made for the end of a perfect day of fishing.

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

WDFW opens public feedback survey to begin three-year hunting season planning

Comment periods ends July 2

SUBMITTED BY WASHINGTON DEPT. OF FISH & WILDLIFE

OLYMPIA – Members of the public are invited to weigh in on longer-term hunting season planning as the Washington Department of Fish and Wildlife (WDFW) begins its latest three-year season setting effort. Comments received during an ongoing scoping period will be used to inform game managers about changes the public would like to see to hunting seasons in 2024–2026.

The current scoping period begins June 15 and ends July 2. Comments may be submitted online through WDFW's public scoping survey (<https://publicinput.com/i4611>), via email at [77552@PublicInput.com](mailto:77552@PublicInput.com), or via voicemail by calling 855-925-2801 and entering code 2576. Written comments may also be mailed to Washington Department of Fish and Wildlife - Wildlife Program, PO Box 43200, Olympia, WA 98504.

Three-year season setting is an in-depth rule making process that allows WDFW to propose and collect public feedback on changes to Washington hunting laws. In between three-year rule making cycles, annual season setting allows the Department to propose minor season changes or changes due to emerging needs. The Washington Fish and Wildlife Commission sets hunting seasons based on public input and staff recommendations.

"We encourage everyone interested in upcoming hunting seasons to send us feedback to help inform the rule making process," said Anis Aoude, WDFW game

division manager. "This process helps us better understand the experiences Washington hunters want, and we need your feedback to help us determine the path forward."

Through the public scoping survey, members of the public can submit proposed Washington Administrative Code (WAC) changes for 2024-2026 hunting seasons. Suggestions can be related to specific game species, permits, access, or general game management. Suggestions submitted during the scoping period will play a role in the Department deciding which hunting rule change proposals should move forward in the rule making process.

All members of the public are invited to share their perspectives and participate in WDFW public feedback opportunities regardless of race, color, sex, age, national origin, language proficiency, religion, sexual orientation, gender identity and/or expression, status as a veteran, or basis of disability.

Further opportunities for public involvement, including public meetings and a public comment period on proposed rule changes, will take place later this year. For more information, visit the Hunting Season Setting Timeline webpage. Final rule making recommendations are scheduled to be presented to the Commission in early 2024.

Learn more about Washington hunting seasons and regulations on the WDFW website.

The Washington Department of Fish and Wildlife works to preserve, protect, and perpetuate fish, wildlife, and ecosystems while providing sustainable fish and wildlife recreational and commercial opportunities.

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



Courtesy John Kruse

Nine-year old Will Clarke with one of several shad he caught near the John Day Dam.

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**The City of Chelan's Public Works Department is accepting applications for the position of Utility Water Filtration Plant Operator.** The monthly income range for this position is between \$5,970 and \$7,256. Application materials are located on the City's website: <https://cityofchelan.us/Job.aspx> First review of applications will be Monday July 10, 2023. Position is Open Until Filled. Incomplete applications will not be accepted.



**Help Wanted**

**Brewster School District is Hiring!**

- HS Art Teacher
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- Grounds Keeper

Applications may be obtained on the district website, [www.brewsterbears.org](http://www.brewsterbears.org) or by contacting the district office at 509-689-3418. These positions are open until filled.

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**Help Wanted**



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4 drawer standard size black metal file cabinet with folders \$50

Several desk cloth chairs \$25 each.

Some misc. wood tables Make offer. Call Carol 509-670-1723 to see.



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Legals

Public Notices

NOTICE OF POSITION VACANCY FOR PATEROS CITY COUNCIL NOTICE IS HEREBY GIVEN

Council position #3 is currently vacant. If you are interested in applying, please pick up an application at city hall. Applications and resumes need to be returned to city hall by July 5, 2023. Pateros City Hall, 113 Lakeshore Drive, Pateros, Washington. Please call Kerri at 923-2571 if you have questions. Published in the Quad City Herald June 28, 2023. #5922

Public Notices

LOGIC AND ACCURACY TEST

In accordance with RCW 29A.12.130 and WAC 434-335, a Logic and Accuracy test will be conducted on the Okanogan County vote counting equipment. The test will be held in the Okanogan County Auditors Office at 2:00 PM, Thursday, July 6th, 2023. At that time a "test deck" of ballots will be run through the vote tabulating equipment. The test is designed to check the ballot tabulating and precinct programming. A test deck will be scanned and resolved at the time of the Logic and Accuracy Test. The test is open to the public. Published in the Quad City Herald June 28, 2023. #5911

# 5 key facts about flaxseed, Omega-3 fatty acids

**Q:** My sister takes flaxseed oil because she can't stand getting "fishy burps" from the fish oil and insists that flaxseed is just as good for you as fish oil. Is this true?

Both flaxseed and fish oil have high concentrations of fatty acids called Omega-3. Eating foods rich in Omega-3 fatty acids helps counteract the effect of another type of fatty acid called Omega-6, which creates inflammation in your body.

Omega-6 fatty acids contribute to arthritis and heart disease, and many of them are in a typical American diet. Omega-6 fatty acids are found in popular foods like popcorn, pasta, potato chips, corn chips, bread, French fries, hot dogs, and many salad dressings, which contain either canola or soybean oil.

Fish oil contains 2 main types of Omega-3 fatty acids: EPA and DHA, which can help counteract the inflammatory effects of a diet high in Omega-6 fatty acids. Flaxseed contains large amounts of ALA, a different Omega-3 fatty acid. Unfortunately, ALA is not active as an Omega-3 until changed into EPA or DHA, and most people can't



convert it into its active form.

Although flaxseed is not a good source of Omega-3 fatty acid, it helps lower blood sugar in diabetics, and lowers both high blood pressure and high cholesterol.

Flax is an oily grain grown for its fiber and seeds. Flax fiber can be used for clothing, while the seeds are sold as whole seeds, partially defatted seeds, ground seeds, flaxseed meal, and flaxseed oil. Flaxseed may help decrease your total cholesterol and "bad" LDL cholesterol levels and relieve menopausal symptoms like night sweats and hot flashes.

Flax seeds are an excellent source of fiber, especially soluble fiber. Adding fiber to your diet with flaxseed has been shown to decrease LDL and total cholesterol. Flaxseed's fiber helps you stay regular because it is a bulk laxative, similar to psyllium or Metamucil®. Much of the documented benefits of eating flaxseed can be explained by the beneficial effects of adding

soluble fiber to your diet. Taking flaxseed oil has not been shown to lower either LDL or total cholesterol.

The outer coating of flaxseed is a gummy layer that's very high in fiber, especially soluble fiber. Getting adequate fiber in your diet helps lower your "bad" cholesterol (LDL) and total cholesterol levels. These benefits can be found by eating whole seeds or using ground flaxseed meal.

You can add whole flaxseed to your diet by adding it to cereal, granola, or smoothies. Ground flaxseed or flaxseed meal is less gritty and can be blended into smoothies or baked into breads, muffins, or cookies. Because whole and ground flaxseed contains a lot of fiber, they can act as a bulk laxative, similar to psyllium or Metamucil®. Add flaxseed slowly to avoid suffering intestinal distress such as gas, bloating, cramps, or diarrhea. You should also get plenty of fluids to prevent intestinal blockage.

Most sources suggest up to 40 grams of flaxseed daily (4 tablespoons of whole flaxseed or 7 tablespoons of flaxseed meal) to lower LDL and total cholesterol. Avoid

taking more than 45 grams daily (4.5mg tablespoons of whole flaxseed or 8 tablespoons of flaxseed meal) to decrease your risk of intestinal problems.

Flaxseed and oil contain natural compounds called lignans, which contain phytoestrogens. These phytoestrogens can reduce the risk of cancer, especially breast cancer. Flax phytoestrogens block soy's stimulant effect on estrogen-positive breast cancer tumors.

**Here are 5 Key Facts About Flaxseed and Omega-3 Fatty Acids:**

**1. The soluble fiber in flaxseed lowers total cholesterol and LDL (bad) cholesterol.**

Flaxseed's soluble fiber is concentrated in its seed coat. Flaxseed oil and lignin extracts do not significantly improve cholesterol levels.

**2. Start flaxseed slowly to avoid intestinal distress.**

Add whole or ground flaxseed to your diet gradually to minimize painful gas, bloating, or cramps, up to 45gm daily.

**3. Minimize use of flaxseed while pregnant or breastfeeding.**

Flaxseed contains phytoestrogens, which

could affect the developing baby.

**4. Flaxseed lignans can reduce hot flashes and the risk of breast cancer recurrence.**

The phytoestrogens in flaxseed lignans can relieve menopausal symptoms like hot flashes and night sweats without increasing the risk of breast cancer. Flax's anti-estrogen effect on breast cancer can boost the benefits of medications used for estrogen-sensitive breast cancer.

**5. Fatty fish, fish oil, and krill oil have higher Omega-3 fatty acid concentrations than flaxseed.**

The Omega-3 fatty acid ALA in flaxseed must be converted to EPA and DHA to be comparable to fish oil Omega-3. Most people only convert a little ALA to either EPA or DHA.

*Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at www.AskDrLouise.com ©2023 Louise Achey*

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- Email: [heraldads@qcherald.com](mailto:heraldads@qcherald.com)
- Call 689-2507

## Tips for avoiding bug bites this summer

STATEPOINT - Bug bites are not just a nuisance; they can cause discomfort and even pose health risks for some.

"Mosquitoes that may carry Zika, Chikungunya, Dengue fever and West Nile virus are always out in full force during the summer months and new evidence suggests that tick populations are growing, expanding their geographic ranges and carrying additional pathogens," says Daniel Perry, entomologist at Zevo, a maker of pest control products that are made to bother bugs, not people.

From beach barbecues to walks in the woods, here's how to safeguard yourself against ticks and mosquitoes, so you can stay bug-free this summer for whatever takes you outside.

- **Beat backyard bugs:** Eliminate standing water to prevent mosquitoes from using your backyard as a breeding ground in areas where you entertain and dine. Keeping your lawn and weeds in check is a useful step for managing ticks.

- **Take safer walks:** Whether you're picnicking in the park, walking the dog, working in the garden, or hiking in the woods, it's important to be mindful of ticks, which can transmit Lyme and other diseases. When possible, avoid contact with tall grass and brush, which is where ticks reside. Always be sure to



PHOTO SOURCE: (c) monkeybusinessimages / iStock via Getty Images Plus  
**From beach barbecues to walks in the woods, here's how to safeguard yourself against ticks and mosquitoes, so you can stay bug-free this summer for whatever takes you outside.**

launder your outdoor gear shortly after use. Take a shower soon after getting home, being sure to inspect your body (and your dog's!) for ticks. If you do spot a tick, follow proper protocol for removal, using clean tweezers and removing fully, without squeezing or twisting the tick. • **Protect your skin:** "No matter what your outdoor plans entail, bug spray products applied beforehand are your best bet for complete protection against mosquitoes and ticks, and of course, the diseases they harbor and transmit," says Perry.

The new line-up of Zevo On-Body Mosquito + Tick Repellents are odorless and non-greasy, unlike traditional insect repellents, and provide complete, feel-good protection for the entire family for up to 8 hours. Whether you're at a garden-style wedding or hiking a mountain trail, you can be comfortable and protected from bugs with this innovative formula. The active ingredient in these products is inspired from a naturally occurring amino acid and doesn't leave your skin feeling sticky, which is a big bonus when you're

spending all day outside or even just 30 minutes! It's available as an aerosol spray, a pump spray, and a lotion, which allows for easy, mess-free application before you go outside. • **Camp smart:** Before departing for a camping trip, check your tent for small holes and repair or replace as needed. Select a campsite away from standing water and zip up your tent whenever you're not actively entering or exiting it. These measures will help you feel comfortable and protected from bugs on your next trip.

Don't let the bugs bug you this summer. From sporting events to evenings on the patio, a few precautions can help ensure your comfort and protection from those pesky pests.

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

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### CROSSWORD PUZZLE

**CROSSWORD**

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THEME: CLASSIC CHILDREN'S BOOKS

**ACROSS**

- Kitchen boss
- Churchill's "so few"
- Epochs
- "Watch out!" on a golf course
- East of Java
- "Pinocchio's state of being
- Hard currency
- Emanation
- TV and radio
- "Mr. Popper's birds
- Newspaper piece
- "Like "Goosebumps Classic"
- "What?"
- Richard Scarry's Things That Go
- Oxygenate, as in lawn
- Skin cyst
- Middle Eastern meat dish, pl.
- Antonym of "yup"
- Dispatch boat
- Female sheep
- Throat infection
- Searching for E.T. org.
- "I think I can, I think I can...", e.g.
- "Spot run!"
- Accounting journal
- "The Plaza Hotel resident of kids' book fame
- Long, long time
- Caffeine-containing nut trees
- Off-color
- Ludwig Bemelmans' Parisian boarding school resident
- Middle Eastern porter
- Movie "Brockovich"
- Karl of politics
- In a cold manner
- Obscurity
- Middle of March
- Fringe benefit
- Side for Green Eggs
- Put in the outbox

**DOWN**

- Chlorofluorocarbon, abbr.
- Obstacle to jump through
- Great Lake
- Tiny fox with large ears
- Two halves of a diameter
- Like one in isolation cell
- Evergreen trees
- \*Babar, e.g.
- Thumb-up catch
- Full of enthusiasm
- "The Little Mermaid" domain
- Stock exchange, in Paris
- Affair, to Emmanuel Macron
- Michael Douglas' 1987 greedy role
- "For a jolly ..."
- \*Clement Clark Moore's famous beginning
- Live it up
- Join forces
- Aid in crime
- Bodies
- \*Athos', Porthos' and Aramis' swords
- \*Corduroy or Paddington
- Stiff grass bristle
- \*D'Artagnan's sword
- "It ends, according to Shel Silverstein
- North American purple berry
- \_\_\_ at Work, band
- Give in
- Worshipful
- Isis' brother and husband
- Cause and effect cycle?
- Abhorrence
- RBG's collar, e.g.
- Arabic for commander
- Screen
- Lymphatic swelling
- Like certain Steven
- Senior's fragile body part
- New York time

### SUDOKU PUZZLE

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# Mission Ridge Ski Team hosts second annual Kids Triathlon July 8

SUBMITTED BY LINDSAY DAVISSON, MRST ADMINISTRATOR AND YSL HEAD COACH

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. Chil-

dren 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, par-



ticipants 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.

“We are so excited to host the kids triathlon for a second year,” said Lindsay Davison, MRST’s administrator and Youth Ski League head coach. “Our goal is to inspire kids to get moving on and off the ski hill and have fun all at the

same time.”

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](http://mrst.us).

# Transforming lives through technology

SUBMITTED BY NCW TECH ALLIANCE

## Computer Refurbishment Training

WENATCHEE - At NCW Tech Alliance we run a Computers for Community program, where we donate refurbished devices for community members in need. We are seeking additional volunteers to support the growth of this program. Join us for a 2-hour training to gain new skills and learn how to refurbish MacBooks and Chromebooks. No tech experience to participate.

Saturday, July 8 from 10 a.m.-12 p.m. at Pybus Public Market, in Wenatchee. Training age requirements: 13+ (youth must be accompanied by a guardian).

## Sponsor Our Golf Tournament On August 3

We invite you to the social event of the summer, where you can make a lasting impact on local scholars. Sign up today to sponsor a golf hole for only \$1,000 at our annual Summer Scholarship Fundraiser on August 3. As a sponsor, you’ll not only gain visibility and recognition, but



your sponsorship will directly benefit our STEM scholarship fund. Take advantage of this opportunity to be part of something meaningful and support the future of STEM education. Contact us now to become a \$1,000 hole sponsor and pave the way for a brighter future. All STEM Scholarships will be awarded at the Annual Innovator Awards Luncheon

in the Fall of 2023.

## Free Skills Program For Admin Assistant

Join the gener8tor Skills Accelerator for rapid virtual training with a career track focus on being an Administrative Assistant. Build confidence, gain LinkedIn Learning certificates, and access reduced fee exams for industry-recognized certifica-

tions. Flexible, personalized, and ready to empower your future. Application Deadline is Sunday, July 16, Program Kickoff Monday, July 24, Program ends Friday, September 1. Apply online now at [newtechalliance.com](http://newtechalliance.com).

## Calling all Youth and Educators

After three years of virtual Tech & STEM Showcase events, we’re excited to bring this program back in person at the annual NCW Fair from August 24-27 in Waterville. Students and teachers are invited to showcase

their projects in technology and STEM. Share your exciting work in areas like robotics, virtual reality, computer science, and more. Sign up online to present during a two-hour window on either Thursday, Friday, Saturday, or Sunday. This is a free, fun, and unique opportunity to exhibit your creativity while inspiring the community to embrace and support STEM. No cost to participate and entrance to the fair is included. Only two hours are required per participant, but you can sign up for more.

# Newhouse introduces legislation to support Central Washington winegrape growers

## Smoke taint devastates wine industry

SUBMITTED BY MIKE MARINELLA, OFFICE OF REP. DAN NEWHOUSE

Wednesday, June 22, Rep. Dan Newhouse (R-WA) introduced the bicameral, bipartisan Farm Crop Insurance Act alongside Rep. Mike Thompson (D-CA) and Sens. Patty Murray (D-WA) and Alex Padilla (D-CA) to insure winegrape crops from smoke exposure. The bill requires the Federal Crop Insurance Corporation (FCIC) to carry out research and implement a crop insurance product that covers losses due to smoke exposure.

“Washington state’s wine industry produces some of the best wine in the nation and we need to keep it that way. Right now, the industry faces billions of dollars in losses from wildfires and smoke exposure,” said Rep.

Newhouse. “I am proud to co-sponsor this critical legislation that will ensure our winegrape growers and producers get the necessary funding to be resilient and continue to produce high-quality wine

“Winegrapes are essential to economies across our country, and states like California, Oregon, and Washington have been disproportionately exposed to wildfires leading to smoke exposure impacting our winegrapes. Researching the impact that smoke has on our winegrapes and other crops is essential in advancing solutions that will protect these key economic drivers from future natural disasters. Proud to work with Rep. Newhouse and Sen. Padilla to introduce legislation that strengthens crop insurance for winegrape growers and helps fully capture the risks associated with growing in these smoke- and wildfire-prone states,” said Rep. Thompson.



“Washington state is the second-largest wine producing state in the country, creating thousands of jobs and fueling tourism across the state. Washington is also seeing an alarming increase in wildfires year after year, which creates a serious smoke exposure problem for winegrape growers across the West Coast. Vineyards in Washington state and all the way down to California need a crop insurance policy for smoke-exposed winegrapes, rather than being forced to rely on ad-hoc disaster assistance from year to year, and that’s what this legislation will provide. I’m proud that research at Washington State University has played a leading role in studying the

impacts of smoke exposure, and this bill takes a critical and needed step to protect our state’s vital wine industry,” said Senator Murray.

“As climate change intensifies and wildfires become more frequent and extreme, we need to protect winegrape growers and consumers against the damage caused by prolonged smoke exposure. Winegrape growing regions are critical to our economy, especially in California. Growers, vintners, and consumers alike have a stake in the sustainability of winegrowing communities—these bills will help growers make informed decisions about harvesting and selling their crops,” said Senator Padilla.

**Background:** Winegrapes exposed to smoke from wildfires can introduce compounds into the winemaking process that cause smoky, ash-like flavors and result in wines unfit for commercial sale. These off-aromas and flavors become more pronounced over time as wine ages. The legislation requires research and development of a crop insurance product that provides comprehensive coverage for smoke-impacted winegrape growers. The bill also helps to mitigate future financial losses in these key regions of production.

Rep. Newhouse serves as Co-Chair of the Congressional Wine Caucus (CWC), which protects the interests of our vibrant wine community from grape to glass. Members of the CWC are joined not only by their deep appreciation of wine, but also their understanding of the wine community’s significant economic impact. Wine is produced in all 50 states and

generates jobs and revenue in both rural and urban areas. The wine community contributes an estimated \$220 billion to the U.S. economy annually and creates the equivalent of more than one million full-time jobs.

In Washington State, there are more than 800 wineries and over 250 wine and grape growers. The wine industry generates over \$9.5 billion in total economic activity with over 14,000 acres of vineyards and 60,000 jobs created and supported by the wine industry. With 14 unique AVAs across the state, Washington’s wine industry continues to grow and produce high-quality varieties that are enjoyed all over the world. In addition, Washington State University is one of the country’s leading viticulture research institutions and one of only 14 universities in the United States to offer a Viticulture & Enology degree.

# Informational videos increase awareness of financial aid and education options

SUBMITTED BY WASHINGTON STUDENT ACHIEVEMENT COUNCIL

OLYMPIA—Simple, accurate information provided in an engaging way in an educational environment can help improve student understanding and awareness of financial aid and college or training options, according to a new case study from the Washington Student Achievement Council (WSAC).

WSAC partnered with the North Central Educational Service District (NCESD) to design and develop animated

videos about financial aid and postsecondary education opportunities available in Washington State. The videos were shared with students during the regular school day, and students completed surveys to share their feedback.

The surveys indicated positive results:

Prior to watching the videos, many students could not correctly answer questions about the state’s financial aid programs and postsecondary opportunities; however, there was substantial

growth in their knowledge after watching the videos. 87 percent of students surveyed indicated that they learned something relevant for their futures from the videos. 88 percent of students indicated that they learned something new about the Washington College Grant (WA Grant) program.

WA Grant is a flexible option that can be used for many educational pathways beyond high school, including approved apprenticeships, certificate programs, job training or college.

The state of Washington has some of the strongest financial aid programs in the country. And yet, despite the generous funding available, Washington historically ranks near the bottom in rates of financial aid application completion nationally. WSAC believes that people will be more likely to apply for financial aid if they know how generous and flexible the state’s programs are.

“Every year, we see families leaving thousands of dollars on the table because they don’t know how to apply,

or don’t believe they might be eligible for funding, and we wanted to do something to change that outcome” said Dr. Sue Kane, NCESD’s director of STEM initiatives and strategic partnerships.

Kane added, “These videos make it so easy to be a part of the collective effort. Check out the videos and share them through social media. Helping someone pursue their dreams could be just that simple.”

The case study report shows that adopting an

evidence-based approach like informational videos to engage students can increase awareness of financial aid and education options, and potentially influence decision-making about college or career training after high school. View the full report on the WSAC website [wsac.wa.gov](http://wsac.wa.gov) under A New Approach to Increasing Awareness of Postsecondary Opportunities and Financial Aid in Washington: Embedding a Learning Agenda into Outreach Efforts.

# Outdoor grilling safety

SUBMITTED BY WA STATE FIRE MARSHAL’S OFFICE

OLYMPIA - The weather in the Northwest has finally warmed up and outdoor grilling has begun in many homes throughout Washington State. Barbeque-related fires may cause significant property damage and burn injuries. According to the National Fire Protection Association, on average 10,600 home fires are started each year and 19,700 patients are sent to hospital emergency rooms because of injuries involving grills.

Last year in Washington State, cooking fires that include open grills totaled 2,121 with a total loss of over 10 million dollars. The State Fire Marshal’s Office advises residents to take steps to make this a safe barbeque season.

## Setting Up:

• Ensure you check with your local fire agency about any outdoor burn restrictions or bans.

• Both propane and charcoal grills should only be used outside.

• At a minimum, keep grills 10’ away from fences, exterior walls of the house, overhanging tree branches, or any other flammable materials.

• Be sure the grill is stable and level.

• Before using the grill for the first time each year, check the gas cylinder hose for leaks by applying a light soap and water solution to the hose and then turning on the gas. If there is a leak, the solution will form bubbles. If you can’t stop the leak yourself, have it serviced by a professional before using it.

## When Lighting:

• Whether cooking with a gas or charcoal grill always use caution when lighting.

• Always make sure your grill lid is open before lighting.

• When using charcoal, consider using a charcoal chimney starter instead of charcoal

lighter fluid and never use gasoline or other flammable liquids other than lighter fluid.

For more information, contact the State Fire Marshal’s Office at 360-596-3929.

## Donate Your Vehicle

Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

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Call (844) 889-8170

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We'll pick up your vehicle for FREE - at a time and place convenient for you.

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- Free Pickup & Towing.
- Top Tax Deduction.

**Donate Your Vehicle Today**  
**844-889-8170**

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.

## 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 The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to [Carol@leavenworthecho.com](mailto:Carol@leavenworthecho.com). Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo/Record office, call for details, 509-548-5286.