

May 3, 2023 • Volume 121, No. 18

SERVING THE QUAD CITY AREA SINCE 1901

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An 80-month journey

OCLTRG holds 2020 wildfire home dedications



Volunteers, and supporters gather outside the James McCraigie home near Monse for a dedication ceremony by the Okanogan County Long Term Recovery Group.

By Mike Maltais Staff writer

MONSE – Nine-hundredand-sixty-three days after he lost his home to the 2020 Cold Spring wildfire James McCraigie was handed the Certificate of Occupancy to his newly rebuilt home in a dedication ceremony held last Friday, April 28, by the Okanogan County Long Term Recovery Group.

McCraigie's was one among more than 100 homes lost in the Labor Day weekend fire that included the Pearl Hill portion of the same blaze that jumped the Columbia River into Douglas County.

The weekend of dedications began with a luncheon and presentations at the Pateros



Legacy work continues

Knowlton invited to witness crime victim bill signature



Courtesy Deana Knowlton

Deana Knowlton, third from left, and daughter, Kari, far left, witness Governor Jay Inslee sign SHB 1501 into law on April 20. Knowlton was a key citizen supporter of the bill that provides additional counseling services for immediate family members of homicide victims. 12th District State Representatives Mike Steele, right, and Keith Goehner, second from right, helped shepherd the measure through to its final destination on the governor's desk.



Brewster Community Resource Center (PBCRC) on Friday, April 28, before gathering at McCraigie's house at Monse. The next day homes were dedicated in Bridgeport and Coulee City before returning to the PBCRC conference room.

"We've given a home to everyone who qualified," said OCLTRG Executive Director Carlene Anders. "And who wanted to move through that process, which is really kind of a miracle."

That process is long and detailed and begins with a case manager like Lead Disaster Case Manager Jessica Farmer who mentors each applicant through the interview, fact



Mike Maltais/QCH

Project Manager Barry Hansen, right, delivers the Certificate of Occupancy to homeowner James McCraigie.

gathering, qualification, and approval phases.

Anders said it's important that people understand how long that process takes.

"That is exactly why it's called 'long term recovery' across the country," said Anders. "It does not happen



A view of James McCraigie's new home.

overnight."

Anders had a reminder for those who assume that by now most of the fire victims have recovered their losses.

"People are literally living in cars, sheds, tents, trailers until they get a home – if they get a home," said Anders of the remaining need. "We know people in that situation that are not coming out of that situation, because they have not chosen to move forward or can't move forward in their own recovery."

Anders added that the fire survivors whose homes were rebuilt by OCLTRG volunteers are still in their homes or they have since passed away and their families are still in those homes.

House recipients of the 2014-15 Carlton Complex and Okanogan Complex fires signed five-year agreements with OCLTRG to remain in their new homes. Those from the 2020 Cold Spring and Pearl Hill fires signed three-year agreements.

Courtesy Deana Knowlton

Deana and Kari Knowlton stand with 12th District State Representatives Keith Goehner, right, and Mike Steele outside the entrance to the state House of Representatives chamber.

By Mike Maltais Staff writer

OLYMPIA – After nearly seven years of grief and frustration combined with determined dedication, Twisp resident Deana Knowlton was invited to witness the signing of a homicide victims' support bill by Governor Jay Inslee at the state capitol April 20.

The governor's signing of SHB 1501 providing additional counseling services for immediate family members of homicide victims signals both the culmination of one campaign but the beginning of a new one. Knowlton said she will focus next on more measures to bring more help, resources, and relief to crime victims.

"I would like to use my experience to help guide other families through similar difficulties," said Knowlton. "Knowing what steps to take and where to go and who to contact will help others get through the ordeal."

Knowlton's first-hand experience with the loss of her husband, Gary, to a drunk hit-and-run driver in July 2016, set her on a course she would not wish on another family, the fight to see the driver atone for his crime and the struggle for more help for crime victims.

The 22-year-old Bridgeport driver Jovany Lopez-Maciel, was eventually apprehended, convicted at trial, sentenced to prison, granted early release, and deported to Mexico. In 2020 Knowlton learned that Maciel had returned to Washington state when he was stopped by the Washington State Patrol for a vehicle moving violation in the Yakima area and had to appear in court. Despite the violation no further deportation could be taken against Maciel because the Department of Corrections had closed his case and immigration authorities' hands were tied against further deportation proceedings.

Designated a sanctuary state in 2019, Washington has some of the nation's strongest immigration protection mandates. They broadly bar local law enforcement from cooperating with federal authorities involving issues of immigration holds, detention and information.

Knowlton said her experience with the state's legislative process taught her that efforts to change sentencing guidelines and incarceration terms involve many moving parts and are difficult to influence. On the other hand, lobbying for more rights and resources for crime victims offer more opportunities for real progress as Knowlton has demonstrated.

"This is just the beginning," said Knowlton.

QUAD CITY

ļ	NSIDE TH	HIS WEEK		
Community Bulletin Board		Local/Regional News	B4	PO Box 1922 Chelan, WA
Obituaries/Death Notices		Classfied Index		,
School/Sports	B1	Classifieds, Puzzles	B2-B3	98816-1922
Outdoors	B1	Public Notices	B2-B3	www.qcherald.com
Health	B3	Puzzles	B3	·

Okanogan PUD will host solar workshop May 17

By Mike Maltais Staff writer

OKANOGAN - The Okanogan PUD has seen a lot of interest in residential solar installations, so it will host a Solar 101 Workshop on Wednesday, May 17, at 5:30 p.m. at the Okanogan PUD office, 1331 Second Ave. North.

Installations have increased recently, and some solar companies are aggressively trying to sell products throughout the region. The large volume of information, advertising and sales pitches are not always accurate, so the PUD has had to combat some solar-related scams

Net metering can also be a complicated concept – customers are producing their own electricity while still being tied to the electric grid. This requires very specific procedures and specifications, so it's important for customers to know their system is designed to fit both their needs and the policies of their electric utility.

The workshop will feature testimonials from current solar net metering customers, sharing both benefits and challenges they have faced. The PUD will also have a display of a solar panel and meters to demonstrate how the system works on a smaller scale – attendees can watch the meter go backwards.

Those interested in becoming solar net metering customers can also talk with PUD staff members about the process. No RSVP is necessary, but homeowners can see more details about the event on the PUD's Facebook page, with some updates as the event gets closer.

Anyone considering adding solar to their home should contact the PUD before signing contracts or installing a system. More information can be found on the PUD's website, okanoganpud.org/ energy-services/net-metering

Summer 2025 completion projected

Landscaping underway on second Gamble Sands course



Mike Maltais/QCH

Looking west toward the Cascades it looks like lots of bare dirt now, with a contractor's trailer, machinery, and supplies but the site will soon be taking on the elements of the next 18-hole golf course at Gamble Sands. The original resort is south (left, out of the photo) of this newest addition.

BY MIKE MALTAIS STAFF WRITER

BREWSTER – The next evolution for the Gamble Sands golf course and destination resort will nearly double the size through the addition of a second, still-unnamed 18-hole course, expanded lodging facilities, and a new restaurant.

The new project, is being built on Gebbers family agricultural land just north of the 18-hole Sands and 14-hole Quicksands courses. David McLay Kidd, owner

of DMK Golf Design in Bend, Oregon, and designer of the Sands and Quicksands courses, has once again signed on for the new undertaking. Expected completion of the new expansion is summer 2025.

The location of the new course west of Sands Trail Road will feature the same panoramic view of the Columbia River and Cascade Mountains enjoyed by guests at the original resort.

The Gebbers family began considering a golf venture well over a decade before they finally had the consulting and design team assembled to pull the trigger on Gamble Sands' construction in 2012.

The facilities at the Inn at Gamble Sands will be expanded from its current 37 rooms to 73.

Wind in the Willows coming May 5

Okanogan Valley Orchestra and Chorus will rebuild

By Mike Maltais Staff writer

OKANOGAN – While they have been focused on rebuilding their concerts and musical, Okanogan Valley Orchestra and Chorus will now also focus on rebuilding their main structure in Okanogan.

In the wee hours of Dec. 27, some OVOC board members were awakened by a call from the sheriff's office informing them that their building had partially collapsed under the weight of the snow. Now the snow is melted and OVOC is planning for the complete rebuild of their facility - which they refer to as their home - to meet not only their own needs, but those of the community.

After a few years of cancellations, mitigations, and masked performances with COVID, OVOC board members continue to adapt. The board had planned for major renovations to its home, and had recently replaced the roof. When the building came down, it took with it a few set pieces and yard sale items that had been stored for future activities. Most of the rest of the building's contents were saved.

Since then, some gracious financial donors have stepped up. Others have offered their time and muscles to help organize and move. OVOC will need more help moving forward. Through the spring, the board will set some cleanup and moving days to completely vacate the structure in preparation for its total demolition.

Plans for rebuilding

Howard Zosel, owner of Z's Engineering, has provided not only the plans for a new home building, but also has provided a steady bass voice in the chorus. In fact, Zosel is pretty sure he was in the very first OVOC concert featuring a choral piece in the early 1980s.

Zosel said he loves the format of OVOC - that professionals, semi-professionals and amateurs gather together and make music. The group looks differently now than it did in the beginning, but he said:



Courtesy OVOC

The OVOC facility was damaged by heavy snow last winter.

in- to see all the changes."

Of course, a big change will be the new home building. The facility was a warehouse and former service center added later...likely not permitted when it was remodeled in the 1960s. The entire structure has issues, which is why engineers recommended and insurance approved the total demolition and rebuild.

The vision now calls for a phased approach: Phase one will include office, meeting and storage space in a twostory portion of the building, with the shell for a gathering and rehearsal space that will not be able to be fully utilized yet. Phase one will cost about \$600,000, just a bit more than insurance will cover. Phase two would finish the gathering space for up to 130 occupants for approximately an additional \$200,000.

Another huge discussion, especially with Okanogan citizens, is what will be done for the mural on the side of the building that shockingly didn't fall with the rest of the building. Zosel said he has a plan to preserve the wall and the mural that is "not super practical, but doable." OVOC, after all, is all about preserving the arts - performing or otherwise.

The big challenge is to find work crews who are available during the next year who will give OVOC reasonable prices. Some companies have already some things at cost or giving donations of labor or supplies.

How to Be a Friend

The upcoming OVOC musical "The Wind in the Willows" has a song and a theme the board also is relying on: "A Friend is Still a Friend." In the show, it refers to showing up for friends even in tough circumstances, despite some pretty big challenges. OVOC will need its friends.

"OVOC has been through many challenges these past few years and I'm amazed how resilient and positive our OVOC family is," Board President Cari Zachow said.

Through May, OVOC's Second Act Shop at 21 N. Main St. in Omak has many wedding and prom dresses as well as other clothing, purses, hats, kids' toys and much more with new items on the racks just about each week. It's a way to buy local, buy inexpensively and support OVOC.

"The Second Act Shop is a win-win for OVOC and for the community," said Susan Graves, Costume Mistress. "We hope to have a retail space in our new building by next year. The community has responded enthusiastically to a new place to browse and shop and we appreciate their support."

The Wind in the Willows will run the first two weekends in May, Fridays and Saturdays at 7 p.m. and Sundays at 3 p.m. The tickets were reduced in price this year to \$10 for adults and anyone under 18 by donation - the goal is to build community connections and allow families to attend who might otherwise not be able to afford it. Donations will be taken for the building if any show-goers wish to contribute. Sponsorships are always welcome. Other fundraisers and grant opportunities will be forthcoming as OVOC pursues its vision for the new facility. Every ticket sale, every purchase at the shop, every donation gets OVOC that much closer to a new facility to serve the community. Anyone who wants to help can reach OVOC through the website - ovocmusic.org - Facebook, Instagram or by contacting a board member. "Things are looking up," Zachow said. "We have a musical for the first time in years, our orchestra and chorus membership is growing and we are able to rebuild the OVOC building. I am excited to see what the future holds.'



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If you have an urgent need for a same-day primary care visit, we've got room in our schedule, Monday-Friday. The last appointments of the day start at 4:30 p.m.

(509) 689-3749
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"It's been a wonderful journey offered to help by providing

OKANOGAN VALLEY ORCHESTRA & CHORUS PRESENTS

Book by JULIAN FELLOWES Music by GEORGE STILES Lyrics by ANTHONY DREWE Based on the book by KENNETH GRAHAME Original Production by JAMIE HENDRY



May 5, 6, 7 & 12, 13, 14 Omak PAC 7 PM Fridays & Saturdays, 3 PM Sundays \$10 adults, Under 18 by donation

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Corrections

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

<u> HERALD</u>

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Office Hours

Mon. to Fri. 9:00 a.m.-5:00 p.m.

On The Internet

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Services

Back Issues are available up to one year after publication for a small fee.

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Place your ad online 24/7 WWW.NCWMARKET.COM

Deadlines

Get tickets 8

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ovocmusic.org

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Subscriptions

 Okanogan/Douglas Counties (yearly) print
 \$40

 Okanogan/Douglas Counties (yearly) print & web \$45
 \$45

 In State (yearly)
 \$50

 Out of State (yearly)
 \$52

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Have an idea for a story? Call Quad City Herald at 689-2507 is published every Wednesday by NCW Media, Inc. PO Box 39, Leavenworth, WA 98826 Telephone: 509-548-5286. Periodical postage paid at Brewster, Wash. Postmaster: **Send address corrections to:** Quad City Herald, PO Box 1922, Chelan, WA 98816

Quad City Herald

(USPS 241-920)

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Community & Sheriff

OKANOGAN & DOUGLAS COUNTY SHERIFF. BREWSTER POLICE DEPT

Douglas County Sheriff's Office

April 21

08:11 Property, 100 block Zerelda Rd., Bridgeport 09:16 Fraud/ Forgery, 401 Rd. C SW, Waterville

23:56 Agency Assist, US Hwy. 97 MP 225, Orondo

April 22

13:38 Unknown-injury Accident, 100 block W. Locust Ln., Waterville

18:59 Suspicious Circumstance, 40 McNeil Canyon Rd., Orondo

20:21 Diversion, 20 Pine Hollow Dr., Orondo

April 23

- 08:55 Vehicle Prowl, 1635 Raymond Dr., Bridgeport
- 12:42 Extra Patrol, 422 S. Harrison St., Waterville
- 13:23 Domestic Disturbance, 1800 Fish Ave., Bridgeport

April 24

- 12:21 Animal Problem, 110 S. Mansfield Blvd., Mansfield
- 14:18 Scam, 1169 Rd. 18 NE, Mansfield
- 17:51 Agency Assist, 5th St. and Fairview Ave., Bridgeport
- 21:05 Extra Patrol, 108 5th St., Bridgeport
- 21:16 Domestic Disturbance, 1800 Fisk Ave., Bridgeport
- April 25 18:43 Extra Patrol, 1300 block Douglas Ave., Bridgeport
- 20:31 Disturbance, 95 Spring Canyon Rd., Orondo

April 26

16:50 Suspicious Circumstance, 100 Sun Cover Rd., Orondo

April 27

- 11:07 Welfare Check, 255 Columbia Ave., Bridgeport
- 17:28 Trespassing, 418 N. Columbia Ave., Waterville
- 21:15 Civil Dispute, 17 Church Rd., Bridgeport Bar

Brewster Sheriff's Department

April 20

18:50 A caller reported hearing three to four gunshots on Unger Rd. in Brewster and upon contact the neighbor advised he was practicing.

April 21

- 18:13 An overdose was reported on S. 7th St. in Brewster when a subject was not breathing and gave one dose of Narcan. A fire unit was on scene and it was reported the male subject then became alert and awake and talking.
- 20:04 A violation to an order was reported on E. Indian

their step-dad took her keys then threw them back at her and left after a verbal argument.

April 23

- 09:52 Ten bags of trash and loose debris were reported blocking the northbound lane on Hwy. 97 in Brewster.
- 15:26 An agency assist was requested on Fisk Ave. in Bridgeport for a subject at his mother's residence and there was a recent domestic dispute with mother. Guns were reported on the person and a threat to law enforcement.

April 24

17:39 Extra patrols were requested o S. 7th St. and Sunset Dr. regarding subjects in vehicles revving their engines and driving around erratically. 22:08 An agency assist was requested on Fisk Ave. in Bridgeport for a subject barricaded in a garage, it was unknown if weapons were involved.

April 25

06:46 A black Infiniti was reported stolen from a parking lot on W. Indian Ave. in Brewster.

April 26

07:13 A vehicle was received on North Star Rd. and Valley Rd. in Brewster.

Okanogan County Sheriff's Office

April 20

16:57 A domestic dispute was reported on Monse Bridge Rd. in Brewster for a subject being aggressive towards the caller's 23-year-old son, reportedly smacking him. 18:50 Three to four shots were reported fired on Unger Rd. in Brewster.

April 21

- 17:53 A Stihl chainsaw was reported stolen from Monse River Rd. in Brewster. 20:04 A caller reported her boyfriend hit them and she was bleeding from her arm on E. Indian Ave. in Brewster.
- 23:37 An agency assist was requested for a male subject passed out in a vehicle on Hwy. 17 in Bridgeport, he was reportedly breathing.

April 22

No local reports.

April 23

19:39 A female subject was reported outside by the ice machine shooting up drugs and loitering at a location on Lakeshore Dr. in Pateros.

April 24





Mike Maltais/QCH

The steamboat in the mural painted on the side of the Pateros Post Office building negotiates the Pateros rapids...



Mike Maltais/QCH

... and arrives in the mural on the side of the Okanogan Valley Orchestra and Chorus building that was damaged by heavy snow last winter in Okanogan.





CAMPBELL'S

You are cordially invited to attend this COMPLIMENTARY DINNER PRESENTATION.

PLEASE CHOOSE A DATE THAT WORKS BEST FOR YOU

Tuesday, May 16 at 6:30 p.m. or Thursday, May 18 at 6:30 p.m.

> **Campbell's Resort** on Lake Chelan 104 W. Woodin Avenue Chelan, WA 98816

Strategies designed to help prevent inflation and taxes

- Ave. in Brewster when a caller reported her boyfriend hit her and she was bleeding from her right forearm.
- 22:12 A suspicious male subject was reported in a field near S. 7th St. in Brewster, behind a bus barn pacing back and forth.

April 22

- 18:19 Loud music from a baptism party was reported in the area of S. 7th St. and W. Indian Ave. in Brewster.
- 22:46 A domestic dispute was reported on S. 3rd St. in Brewster when a caller reported
- 22:08 An agency assist was requested for a subject barricaded in a garage, it was unknown if the subject was alone or if weapons were involved.

April 25

- 08:16 A utility trailer was reported stolen on Hwy. 97.
- 13:54 The postmaster found pants, a shirt and jacket in the recycling bin at the post office and requested items be
- 17:17 A warrant arrest was made for a female subject on S. Dawson St. in Pateros.
- removed.

Have a Community or Sports Story idea?

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

BREWSTER

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

from depleting your retirement

- What steps you can take now to try to stay ahead of inflation.
- Ways you may be able to reduce your income tax liability each year.
- Explore buffers that can help limit downside exposure and protect gains.
- Learn ways to get money out of tax deferred retirement accounts with the least amount of taxes possible.
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- Discuss strategies designed to help reduce, delay, or eliminate capital gains tax.
- Explore strategies that could help you avoid losing 70% or MORE of your IRA to death & income taxes.

Space is limited, RSVP is required to attend. Call today to **RSVP** at **509-662-7717**.



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QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

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



To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruthk@lakechelanmirror.com

Neighbors & Bulletin Board

COMMUNITY Want to place Your Community News Online? Go to NCWMARKET.COM 24/7 Local, 퇃 Any non-profit 501(c)-(3) group, person(s). igsimes Garage and Yard Sale Ads are paid events, please email those to Regional BULLETIN 🐁 Must provide: full name, city, phone number. heraldads@qcherald.com or NCWMARKET.COM Community 🍾 For more info call: Quad City Herald at 509-689-2507 News & b Items pertaining to local events that are free or minimum charge. BOARD Email to: ruthk@lakechelanmirror.com **Events**

COMMUNITY BULLETIN BOARD

May 3, 5, 9-10, 12 Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery

BREWSTER – The Senior Center is now serving meals at Noon, at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: May 3: Hawaiian Chicken, Wild Rice Blend, Asian Vegetables, Coleslaw, Tropical Fruit, WW Roll, Dessert; May 5: Salmon with Dill Sauce, Basil & Garlic Pasta, Venetian Blend Veggies, Spinach Salad, Citrus Salad, Dessert; May 9: Chicken Cordon Bleu, Casserole, Normandy

Center Thrift Store is open Vegetables, Tossed Green Monday-Saturday, 10 a.m.-2 Salad, Fruit Cocktail, Focaccia p.m. Check out our great kids Bread, Dessert; May 10: Beef section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room. May 3-4, 8-11 FAMILY __

Chelan Valley Hope Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat

Taco Pie. Southwest Salad.

Pears, WW Roll, Dessert; May

12: Pork Roast, Herbed Po-

tato Bake, Lettuce & Tomato

Salad, Pineapple, WW Roll,

Senior Center

Thrift Store

BREWSTER - The Brewster-

Pateros-Bridgeport Senior

Oatmeal Cookie.

May 3-6, 8-13

CHELAN - Come visit Chelan Valley Hope (CVH) at 417 S. Bradley Street Monday thru Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Whether you are looking to get help or to give help we are waiting for you. CVH provides services at no cost to individuals and families in need. We are a local nonprofit serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, and Orondo. Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram to get the latest CVH news and updates chelanvalleyhope. org, @ChelanValleyHope.

can be left during business hours, or give us a call and we'll gladly make arrangements. We currently need blankets, diapers, and travel size toiletries. More information at chelanvalleyhope.org including a Donate Button.

Donations are welcome and

Mav 4

Bingo **BREWSTER - Brewster American**

Legion Bingo every Thursday

night at 6 p.m. Card sales start

at 5 p.m. - Be early May 3, 17

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.

May 6-7

Craft Bazaar

BREWSTER - American Legion Unit 97 will host a Craft Bazaar Saturday, May 6 and Sunday, May 7, at the American Legion Post 97, 102 N. Third Street in Brewster. Saturday hours will be 9 a.m.-4 p.m. Sunday hours are 10 a.m.-3 p.m. Vendors will have many homemade items. Shop for Mother's Day, spring and summer weddings or get ahead of birthday and Christmas shopping. Coffee, soft drinks and lunch will be available from the Post Cafe. For more information call Margi at 509-689-5402 or email: margiallen11@Gmail.com

May 8, 22 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

May 8, 22

Douglas County PUD meetings

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

May 8

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.

May 9

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

May 10 Senior Center Membership Drive,

Elections

BREWSTER - The Brewster, Bridgeport, Pateros Community Senior Center is having a Membership Drive and elections. If you are interested in being a member, officer, nominate someone for officer, or receive an absentee ballot, you can contact Tracy Miller at 509-449-0596, tracymiller36@ gmail.com. The election will be May 10 at 12:30 p.m. at the Center.

May 10

Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, May 10, 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.

May 15

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

HEALTH CENTERS

YOUR FAMILY, YOUR HEALTH, YOUR CHOICE

Our family,

here for yours

Physical-Emotional-Social

Whole Person Health

60

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Pay for state convention

Bridgeport FFA holds spring plant sale fundraiser



FFA advisor Adam Corum, left, confers with one of his FFA student volunteers at the checkout table.

BY MIKE MALTAIS STAFF WRITER

BRIDGEPORT - The annual spring plant sale held by the Bridgeport school FFA chapter opened its doors last Saturday morning, April 29, to a group of eager purchasers who had signed up earlier in the week to reserve a spot on the appointment calendar.

As in past years the selection included colorful hanging baskets of flowers and a selection of bedding plants for the yard and garden. FFA advisor Adam Corum said he expects a better turnout than last year when the Covid pandemic hampered customer turnout.

The plant sale is the chapter's largest annual fundraiser. Corum said the proceeds will help cover costs for a record 18 Bridgeport FFA students who will attend the 93rd annual state convention in Kennewick, May 11-13.



Mike Maltais/QCH Marissa Sanchez was one of the first in the greenhouse at the Bridgeport FFA spring plant sale last Saturday, April 29.

THE WASHINGTON OUTDOOR REPORT

The lowland lake opener

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Steve Caromile, the Inland Fish Program Manager for the Washington Department of Fish and Wildlife said, "The lowland lake trout season, Washington's single biggest fishing season, opened April 22 with decent weather and catch rates. It is still one of the best bargains in local family recreation. April 22 was also the first day of our annual trout derby, and we are already seeing catches of tagged trout!"

Caromile continued saying, "With typical springtime weather, angler catch and effort at our lakes was com-

GRANT COUNTY

The crowds were also out for the opener at Blue Lake with nearly 300 individuals counted and a lot of these anglers were kids. The average catch was only 1.5 trout each but the size of the trout was a healthy 14 inches. Park Lake south of Coulee City was also crowded and the catching was about the same as Blue Lake. There was far better fishing at nearby Deep Lake in Sun Lakes State Park. Anglers there were catching five fish limits of rainbow trout averaging 13 inches.

OKANOGAN COUNTY

Okanogan County is a popular destination for the lowland lakes opener and for good reason, the fishing can be very good here and the scenery is ly 14 inches and the brown trout at 16 inches.

There were not many anglers seen at the other Stevens County lakes. At Starvation Lake anglers were indeed starving for trout and the fishing was slow. The same scenario played out at Rocky and Mudgett Lake. The few trout checked averaged 12 inches in length.

Last but not least, if you catch a trout with a blue tag on it don't throw it back. That's a WDFW trout derby fish and it's worth a prize. Go to https:// wdfw.wa.gov/fishing/contests/ trout-derby for details about where these fish have been stocked and how to claim your prize if you catch one.

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

Hockey forward Jamison Sluys commits to Western Michigan University



Courtesy Jamie Sluys

BY MIKE MALTAIS Staff writer

Jamison Sluys

OMAHA — The Omaha Lancers of the United States Hockey League (USHL) are proud to announce that forward, Jamison Sluys has committed to play Division One College Hockey at Western Michigan University.

Sluys, 17, of Point Roberts, Washington made his USHL debut on October 7, 2022, in the Lancers 2022-23 season home-opener, which resulted in a hard-fought 4-3 shootout loss. After suffering a broken thumb following that game, Sluys returned to the Lancers on December 16, 2022, to assist the Lancers in a 1-0 victory over the Sioux City Musketeers. On the season, the young forward gathered a point through six games played (0G-1A-1P) with a -1 +/- rating.

Before his time in Omaha, Sluys played 16U AAA hockey with the Long Island Gulls, where he averaged just over a

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point every two games during

Sluys is the son of Jamie Sluys, grant manager for the Brewster School District, and Jennifer Ortmeyer. Sluys uncle, Jed Ortmeyer, played in the National Hockey League for eight seasons mostly with the New York Rangers. Ortmeyer is now a director of player development for the Rangers.

"He (Jamison) scored his first USHL goal last week," said his father, Jamie. "He plans to be back in Omaha next year and Western Michigan the following year."

The Lancers' organization said it is excited to see Jamison Sluys improve throughout his future within the organization and thrive athletically and academically in a Bronco uniform in the future.



com

parable to prior seasons, with catch averaging just about three fish per angler. The air temperatures weren't bad, but water temperatures are still on the cool side but with better weather in the forecast, the catch will be heating up as well."

If you are wondering how Central and Eastern Washington lakes fished on opening day here are reports from WDFW staff who visited various waters in the region:

KLICKITAT COUNTY

Horsethief Lake was fishing pretty slow on the opener where individuals averaged two trout each. However, things were very different at Rowland Lake. 29 anglers were checked and although there were not many people fishing, creel checkers noted they harvested a lot of fish. Eight trout were caught per angler and on average they kept 3.24 fish. The largest trout seen? A 21-incher!

CHELAN COUNTY

Clear Lake was frozen over and Beehive Reservoir was not accessible to vehicular traffic due to snow at this lake located near the Mission Ridge Ski Area south of Wenatchee. However, Wapato Lake near Manson was open for fishing and anglers caught and kept around 3.5 trout a piece.

DOUGLAS COUNTY

The crowds were out at Jameson Lake on opening morning. Creel checkers counted 234 anglers fishing for trout at 8 a.m. Just under three trout per angler was caught here, the average fish measuring 11-inches long. The largest fish seen by WDFW staff was a 16-inch rainbow.

nice. Creel checkers did not make it out to any of the lakes here for the opener but calling Liars Cove Resort, Gene Bussell said fishing wise anglers did pretty good for both bass and trout. However, the lake is really low right now and according to Bussell, "It's not easy to launch boats at the moment." The good news is the lake is starting to fill and boat access is getting better. Check with Bussell for exactly where to launch so you don't get stuck in the mud.

PEND OREILLE COUNTY

At Diamond Lake the crowds were low and the fishing was slow, due primarily



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Kittitas County.

to cold water temperatures. Of the anglers checked, on average they only harvested a rainbow a piece though most of them were 13-inches long and the largest checked was a respectable 19-inch trout.

Faith Kruse with a lowland

lakes opener trout caught in

Courtesy Faith Kruse

STEVENS COUNTY

Waitts Lake had more anglers than any other body of water in Stevens County on opening day. Creel checkers noted the fishing was best in the morning before the winds kicked up. The anglers checked averaged 2.4 trout apiece, but the fish were large with the rainbows going near-

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Legals **Real Estate Public Notices** Acreage Superior Court of Washington **Beachfront bargain** for Chelan County In the matter of the estate of Montene M. Frazier, Deceased. No. 23-4-00114-04 **Notice To Creditors** (RCW 11.40.030) The persons named below have been appointed as co-personal representatives of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the co-personal Highly sought after representatives or their attorney waterfront homesite. at the address stated below a Quiet waters in a copy of the claim and filing the picturesque bay. original of the claim with the court Ideal southern exposure, in which the probate proceedings were commenced. The claim sandy beach, adjacent to must be presented within the later new marina and steps to of: (1) thirty days after the the village center, pools, co-personal representatives diner, and general store. served or mailed the notice to the creditor as provided under RCW Fabulous resort 11.40.020(1)(c); or (2) four community on the shores months after the date of first of Lake Osoyoos in publication of this Notice. If the Oroville, Washington. claim is not presented within this Four-bedroom cottage time frame, the claim is forever plans included \$659,900 barred, except as otherwise provided in RCW 11.40.051 and verandabeach.com 11.40.060. This bar is effective as to claims against both the **Boat Slip For Sale** decedent's probate and nonprobate assets. **Date of First Publication:** \$161.500 April 26, 2023. FRAZIER and томму D. /s CYNTHIA G. WELDIN **Co-Personal Representatives** for the Personal Attorney **Representatives:** Joseph C. Brown, Jr., WSBA# 17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 Sunset Marina, Chelan (509) 782-1111 40 ft. deep water slip with Court of probate proceeding and electric and water to slip. cause number: Chelan County Superior Court, Waste dump. Clubhouse with showers, lounge with

Cause Number: 23-4-00114-04 Published in the Quad City Herald on April 26, May 3, and May 10, 2023.#5641



KING In re: the Matter of the Estate

ALAN DEWAYNE MEHUS, Deceased.

PROBATE NOTICE TO CREDITORS RCW 11.40.010 et seq.

Lori Ann Nydegger has been appointed and has qualified as Administrator of the above-captioned estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below, a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW . 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame. the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets. DATED: April 25, 2023

May 3, 2023

Donna M. Calf Robe, WSBA No. 18852 Attorney for the Administrator Address for Mailing or Service: **BROTHERS &** HENDERSON, P.S. 936 N. 34TH STREET, SUITE 200 SEATTLE, WASHINGTON 98103 Published in the Quad City Herald May 3, 10, 17, 2023 #5672

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How to take an iron supplement

Seventy-eight-year-old Mabel became anemic after being hospitalized with a bleeding ulcer. She was discharged home on medicine to heal her ulcer, plus an iron supplement. Three months later, Mabel's blood tests showed she was still significantly low in iron.

When I asked about her iron supplement, she showed me a bottle of 300mg sustained-release capsules of ferrous gluconate. "The iron tablets they gave me from the hospital upset my stomach, so I found this one instead."

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron. They left swords in water to rust or drank the water used by blacksmiths for cooling hot iron.

Iron is a critical part of hemoglobin, a protein that carries oxygen throughout the body. Your body needs four iron atoms to make each hemoglobin molecule, giving blood its distinctive red color. Without enough iron for hemoglobin, your blood can't carry as much oxygen, and you'll become pale and tired.

The most common cause of iron deficiency is blood loss. You can lose blood from a bleeding ulcer in your stomach, heavy menstrual periods, or from your intestines through ulcers, hemorrhoids, or diverticulitis. Other causes include a poor diet, gastric bypass surgery, kidney disease, pregnancy, or breastfeeding.

We treat iron deficiency anemia with iron supplements. They provide iron for hemoglobin in your blood and help replenish iron stored in your bone marrow. Most people need 100mg to 200mg of elemental iron daily over several months to accomplish this.

The most common side effect of iron is stomach or intestinal irritation. Stomach pain, constipation,



20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron needs an acidic environment for the best absorption. Vitamin C (ascorbic acid) improves absorption iron by converting some of it from its less soluble ferric form to a more soluble ferrous version. A six-ounce glass of orange juice can improve iron absorption by 10%.

Enteric-coated and sustained release forms of iron dissolve in your intestine instead of your stomach. Your intestines are much less acidic than your stomach, so less iron is converted to the ferrous form, resulting in you absorbing less iron from each pill.

Take iron supplements on an empty stomach, either 30 minutes before or 2-3 hours after eating, to increase iron absorption. Unfortunately, this also increases stomach irritation.

Despite taking an iron supplement for 3 months, Mabel was still quite low in iron, so I asked her to bring her iron supplement. She had ferrous gluconate 300mg sustained release capsules instead of the ferrous sulfate 300mg tablets initially prescribed for her.

"Those tablets tore up my stomach, so I switched to these because they don't bother me," explained Mabel. Ferrous gluconate has about half the elemental iron of ferrous sulfate tablets. I suggested she take 2 capsules of the ferrous gluconate every day instead of one daily since she was taking it without stomach discomfort.

Here are 7 Tips for **Taking Iron Supplements** Successfully:

1. Check the elemental

iron in iron tablets when comparing iron supplements. Ferrous gluconate 300mg has only 36mg of elemental iron, compared to 65mg in 300mg of ferrous sulfate.

2. For the most comfort, take iron with meals. For faster results. take iron without food. If taking your iron supplement on an empty stomach causes stomach irritation, take it with food instead of skipping doses.

3. Avoid sustained release or entericcoated iron supplements. Sustained release, delayed release, and enteric-coated iron supplements cause less stomach upset but also have much less iron for your body to absorb.

4. Start with one tablet daily. Start with one tablet daily of iron supplement, either with or without a meal. Take your iron supplement more frequently only if instructed to by your doctor. Higher doses of iron are not absorbed as well.

5. Consider cooking with cast iron skillets and pans. Cooking with cast iron increases the iron content of your food and can treat mild iron deficiency.

6. Add vitamin C to your diet. One small glass of orange juice or a vitamin C supplement can improve iron absorption.

7. Keep iron tablets out of the reach of children. Ferrous gluconate and sulfate tablets have shiny, colorful coatings identical to chocolate M&M candies.

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, The Medication Insider.com. ©2023 Louise Achey

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nausea, vomiting, and even diarrhea can occur. Iron can also make your stools dark and cause a metallic taste.

The three most common iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has



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Regional

Gamble Sands welcomes new executive chef, new restaurant "The Barn" to open this summer

SUBMITTED BY ROB MYERS, TROON GOLF

BREWSTER – Gamble Sands, one of the "Top 100 Golf Resorts in North America" located in Brewster, recently welcomed Chris Lamkin as its new Executive Chef. Lamkin will oversee menu creation, food prep and culinary operations for the Danny Boy Bar and Grill as well as the resort's new restaurant, The Barn set to open summer 2023. The Barn will feature comfort food in a casual and relaxed atmosphere, while the Danny Boy menu will include steaks, locally sourced seafood and farm-to-table offerings.

Born and raised in nearby Lake Chelan, Chef Lamkin has 25-plus years of experience in the restaurant and hospitality industries. Lamkin began his culinary career at a small volume restaurant called Hungry Belly, where he developed a love for cooking under the tutelage of owner Alex Eslava. From Hungry Belly, Lamkin continued to advance his culinary knowledge and creativity at restaurants throughout the

Chelan Valley, including Campbell's, Karma Vineyards and Wapato Point Cellars.

Lamkin credits a three-month trip to China when he was in his 20s for expanding his understanding of the Chinese culture, food and medicine. He developed

deep affinity for Asian cooking and has studied how Chinese medicine and cooking are connected.

"Having grown up in Eastern Washington, I had become accustomed to volume order cooking and my time spent in China challenged my skills to feed people healthy and exciting food," said Lamkin. "Joining the Gamble Sands team provides me with new culinary opportunities at one of the most gorgeous loca-



Courtesy Troon Golf Chris Lamkin, new Executive Chef at Gamble Sands.

state. I have a simple cooking philosophy that I like to share with others: Come prepared, be organized and cook with love." In 2022,

tions in the

Gamble Sands announced plans to build a second 18hole, David McLay Kidd-

designed championship golf course. Construction on the new course is underway with anticipated completion and grand opening in summer 2025. The vet-to-be-named course adds to an already impressive collection of golf and hospitality amenities at Gamble Sands. The property's 18-hole, McLay Kidd-designed Sands Course opened for play in 2014 to widespread acclaim and is recognized as a Top 100 golf course in the United States. In 2021, Gamble Sands unveiled its 14-hole Quick-Sands short course (also a McLay Kidd layout) providing golfers with a fun and imaginative shot-making alternative to the Sands course.

In addition to the new golf course, the Inn at Gamble Sands, the 37-room on-property lodge, will also be enhanced with 36 more rooms added (for a total of 73 rooms). The Inn at Gamble Sands features oversized rooms that match the wide-open nature of Gamble Sands, as big rooms open to the big golf course, framed by even bigger views that sweep across the Columbia River Valley. Danny Boy Bar and Grill, and The Barn provide diners with more views of the Cascades and Columbia River Valley.

For more information on Gamble Sands, visit www. gamblesands.com or call 509-436-8323.

About Gamble Sands Located in central Washington in the town of Brewster, the 7,169-yard Sands course at Gamble Sands opened for public play in 2014 among widespread industry acclaim.

Both GOLF magazine and Golf Digest named it the "Best New" golf course of 2014. It is currently listed among "Golfweek's Best: Modern Courses, 2022," and also ranks No. 1 in "Golfweek's Best Courses You Can Play" in Washington. It currently is No. 14 on GOLF's Top 100 Courses You Can Play and No. 38 on Golf Digest's ranking of America's 100 Greatest Public Courses. Designed by the renowned David McLay Kidd, the Sands course is a true links layout set in the high desert overlooking the Columbia River with sandy soil, traditional fine fescue grasses, firm surfaces, wide fairways and massive greens. The club also offers caddie services, a complete practice facility, golf shop, Danny Boy Bar & Grill, and lodging at The Inn at Gamble Sands featuring meeting and event space as well as the 100,000 square-foot Cascades Putting Green.

About Troon

Gamble Sands is managed by Troon. Headquartered in Scottsdale, Arizona, Troon is the world's largest golf and golfrelated hospitality management company providing services at 750-plus locations, including 740-plus 18-hole equivalent golf courses around the globe. In addition to golf, Troon specializes in homeowner association management, private residence clubs, estate management and associated hospitality venues. Troon's award-winning food and beverage division operates and manages 600-plus food and beverage operations located at golf resorts, private clubs, daily fee golf courses and recreational facilities. With properties located in 45-plus states and 30-plus countries, Troon's family of brands includes Troon Golf, Troon Privé, Troon International, Indigo Sports, CAD-DIEMASTER, ClubUp, Cliff Drysdale Tennis, Peter Burwash International, True Club Solutions, RealFood Hospitality, Strategy and Design, Casa Verde Golf and ICON Management. For additional news and information, visit www. Troon.com, or connect with Troon on Facebook, Twitter, Instagram, Troon Chronicles, Press Room, or subscribe to Troon Magazine.

Over \$300K awarded at Flywheel Investment Conference

SUBMITTED BY JENNY ROJANAS-THIEN, NCW TECH ALLIANCE

WENATCHEE - The 2023 Flywheel Investment Conference, held April 20, awarded over \$300,000, bringing the total to over \$1.3 million that has been awarded to Washington based companies through the annual event.

The Flywheel Investment Conference is held annually in Wenatchee and generates exposure and resources for early-stage companies by bringing entrepreneurs, investors, and professionals together. The 2023 Flywheel Investment Conference broke all past records with the largest number of applicants to date, an expanded three-day schedule, and the highestattended conference since its inception.

Over 300 attendees participated in Flywheel Conference events from April 19-21. Flywheel offered a Latina/o/x Founder Journey Workshop, networking pub crawl, entrepreneur and investor panels, keynote presentations, exhibitor booths, and a networking lunch.



All Flywheel winners at Flywheel Conference 2023.

competition, followed by an Awards Party at Pybus Public Market where GemaTEG was named the winner of the 2023

Mission Ridge Ski & Board Resort.

A total of 82 companies applied for the chance to com-

vue; GemaTEG, Bellevue; Novuson Surgical, Bothell; Pure Blue Tech Inc., Anacortes; and SheFly Apparel, Seattle.

est product in the company's portfolio of sustainable systems. Specifically designed for HPC and high-demanding applications, DaTEG is an active thermal management system with advanced thermoelectric technology. The system allows close control of microprocessor temperature, resulting in a substantial increase in computing power, reduction in power consumption, and noise. The product aligns with GemaTEG's vision, where sustainability and highperformance meet.

During the conference, Alphi and SheFly also received \$50,000 investment awards each from the Flywheel Angel Network. Citizen Mint received a \$50,000 relocation offer from NCW Tech Alliance if they choose to relocate their business to Chelan or Douglas counties. In addition. SheFly was awarded the \$5,000 Audience Favorite cash prize.

SheFly is an outdoor ap-

call and relieve themselves outside without removing any clothing. They design durable, innovative, and functional clothing so that everyone can explore as they are.

Alphi is the first communitypowered NFT database built to bring accessibility and transparency to the world of digital collectibles, enabling everyone to make well-informed decisions about the projects they get involved with. Their purpose is to make the digital collectible space accessible.

itizen Mint provides wealth advisors a trusted, easy-to-use platform to access private market impact investments. With minimums starting at \$10k and a curated list of exclusive opportunities, wealth managers are able to leverage Citizen Mint to help attract younger clients, diversify portfolios, reduce client performance volatility, and minimize their own revenue volatility.

The 2023 Flywheel Investment Conference was presented by Moss Adams, Ogden Murphy Wallace, Confluence Health, and Microsoft. Plans are underway for the annual Flywheel Conference to return in the Spring of 2024 in Wenatchee.

The keystone of the conference was the investment Flywheel Conference and received a \$150,000 investment award from the Flywheel Angel Network. During the last day of the conference, attendees had the chance to participate in a pitch workshop and enjoy free skiing at

pete at this year's Flywheel Conference. Through careful deliberation, the applications were narrowed down by the Flywheel Angel Network to just six who competed live during the conference: Alphi, Seattle; Citizen Mint, Belle-

GemaTEG develops innovative thermal management solutions for high-performance

microprocessors (CPUs and GPUs) in data centers. The company was founded in 2019 in Seattle with its R&D center in Italy. DaTEG is the lat-

parel company on a mission to make the outdoors better for all people through innovative clothing design. Their awardwinning pants and leggings feature their patented zipper technology, which empowers everyone to answer nature's

House passes Rep. Schrier's bipartisan bill to support rural communities and improve emergency services

SUBMITTED BY OFFICE OF CONG. KIM SCHRIER

WASHINGTON, DC - The United States House of Representatives passed Congresswoman Kim Schrier's, M.D. (WA-08) bipartisan bill aimed at improving emergency services in rural communities on April 26. The Advanced, Local **Emergency Response Tele**communications (ALERT)

Parity Act, which was introduced with Congressman Bill Johnson (OH-06), passed the House by a roll call vote of 422-1.

"I am thrilled that the House just passed the ALERT Parity Act. Far too often, rural communities are left behind and do not have the proper resources they deserve, like emergency services. The

8th district is nearly 10.000 square miles and many of my constituents who live in these rural areas do not have the consistent ability to make emergency 911 calls and receive emergency alerts. As a doctor, I know how crucial time is in a medical emergency, as just a few minutes can make an immense difference," said Rep. Schrier.

"This bill directs the FCC to create a regulatory framework that will allow satellites to provide service in emergency situations. This will significantly improve the care rural Washingtonians receive in crucial situations like medical emergencies and natural disasters. I am happy that these bipartisan relationships I have built in Congress are

carrying on through a shift in party leadership so that even in the minority, I can continue to deliver for the people of the 8th District."

The ALERT Parity Act requires the Federal Communications Commission (FCC) to adopt rules for satellite communications providers who want to deliver emergency connectivity service in remote and rural areas and those areas where communications infrastructure has been damaged or destroyed. This means that the FCC will be able to give satellite communications providers the necessary certainty they need so that they can provide consumers with access to emergency services when it is otherwise unavailable.

