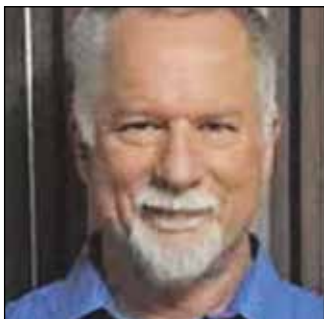


Helping those in need

Pateros Resource Center awarded \$50,000 Group Health Foundation grant

By MIKE MALTAIS STAFF WRITER

PATEROS – A \$50,000 grant from the Group Health Foundation was a welcome way for the Pateros-Brewster Community Resource Center to start 2023 as members of the PBCRC Board of Directors met last Thursday, Jan. 12.



Courtesy PBCRC

Gene Dowers

June this year. In the past the 18-to-24-year-old volunteers have worked with the Okanogan Long Term Recovery Group (OCLTRG) and the Pateros Treehouse Early Education Organization (PTEEO), and others.

WorkSource and OCCAC

The board also discussed WorkSource in Omak that sends an employment support caseworker to work out of the PBCRC office from 8 a.m.-4:30 p.m. every Wednesday and Thursday.

“She’s “absolutely jammed” both days helping people, said Dowers emphasizing the need for those types of services in the south part of the county.

“One of our priorities since we started was to get folks to bring their programs to the south county,” Dowers said.

Toward that end the board invited Rena Shawver, Executive Director of the Okanogan County Community Action Council, to discuss sending an OCCAC caseworker to work out of the PBCRC office in similar fashion to WorkSource for better access to area residents.

Part of the board’s 2022 program wrap up discussions concerned those areas where the center helped those in need. “Last year we assisted 177

families through the course of last year mostly by keeping their lights or water turned on,” said Dowers. “We deal with people having emergencies and we have a great relationship with the Brewster PUD office.”

Dowers said that in situations where somebody is facing a power shut-off the utility calls Dowers.

“We used a lot of that Group Health Foundation money to help people keep their lights on,” said Dowers. “Particularly with as cold as it has been it’s something we’re committed to.”

Dowers said his office is also working with the cities on water bill shut-off notices, and is getting more involved with rent assistance and eviction notices.

“I’m not exactly sure how to get it out to people that if you’ve got a shut-off notice that’s looming, call us sooner rather than later,” said Dowers. “There are so many people that come in on the day that they’re getting shut off.”

Dowers said many orchard workers are just now getting back into the field following the two months of snow and intense cold.

“This December and into January has been way, way, way beyond average for people in need,” Dowers said.

Coming events

Coming events in the PBCRC conference room include:

- Jan 24: Action Health Partners, Blood Pressure Monitoring.
• Feb. 25: WA Dept. of Natural Resources, Resilience to Wildfires.
• March 22: WWU/Career and Technical Education program.
• TBD: Noxious Weed Board public meeting.

BOCC applies ARPA funds

County agencies respond to Second Harvest food delivery suspension



Mike Maltais/QCH

The Second Harvest truck makes a 2020 delivery to the Brewster Food Bank.

By MIKE MALTAIS STAFF WRITER

BREWSTER – As the need for food assistance increases and the resources to fill those needs decline in the face of low crop yields, supply chain shortages, and rising prices, the last thing county food banks needed was the loss – temporarily it is hoped – of a major partner. That is the dilemma confronting the Brewster Food Bank and other county pantries after Second Harvest of Spokane announced suspension of its monthly food deliveries last month.

A Jan. 10 OCCAC media release explained the development:

Last November, Second Harvest notified OCCAC that it would immediately stop food deliveries to Okanogan County. The Washington State Department of Agriculture (WSDA) contracted with Second Harvest to supply food to

dozens of locations in Eastern Washington. With that contract now cancelled, WSDA is working to find solutions to the shortage which has left food pantries scrambling to make up for the loss. In 2022, Second Harvest provided 511,000 pounds of staple foods like meat, poultry, and fresh produce to Okanogan County; an estimated monthly loss of \$50,000-\$100,000. Food prices have increased by 12 percent in the past year, according to the United States Department of Agriculture (USDA).

Commissioners donate

The Board of Okanogan County Commissioners responded with a \$200,000 allotment of America Recovery Plan Act (ARPA) funds to the Okanogan County Community Action Council (OCCAC) to help bridge the gap for local food providers.

“We want to do everything we can to respond to local need, while looking at the broader underlying systemic

challenges causing this food shortage,” said Commissioner Chris Branch during a recent Commissioner’s public hearing. Commissioner Branch, along with Commissioner Andy Hover and recently elected Commissioner Jon Neal, heard testimony from OCCAC Executive Director Rena Shawver on the need for the emergency funds.

Shawver also advised The Quad last week of actions that her agency is taking to address latest developments:

- 1. Our agency staff meets weekly on a call with the Washington State Department of Agriculture and Northwest Harvest about the food shortage. We will be receiving more shipments of food from both agencies to help make up for the shortage caused by Second Harvest - Spokane. WSDA has, for now, terminated their contract with Second Harvest-Spokane, and is trying to

SEE HARVEST ON PAGE A2

2022 – A Year in Review in headlines

- July-December
July 6: Colville Confederated Tribes dedicate Wagner Ranch acquisition
July 13: Brewster emerges as a water project super star
July 20: Three Rivers Hospital seeks levy to fund ER operations
July 27: Gamble Sands to break ground for course, resort expansion
August 3: PIT tag study will probe Methow salmon survivability
August 10: Bridgeport Planning Commission submits Berryman Park upgrade grant
August 17: Brewster Salmon Derby scores a hit with big fish, big prizes
August 24: Brewster to address new FEMA flood plain designation
August 31: Hard-chargers and hydros arrive for first Pateros Hydro Classic
September 7: Fourteen teams scramble at fourth annual American Legion Golf Tournament
September 14: Quad City FFA exhibitors make their marks at Okanogan County Fair
September 21: Hydro Foyle: Protégé puts the pedal to the metal
September 28: Canine parvo

- solutions remain a topic of concern in Bridgeport
October 5: Lady Bears defeat league soccer rivals Pateros, Manson, 6-1
October 12: Bears cheer squad hosts fundraiser to cover camp expenses
October 19: Brewster Chamber reviews Halloween, Christmas events
October 26: Bridgeport votes to join Good Sam RV Parks network
November 2: Pateros School hosts Trunk or Treat...and a movie
November 9: Bears break away with first -district cross country championship
November 16: Brewster volleyball team wins two before bowing out at State
November 23: Budrow overtakes Hawley in race for sheriff
November 30: Bears record-breakers named to football All-League First Team
December 7: Mike Parker hires on as Pateros SD interim superintendent
December 14: Santa Comes to Town; fire truck goes to fire
December 21: Volunteers flock to annual Bridgeport Christmas Bird Count
December 28: Once in a generation snowstorm sweeps through county

Too much for some structures

Heavy wet snow becomes a weighty issue for marginal structures

By MIKE MALTAIS STAFF WRITER

OKANOGAN – If there is an upside to harsher-than-usual weather events such as last months’ snowstorm it is that locals learn firsthand what additional preparation, they need to consider to be ready for the next big one.

A good example is the above-freezing temperatures that arrived with rain on the heels of the heavy snowfall. Now the issue is not the cold and wind chill but increasing snow loads resulting from the weight of more and more water. Aging structures and those with roofs not designed to shed snow quickly or not built to handle the heavy demand of deep snow plus added moisture are candidates for collapse: carports, outbuildings, and awnings.

While the weight of snow varies widely based on depth and water content tables have been calculated that give the layman some idea what those variations look like when translated into numbers. One from Cornell University estimates that two feet of dry roof snow that weighs 6.5 pounds per



Mike Maltais/QCH

A portion of the Gebbers Farms-owned Neff Storage building along Highway 153 north of Pateros sustained damage when a domed roof section collapsed under the increasing weight of wet snow.

square foot (psf) can balloon to 42 psf when wet. Add another foot and three feet of dry roof snow at 9.5 psf becomes 62 psf of wet snow.

Okanogan County being the snow country it is requires builders to take snow load into consideration with minimum roof standards determined by geographic location. Okanogan County building inspector Dan Higbee said those requirements range from a low of 30 pounds per square foot (psf) in the val-

ley areas like Pateros to a high of 75 psf in Mazama.

Some examples:

- Brewster:..... 30 psf
Methow:..... 35 psf
Carlton:..... 40 psf
Conconully:..... 45 psf
Winthrop:..... 65 psf
Mazama:..... 75 psf

Given these minimum standards Higbee said some homeowners ramp up their roof tolerances just in case.

“We do see that quite often in the Methow,” said Higbee.

“Part of the reason is the many vacation homes for people who are not there year-round. They want to make sure they are set if they cannot get over here, so they go to a higher snow load than the minimum.”

The county mandates appear to be doing their job for those who built accordingly.

“I have not heard of anything permitted and inspected having any problem,” Higbee said.

Ice buildup is another issue to consider for snow load weight variables, Higbee said.

“You have to take into account the heated buildings that do not have good insulation,” said Higbee. “They create the ice dams where the ice weighs quite a bit.”

The vulnerable structures like the Malott Improvement Club in Malott, the old Honda building near the bridge in Omak and similar sites in their category are “basically abandoned buildings with very little maintenance,” Higbee said.

While the snow accumulation so far is not unusual for places like the Methow, “I cannot recall a year where there has been this much snow in Okanogan,” Higbee said.

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Puzzles.....B3

# NCW Libraries offers two virtual programs for adults: Jan. 25, Feb. 9

SUBMITTED BY MICHELLE MCNIEL, NCW LIBRARIES

WENATCHEE - NCW Libraries is offering two upcoming virtual opportunities for adults. A Humanities Washington presentation about Mt. St. Helens and a NCW Virtual Reads program featuring popular author Yasmin Ramirez.

In the first program, NCW is partnering with Humanities Washington to offer the live, virtual program After the Blast: Mount St. Helens 40 Years Later.

This program will be at 7 p.m. Jan. 25 and held on the Zoom platform.

Writer and biologist Eric Wagner will take participants on a journey through the Mt. St. Helens blast zone. Explore the surprising ways that plants and animals have

survived in the 40-plus years since the May 18, 1980, explosion, and the complex roles that people have played in the recovery. Attendees will have an opportunity to ask questions.

Wagner is a Seattle-based author whose published books include After the Blast: The Ecological Recovery of Mount St. Helens. He holds a PhD in biology from the University of Washington.

Humanities Washington is a nonprofit organization in Washington state that was established by the National Endowment for the Humanities more than 40 years ago. It works with libraries, museums, colleges, historical societies and other nonprofit agencies to bring programs that foster community discussion.



Yasmin Ramirez

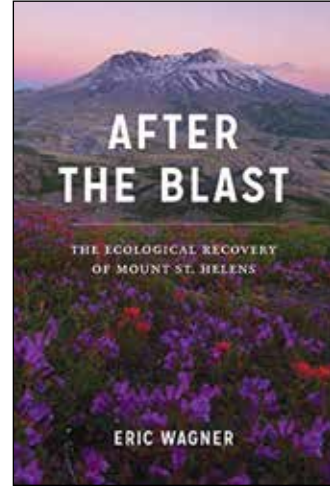
The second program is part of NCW Virtual Reads, in which NCW Libraries hosts author events that spark conversations, curiosity and learning. Mexican American author Yasmin Ramirez will



Eric Wagner

give a live, virtual talk at 7 p.m. on Feb. 9. She will discuss her debut memoir, her writing process, and talk about the playlist she made to accompany the book.

Her memoir, ¡Ándale Prieta!, delicately shares the experience of a young Latina growing up on the U.S.-Mexico Border and subsequent years searching for herself and fulfillment after the passing of her grandmother. Ramirez is an Assistant Professor of English, Creative Writing and



Eric Wagner, is a Seattle-based author whose published books include After the Blast: The Ecological Recovery of Mount St. Helens.

Chicanx Literature at El Paso Community College.

All NCW Virtual Reads events are free and open to the public. Events are held through the Zoom digital meeting platform. During each event, attendees will hear from the author and then have an opportunity to submit questions for the author to answer live. To participate, register at



In her memoir, ¡Ándale Prieta!, Yasmin Ramirez, delicately shares the experience of a young Latina growing up on the U.S.-Mexico Border and subsequent years searching for herself and fulfillment after the passing of her grandmother.

www.newlibraries.org  
You must register to attend. Register for both of these events at www.newlibraries.org. Click on News & Events and find them on the events calendar. A Zoom link will be sent by email.

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## Okanogan PUD pursues broadband extension grant

By MIKE MALTAIS  
STAFF WRITER

OKANOGAN – County PUD commissioners approved an application for a broadband expansion grant that, if awarded, would build direct fiber to homes and businesses in Twisp, Pateros and Conconully.

The application was due Jan. 17 to the Washington State Broadband Office (WSBO). The \$11.6 million project would cover the costs of fiber connections. Those residents who decide to take internet services would then need to connect with retail

providers for a service plan. WSBO intends to release their list of awardees in late February. This is the sixth broadband-related grant application Okanogan PUD has pursued through various agencies.

In other business Jan. 9: Commissioner Jerry Asmusen took his oath of office after being re-elected last November. He was again named board president, with Commissioner Scott Vejraska serving as vice president and Commissioner Bill Colyar as secretary.

- The Asplundh Tree Expert Co. was awarded the annual tree trimming contract not to exceed \$800,000 for the year.
- Commissioners and staff discussed state legislative topics on the agenda this session, which began Jan. 9. Among top areas of interest and concern are wildfire mitigation, clean energy, hydrogen and other energy-related technological advances, and more.
- Old and obsolete broadband department items were approved as surplus.

## HARVEST

CONTINUED FROM PAGE A1

make up the difference. However, we still don't know how much food we'll be receiving and when. During those meetings, aggregate numbers of food for those agencies supported by Second Harvest are given. Specific quantities for Okanogan County are still unknown.

2. Michelle Fox, OCCAC Food and Nutrition Manager, also meets with the Washington Food Coalition regularly. Okanogan County is not alone in facing a food shortage which started long before the Second Harvest incident. We've been working with food shortages for a while and will continue to work with food shortages. Although I don't go to those meetings, I'm sure they've talked about this issue as a national issue. I googled, and found this CNN report which says:

About 65 percent of the 200 food banks in the Feeding America network reported see-

ing a greater demand for food assistance in March compared with the previous month, with an average increase of 15 percent more people, according to the latest data from the nation's largest hunger relief organization. About 30 percent of food banks said they had served the same number of clients.

Source: Inflation, higher prices and demand squeeze food banks to dangerous levels | CNN Politics.

We are not in the Feeding America network yet, but are looking into their grants, and other funding agencies that support hunger relief to supplement the in-kind food supply we get from

WSDA and NW Harvest, as well as our food recovery program from local grocers and contracts with local farmers for our Farm to Food Bank Program.

OCCAC responds  
The OCCAC media release noted that in addition to county funds, \$60,000 in philanthropic grants from Save the Children and United Health

Care were pledged and private donations in December reached an all-time high of nearly \$20,000 with \$5,000 coming from the 12 Tribes Casino.

Local grocers have increased food donations. Food drives held by some businesses and organizations have helped. Students from the Okanogan School District ran a Penny Drive for the food pantries and turned in a check for \$352.29. Students in the Brewster School District and the Log Church School help support their local food bank with fund drives and food donations.

"We appreciate all the donations," said Shawver. "Although this recent food crisis raised an eyebrow to a continuing issue, ongoing support is needed year-round."

Citizens wishing to help can contact their local food pantry. The Brewster Food Bank is at 301 Fourth St. S. and can be reached by email at brewsterfoodbank@ccspokane.org, or by phone to Catholic Charity Services at 509-358-4250. OCCAC can be reached online occac.com to donate.



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Corrections

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

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## DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

### Douglas County Sheriff

**Jan. 6**  
10:11 Welfare Check, 402 S. Columbia Ave., Waterville  
10:25 Agency Assist, SR 17 MP 124, Mansfield  
11:28 Public Assist, 19 Lucky Badger Ct., Orondo  
12:07 Weapons Violation, 44 Moe Rd., Bridgeport Bar  
13:05 Alarm, 270 Vineyard Dr., Orondo  
20:42 DUI Arrest, SR 17 MP 130, Bridgeport

**Jan. 7**  
21:18 Traffic Offense, 1100 block Columbia Ave., Bridgeport  
23:02 911-call, 11 Twin W. Rd., Orondo

**Jan. 8**  
12:18 Agency Assist, 50 Pariseau Road, Bridgeport  
19:11 Agency Assist, 309 S. Central Ave., Waterville  
22:10 Non-injury Accident, E. 1st Ave. and Hamilton St., Mansfield

**Jan. 9**  
14:45 Public Assist, 1011 Columbia Ave., Bridgeport  
18:00 Welfare Check, 315 N. Greene St., Waterville  
18:05 Sex Offense, 9 Washburn Ave., Bridgeport

**Jan. 10**  
01:49 Public Assist, 27 S. Shore Dr., Orondo  
08:23 CPS/ APS Referral, 742 Rd. J NW, Waterville  
16:29 Civil Dispute, 110 Sagebrush Rd., Waterville  
16:44 Civil Dispute, 105 Sagebrush Rd., Waterville  
20:24 Malicious Mischief, 402 Lake View Dr., Orondo

**Jan. 11**  
03:27 911-call, 1025 Jefferson Ave., Bridgeport  
09:33 Parking/ Abandoned Vehicle, SR 17 and Rd. K NE, Bridgeport

**Jan. 12**  
01:39 Suspicious Circumstance, 855 Fairview Ave., Bridgeport  
07:21 Agency Assist, 303 E. Ash St., Waterville  
12:25 911-call, 1812 Raymond Ave., Bridgeport  
15:13 Agency Assist, 305 S. Central Ave., Waterville  
19:02 911-call, 1400 Columbia Ave., Bridgeport

### Brewster Police Department

**Jan. 6**  
07:52 A medical call was received when a 47-year-old female subject fell and had injured her left knee on S.

7th St.  
10:02 A citizen assist was requested on W. Indian Dan Ave.  
16:24 A vicious animal was reported on E. Douglas Ave.

**Jan. 7**  
10:24 A recovered stolen vehicle was reported on Hwy. 97.

**Jan. 8**  
20:52 A possible chemical explosion was reported at a cold storage location on Hwy. 97 and the caller reported there was a heavy smell of ammonia at the facility.

**Jan. 9**  
No local reports.

**Jan. 10**  
09:38 A residential burglary alarm was triggered on E. Main Ave. in Brewster.  
18:21 A caller on S. 4th St. in Brewster reported a vehicle being struck by a neighbor.  
19:52 A Ford Ranger was reported stuck in a snow bank, possibly partially blocking the roadway on Old Hwy. 97 and Hospital Way in Brewster.

**Jan. 11**  
14:49 A 911-hangup was made from 111 E. Griggs Ave.

**Jan. 12**  
No local reports.

### Okanogan County Sheriff

**Jan. 6**  
08:56 Property damage was reported on Cassimer Bar Rd. in Brewster for a mailbox that was damaged. The subject took a crowbar or hammer and pried the entire back of it off.

**Jan. 7**  
11:15 Animal noise was reported on N. Florence St. in Pateros for a neighbor's dog making noises all the time, howling at all hours, and the caller reported getting irritated.

**Jan. 8**  
20:52 A possible chemical explosion at a cold storage facility on Hwy. 97 was reported with a heavy smell of ammonia.

**Jan. 9**  
No local reports.

**Jan. 10**  
09:54 Two German Shepard dogs were reported as vicious animals after they killed a neighbor's chickens and were running around in the caller's yard.

**Jan. 11-12**  
No local reports.

## Gregory Alan Kemp Sr.

July 26, 1956 – December 25, 2022

On Sunday, December 25, 2022, Gregory Alan Kemp Sr., 66, passed away unexpectedly. Our family lost a devoted and loving son, father, brother, uncle, grandfather and friend who will be deeply missed.

Greg was born July 26, 1956 to Caroline and Elmer Junior Kemp, in Yakima. His early childhood years were spent in Naches before relocating to the Greater Portland area following the passing of his father at the age of five. He returned to the Yakima Valley as a teenager and later worked for Northwest Equipment Company, F.M.C. and Agri-Tech. He traveled to Hawaii for AgriTech where he opened and ran a ginger root processing plant on the big island of Hawaii. He never lost his love for tropical flavors after his time living in Hawaii.

He opened his first business, Metal Craft Fabricators, in his early twenties and essentially ran it from the dashboard of the first of his many Chevy Suburbans. He focused on design, engineering and manufacturing of packing house equipment. It was this love for design, engineering and the passion for building American made equipment and structures out of raw steel that truly defined who Greg was.

Later he bought a location in Brownstown, Washington expanding his clientele to include local farms and ranches with his wife Paula. Paula and Greg married in the fall of 1982 at a small wedding chapel in Northern Idaho, and their son Gregory Alan Kemp, Jr. was born a few years later in 1984. He built many types of fruit and vegetable processing equipment all across the state of Washington as well as the Midwest. He managed to successfully run his business with his son, Greg Jr. on his hip.

Following his divorce from Paula, he continued to grow his business and decided to relocate to the Brewster area to be closer to his son. He changed the name of his business to Kemp's Machine Co. (the apostrophe 's was for his son, Greg Jr., put all of his belongings in apple bins on the back of a semi-truck, and hit the road. During Greg

Jr.'s childhood years he ran his business from locations in Brewster, the Methow Valley, and later in Entiat, Washington where Greg Sr. built a beautiful home on stilts (the guard shack) with sweeping views of the Columbia River. It was during these years that he helped his son become an experienced motocross rider, traveling all over the west coast and beyond for his races. Greg was a great teacher and mentored his son into becoming a leader in his business and in the manufacturing field. Greg had enormous pride for his son, Greg Jr. The father and son duo had a dynamic relationship that landed them all over the country from designing and building one-off custom pieces of equipment, to industry changing inventions that were adopted all over the country, and even installing the biggest apple packing line (at the time) in Minnesota one summer between Greg Jr.'s Sophomore and Junior year in high school.

In 2018 he moved his business operations back to the Yakima Valley and later in 2021 sold Kemp's Machine Co. to Greg, Jr. who continues his legacy through running the business today.

Greg was a great dog dad and owned many loyal dogs like O' Reilly, Marge, Homer, Klondike and Maggie who now resides with Greg, Jr. He also owned several exotic pets for his own and Greg Jr.'s enjoyment such as an alligator, several boa constrictors and 14 foot Burmese Python.

Greg was an avid fisherman, mainly fishing for salmon and steelhead out of his Red Thunder Jet boat in many Washington rivers, mostly at his vacation property on the Cowlitz River. His favorite fishing trips included his son. Greg also had a love for motorcycles that he shared with his son. He was a motocross racer in his younger years and later bought a 1984 Harley Davidson FLHX for road trips. When Greg Sr. and his son were not hitting the open road on the Harley you could often find them off-road on trails. Greg Jr. on one of his many dirt bikes over the years, and Greg Sr. on his 1978 Yamaha TT-500.

## OBITUARIES



He squished pennies on railroad tracks for the kids, taught them how to fish and shoot guns, pushed them around Eschbach Park on a raft and taught safety in all situations. He flipped kids over his shoulder and ran bare footed to the store to get medical supplies and grabbed a kid off of a little motorcycle just before they collided with a steel rack. He rescued kids from bull snakes and took nieces to father daughter dances. He would drop anything to help whether that meant bringing a can of gas or a loaded gun.

Greg Jr.'s crib was next to his father's drafting table in the early days, and he learned to fish out of his stroller. As soon as he could walk he was out in the shop playing with welders and torches when his dad wasn't looking. Greg Sr. had an endless supply of Gold Nugget ice cream bars. Holidays won't be the same without him. He was the provider of squeeze cheese, the coolest 4th of July shows in the valley- including putting out any fires we may have started while wearing the kids light up fire hats.

Greg was a loving, caring son who was committed to providing any kind of assistance his mother needed for her well-being.

Greg is survived by his son Greg Kemp Jr. (Brittany) of Yakima, Washington, one granddaughter Alleigh Kemp of Yakima, Washington, mother, Caroline Campbell of Yakima, Washington, sister Debbie Johnson (Kemp) of Yakima, Washington, brother Edmund Campbell (Theresa) of Yakima, Washington, aunt, Luella Kemp of Goldendale, Washington, nieces Carissa (Chris), Christin (David), Carrie (Jeremy), nephews Ethan, Alex, and Zack, and countless close friends including Kurt Marquiss and Bill and Melinda Danko, and numerous cousins.

He is preceded in death by his father Elmer Junior Kemp, sister Elizabeth Campbell, maternal grandparents Virgil and Teckla Fisher, paternal grandparents Elmer and Esther Kemp, several uncles aunts and close friend "my buddy Bill" Windell.

Arrangements are by Keith and Keith Funeral Home, Yakima. Greg was laid to rest at a private family graveside service. A celebration of Greg's life will be held later in the spring. To leave a memory for the family please visit keithandkeith.com

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Now 3-1 in district

# Bears overtake Tigers, win by 10

By MIKE MALTAIS  
STAFF WRITER

**TONASKET** – The Brewster High School boys' varsity basketball team recovered from a slow start to win a road conference game at Tonasket on Jan. 3.

"Tonasket started out our game playing really well basically making all of their shots," said head coach Michael Taylor. "We did not start out very well and they took a quick lead."

Taylor said the Bears bat-

ted back to cut the lead by the end of the first quarter of play.

"We had a very good second quarter and built a lead," Taylor said.

The second half of the game saw a back-and-forth lead change until the Bears pulled away to win by 10, 76-66.

Kelson and Cort Gebbers led the Bears' scoring with 37 and 21 points respectively. Both players turned in double-double performances with 18 and 11 rebounds.

"Tonasket has good size and

multiple quality players," observed Taylor. "It was overall a good game."

**Bears stats**

- K. Gebbers: 37 points, 18 rebounds
- C. Gebbers: 21-11
- B. Wulf: 7-4
- R. Vassar: 6-3
- T. Schertenleib: 3-3
- E. Ramirez: 2-2
- G. Baker: 0-5

Brewster raised its league ranking to third place, 3-1, with wins over Manson, 67-47, on Jan. 5, and Okanogan, 69-51, on the road Jan. 10.

## THE WASHINGTON OUTDOOR REPORT



Courtesy John Kruse

Nancy Grette with one of her Norwegian Fjord horses at the Alatheia Riding Center

### A very special place

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

A friend of mine suggested I do a story about the Alatheia Therapeutic Riding Center near Wenatchee and I'm so glad she did. I visited there this past week and met with the co-founder of this very special place, Nancy Grette.

Nancy and her husband Glenn started this non-profit organization at their home on Sleepy Hollow Heights in 2011. The two had purchased several horses they kept on their property but their children had grown and left home and they were pondering what to do. That's when a five-year old girl who was physically disabled came out for a ride for her fifth birthday on one of their horses. The ride was an amazing experience for the child and Nancy said she knew what she was meant to do for the rest of her life.

After that Nancy and Glenn started offering weekly rides to disabled children and adults as a means of emotional and physical therapy. The word Alatheia is a Greek word from the New Testament meaning "disclosed truth." It specifically comes from Ephesians 4:15 where the Apostle Paul exhorts all to speak the truth (alatheia) in love to one another. In Nancy's words, "It is a way of living, and the riding center is how we choose to speak truth."

The Alatheia Riding Center provides some 108 individuals the opportunity to spend an hour or more with and on their horses every week. This includes not only physically and mentally disabled children and adults, but also combat veterans suffering from Post-Traumatic Stress Syndrome.

The rides take place on their 12 Norwegian Fjord horses, a small, stout and ancient breed known for their gentle temperament and sure footedness. Nancy says these horses are very empathetic and reflect the feelings of individuals they

come in contact with. She also explained the weekly rides offer therapeutic benefits for their riders in a physical, emotional and mental way.

Nancy explains the reason it is a weekly program (as opposed to a one-time experience) is because you need the continued exposure to the movements on the horse to get the benefit.

"Physically, when an individual is on a horse, for every minute there are a hundred balance accommodations going on in the body. You are developing balance, coordination as well as large and small motor skills which is helpful for physical disabilities.

Those with learning disabilities benefit from the socialization and peers and executive function of the brain, while those who suffer from trauma are ministered to by the horse in a way you can't explain. The horses are intuitive and in the moment and there is no judgement. People can be who they are with a horse."

The rides happen in an indoor arena or on a trail overlooking the Wenatchee Valley. This non-profit organization has several employees who work right out of the Grette's

home along with a number of volunteers.

One group of volunteers are the barn buddies. These are young adults with developmental disabilities who work at the ranch for two to three hours a couple of times a week. Nancy says they started this program because they learned that once children were out of special education classes in school and on their own as adults, they didn't have much in place to develop further life skills. The Barn Buddies program allows these individuals, ranging from 21 to 40 years of age, the opportunity to learn how to work on a ranch or in a barn and socialize with other individuals.

The Alatheia Therapeutic Riding Center has plans to expand from its current location soon so that it can increase the number of individuals they serve. If you want to support this non-profit organization with donations or time as a volunteer contact them through their website at [www.alatheiaridingcenter.com](http://www.alatheiaridingcenter.com) or call 509-630-8710.

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

# Billygoats come up short against Soap Lake, Waterville

By MIKE MALTAIS  
STAFF WRITER

**PATEROS** – Despite coming off a 30-point win over Cascade Christian on Jan. 5, the Pateros High School varsity boys' basketball team dropped the next two games to Waterville, 49-38, on Jan. 10, and Soap Lake, 49-32, on Jan. 12.

**Shockers stun**

The Billygoats fell behind Waterville by 14 points in the first quarter but outscored the Shockers 17-12 in the second to close to nine points of the lead by halftime. Waterville had a strong third quarter with 12 points while Pateros could only manage three that put them down by almost 20 going into the fourth. Despite another run in the fourth where the Billygoats outscored the Shockers 12-5, it was not enough to catch up by the buzzer.

"We didn't get the best start in the first quarter by giving them 20 to our 6," said Stennes,

acknowledging the team's cold first and third quarters and solid second and fourth.

"We were led by Pamatz offensively with 12 points, and defensively by Sherrard with 9 rebounds," Stennes said.

- Pateros.....6.....23.....26.....38
- W/M.....20.....32.....44.....49
- Pidi Pamatz - 12 points, 5 rebounds, 6 assists
- Chris Poore.....7-2-2
- Ish Mireles.....6-6-3
- Jose Ascencion - 6 pts, 1 steal
- Nash Sherrard 4-9-3 blocks
- Diego Mota.....2-2-2
- Aldo Caballero.....1 point

**Soap Lake cleans up**

"We lost to a good Soap Lake team," said Stennes. "We were able to contain them in the first half and went into halftime down two."

However, the game seemed to repeat the highs and lows of the earlier Shockers' loss.

"Again, the third quarter hurt us due to our inability to score offensively," said

Stennes. "We only had three points in the third quarter for the second straight game, getting outscored 16-3."

Ish Mireles turned in a double-double performance to lead the Billygoats with 10 points and 10 rebounds. Pidi Pamatz added seven points.

"We had a rough night shooting, going 10-46 from the floor. Proud of my guys for playing hard the entire game and not giving up," Stennes said.

- Pateros.....8.....19.....22.....32
- Soap Lake.13.....21.....37.....49
- Ish Mireles - 10 points, 10 rebounds, 2 assists
- Pidi Pamatz.....7-1-0
- Nash Sherrard.....5-4-0
- Diego Mota.....4-2-0
- Jose Ascencion.....3-1-0
- Pablo Gonzalez.....2-4-0
- Chris Poore.....1-3-0

Pateros was scheduled to play Riverside Christian at home, Tuesday, Jan. 17, and travel to Entiat on Thursday, Jan. 19.

# WDFW to deploy radio collars to gather data on ungulate species

## Lake Chelan valley bighorn sheep, mountain goats to get collars

SUBMITTED BY WASHINGTON DEPT. OF FISH AND WILDLIFE

**YAKIMA**–The Washington Department of Fish and Wildlife will conduct aerial bighorn sheep, mule deer, and mountain goat captures from mid-January through March in multiple counties along the eastern slope of the Cascade Range.

Captured wildlife will be fitted with GPS collars and then released. Data from the collars will help wildlife managers better understand survival, movement, and habitat selection of these animals, which will aid in their monitoring and conservation.

Disease, habitat loss, and disturbance threaten ungulate populations, but their impacts are difficult to quantify without reliable scientific data and monitoring.

"Fitting ungulates with radio collars gives us an incred-

ible dataset to help inform our management," said Kyle Garrison, WDFW ungulate section manager. "GPS data allows us to study the impacts of a disease, like pneumonia in bighorn sheep, and ultimately help to identify management solutions. The data also helps us learn how animals use a landscape, which informs habitat conservation efforts that are key to long-term population viability." Monitoring will last for approximately four years and objectives will vary depending on species and location. Efforts in the Umtanum/Selah Butte and Cleman Mountain bighorn sheep herds will support continued research focused on understanding and eradicating pneumonia from these populations. Bighorn sheep in the Manson, Sinlahekin, and Mount Hull herds will be fitted with radio collars to better understand survival and seasonal home range. Data gathered from the Mount Hull herd will also be used to document connectivity between adjacent bighorn sheep populations.

Mule deer monitoring in Klickitat County will focus on

habitat use prior to development, while work in eastern Okanogan County will provide information on seasonal home range and define migration corridors.

Biologists will also capture and release mountain goats throughout the Lake Chelan area to deploy radio collars that will gather much-needed information on adult survival and seasonal home range use while providing data for ongoing population monitoring.

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.

*Individuals who need to receive this information in an alternative format, language, or who need reasonable accommodations to participate in WDFW-sponsored public meetings or other activities may contact the Title VI/ADA Compliance Coordinator by phone at 360-902-2349, TTY (711), or email ([Title6@dfw.wa.gov](mailto:Title6@dfw.wa.gov)).*

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**BEFORE THE OKANOGAN COUNTY WATER CONSERVANCY BOARD OKANOGAN COUNTY, WASHINGTON**

Notice of Amended Application for Change of Water Right under Certificate No. S4-28101C(B). TAKE NOTICE: That on 4/1/2015, Gebbers Farms Inc. of Brewster, WA filed application with the Okanogan County Water Conservancy Board (OCWCB) to change/correct and add points of diversion/withdrawal, and specify its place of use ownership for 24 acres of irrigation under Certificate No. S4-28101C. The application was assigned OCWCB number OKAN-15-01. The certificate was superseded by No. S4-28101C(B) issued 8/11/2022. That said Certificate S4-28101C(B), under priority 12/20/1982, authorizes diversion from the Columbia River (Wells Pool) and withdrawal from a well within SW1/4SE1/4 S30T30NR24EWM. That the certificate authorizes water use within an area approx. described as: S1/2 S30T30NR24EWM lying north of highway. (Complete legal description available upon request to OCWCB.) That the certificate issued for irrigation of 24 acres (102.6 acre-feet/yr) from 4/1 to 10/31, and authorizes diversion/withdrawal and use of 0.53 cubic feet per second (cfs). That the applicant requests to specify its place of use ownership for 24 irrigation acres as being within parcel No. 3024300056, which is located generally in the NW corner of the current certificate place of use. Complete legal description available upon request to OCWCB. That the applicant requests the following source locations: four wells w/in W1/2NE1/4 S36T30NR23EWM; a well, and two diversion sites from the Columbia River (Wells Pool), w/in SE1/4SW1/4 S30T30NR24EWM. Any protests or objections to the approval of this application must be filed with the Department of Ecology and must include a detailed statement of the basis for objections; protests must be accompanied by a fifty dollar (\$50) recording fee for each application protested and filed with: Department of Ecology, Cashingier Unit, PO Box 47611, Olympia, WA 98504-7611 within thirty (30) days from January 18, 2023. Any interested party may submit comments, objections, and other information to the board regarding the application(s). The comments and information may be submitted in writing or verbally at any public meeting of the board held to discuss or decide on the application(s). The application(s) will be on the board agenda during its regular meetings, contact the OCWCB for time and location of meetings. Meetings are generally held on the first Wednesday of each month at 2:00 P.M. via video conference, also accessible by phone (instructions may be requested by writing to the board's address which follows). Additionally, the OCWCB will consider written comments or information, said written comments or information may be provided by mail to: Okanogan County Water Conservancy Board, Attn: Lisa de Vera, 1205 Ormiston St, Wenatchee, WA 98801. Published in the Quad City Herald January 11, 18, 2023. #5125

**Public Notices**

**NOTICE OF DETERMINATION OF NON-SIGNIFICANCE**  
Brewster School District issued a determination of non-significance (DNS) under the State Environmental Policy Act Rules (Chapter 197-11 WAC) for the following project:  
Brewster SD Transportation Cooperative, 1008 Sunset Dr., Brewster WA 98812. The project will consist of a new 9,600 sq ft transportation building and an 1,800 sq ft pull through covered wash area. The project is proposed by Brewster School District No. 111. After review of a completed environmental checklist and other information on file with the agency, Brewster School District has determined this proposal will not have a probable significant adverse impact on the environment. Copies of the DNS are available at no charge from Eric Driessen, Brewster School District, 509.689.3418. The public is invited to comment on this DNS by submitting written comments no later than February 3, 2023 to Dolly Ramming, Brewster School District, 520 West Main Street, Brewster, WA 98812. Published in the Quad City Herald January 18, 25, 2023. #5152

# Resolve to protect your finances and your family in the new year



PHOTO SOURCE: (c) g-stockstudio / iStock via Getty Images Plus  
**Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals.**

STATEPOINT - After a holiday season spent racking up credit card bills, many Americans consider making financial resolutions in the New Year. However, now is the perfect time to not only reevaluate your saving and spending, but also commit to creating a more holistic financial plan designed to protect your finances and your family.

Consumers are seeking stability and preparedness in today's uncertain economic environment, according to a recent Consumer Sentiment Tracker study by Lincoln Financial Group. With ongoing inflation and market volatility, 56% of respondents cited protection from risk as being most important to them. When it comes to thinking about their finances, people said they have the greatest interest in protecting their family (39%) followed by their income (26%).

"Our research reinforced the importance of financial solutions that can help consumers navigate through market cycles and protect their loved ones," said David Berkowitz, president, Lincoln Financial Network, Lincoln Financial's wealth management business. "People are not only concerned about having enough to pay

their bills, but also saving for retirement and preparing for the unexpected. It's important to have a well-rounded financial plan that can address those risks, protect assets and create positive outcomes for today's families." To achieve a stronger financial future, don't neglect your finances in 2023 — instead, add a little TLC (Talk, Learn, Commit). Resolve to create a robust financial plan using these three tips from Lincoln Financial:

1. Talk about it. Financial conversations play a crucial role. Be transparent with your loved ones about financial priorities so you can set expectations and work toward

your shared financial goals. Initiate ongoing discussions to stay on track with everything from saving for retirement to paying for a long-term healthcare event, which can happen suddenly and be very costly. Also, consider talking to a financial professional who can help identify solutions that best meet your individual needs, as well as drive better outcomes. Lincoln's research found those who work with financial professionals are more likely to prioritize retirement savings (26% vs. 10%).

2. Learn more about tax-deferred investments. Life insurance can be more than

just a death benefit, with some types of policies offering income replacement for unforeseen events. It can also protect your financial security from the impact of taxes, market volatility and longevity. It's not just for individuals and families either, but businesses too. Also, consider diversifying your portfolio with an annuity, which can provide protected growth and monthly lifetime income to help cover expenses in retirement and ensure you have a stream of income.

3. Commit to maximizing your workplace benefits. Look into supplemental coverages like disability, accident and life insurance that may be available through your employer. Solutions like these protect against unexpected events that can disrupt your ability to provide for your family or drive you into additional debt. If you have an employer-sponsored retirement plan, make sure you are contributing and getting a match, if offered. Tap into any financial wellness tools offered at work to help provide you with an accurate picture of your holistic financial situation and lower stress.

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## How to choose an effective decongestant

Last week, my husband came home, complaining, "I can't find Nyquil® at the grocery store! I'm almost out; what will I use if I get the flu?"

Nyquil® used to come in only two options: green or red liquid. Each version had



precisely the same ingredients: green Nyquil® was the original flavor, and the red was an attempt at a cherry flavor. These days, there are several more options, each with different formulas.

My husband preferred the older forms of Nyquil® to the ones available today. The original green Nyquil® helped relieve the misery of a stuffy head, headache, and body aches. He could get a decent night's sleep, which allowed him to recover more quickly.

That original Nyquil® formula had 5 main ingredients: Tylenol® (acetaminophen) for his fever, headache, and body aches, dextromethorphan for his cough, doxylamine, an antihistamine that helped relieve his runny nose, sneezing, and helped him sleep, pseudoephedrine as an effective decongestant for his stuffy nose and sinus pressure, and 25% alcohol, which encouraged his sleep.

Today's formulas of Nyquil® liquid don't help my husband's stuffy nose.

That's because the company was forced to change the decongestant in Nyquil®. The original version mar-

keted by the Vicks company contained pseudoephedrine, an effective decongestant.

The Food and Drug Administration (FDA) decided to restrict access to pseudoephedrine because it was being diverted into making the street drug methamphetamine, or "meth." In 2005, the manufacturers of all non-prescription (OTC) products containing pseudoephedrine were forced to remove it.

In its place, the FDA allowed another decongestant: phenylephrine. Unfortunately, the dose of phenylephrine that relieves a stuffy nose has caused severe side effects, like stroke. Because of this, the FDA has limited the amount of phenylephrine to only 1/3 of its effective adult dose. For many people with sinus congestion, taking phenylephrine is no better than taking a sugar pill.

Nyquil® Severe Cold and Flu remains closest to the original Nyquil®, but I don't recommend using it. It contains phenylephrine, which can increase blood pressure without helping your stuffy nose.

Nyquil® Cold and Flu is the version of Nyquil® we use today. It does NOT contain phenylephrine, so you do not risk it affecting your blood pressure or interfering with blood pressure medications. Whenever my husband has nasal congestion in addition to his fever and body aches, he can take pseudoephedrine in addition to Nyquil®.

I buy the version of Sudafed® with pseudoephedrine, which is only available "behind the counter." I prefer red-coated 30mg generic tablets over the white 60mg tablets or 120mg long-acting capsules.

What if you have both a stuffy and a runny nose? I have found the most effective way to relieve a runny and stuffy nose is a combination of pseudoephedrine with triprolidine, an antihistamine.

Imagine you are a surgeon who wakes up with a head cold. Even wearing a surgical mask, you wouldn't want your nose to drip or to sneeze on your patient while bent over, performing a procedure, would you? And, as many of us have experienced during the COVID pandemic, if you have nasal congestion,

putting on a face mask can make you feel like you are suffocating.

Triprolidine helped dry up the runny nose and ease the sneezing of afflicted surgeons and surgical nurses, and pseudoephedrine relieved their stuffy noses. The combination of these two agents is called Actifed®, which rarely causes drowsiness, which is another benefit.

Decades later, I find this STILL the best remedy for a stuffy, runny nose and sneezing. I make sure to keep a generic version of this formula on hand at all times. Actifed® (triprolidine/pseudoephedrine) is restricted. You will need to ask for it at a pharmacy, and it will require photo identification and your signature.

Here are 4 tips when choosing a decongestant:

1. Avoid phenylephrine.

Phenylephrine is NOT effective at the doses allowed by the FDA. Unfortunately, the amount that relieves nasal congestion can cause life-threatening elevations in your blood pressure.

2. Request the restricted version of Sudafed®.

It's worth the hassle of purchasing pseudoephedrine in order to have an effective decongestant in my medicine cabinet.

3. For rapid relief, use Afrin® nasal spray.

Afrin® (oxymetazoline) nasal spray has been used for years to ease a stuffy and runny nose. Nose spray is less likely to trigger high blood pressure than oral decongestants. Use Afrin® short-term only; after 3-5 days in a row, it loses effectiveness.

4. If your nose is both running and stuffed up, try Actifed®.

You'll have to ask the pharmacy for generic Actifed® (triprolidine/pseudoephedrine) tablets.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com.* ©2023 Louise Achey

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**CROSSWORD PUZZLE**

**CROSSWORD**

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**THEME: THE GRAMMYS**

- ACROSS**
- Spencer of Hollywood's Golden Age
  - Eyeball, e.g.
  - Theater passage
  - "\_\_\_\_\_ came a spider..."
  - "Univision's \_\_\_\_\_ Grammy Awards"
  - Barley bristle
  - Turning token taker
  - "President with a Grammy"
  - Diabolical
  - Russian monarch
  - Back of a boat
  - "Shallow," 2018 recipient from "A \_\_\_\_\_ Is Born" movie
  - "Camila Cabello and Ed Sheeran's nominated song"
  - College dwelling
  - Footnote note
  - Shade of violet
  - Huron's neighbor
  - Head of the abbey
  - Done in a pot
  - Not manual
  - Eye cover
  - Egghead
  - Four quarters
  - Dog in yoga
  - Triple \_\_\_\_\_
  - \_\_\_\_\_.com Arena
  - "Vegas" and "Woman" nominee (2 words)
  - Unit of electrical energy
  - Hoover's agency, acr.
  - Discompose
  - Shade of yellow
  - I in T.G.I.F.
  - Small, olive-gray bird
  - "Cheers" regular
  - Inquire
  - Open up

**DOWN**

- Iranian coin
- Spumante
- Be needy
- Arabian Peninsula country
- Column's counterpart
- Holiday surprise for employee
- Palo \_\_\_\_\_, CA
- Inwardly
- "1970 two-time winner "The \_\_\_\_\_ of Aquarius"
- Hindu retreat
- Ancient Rome's neighbor
- Nail a criminal
- Popular newspaper name
- "30" performer
- Pillage
- Beef \_\_\_\_\_, dim sum choice
- "Don't Shut Me Down" group
- Alan Alda's classic TV show
- Type of hawk
- Type of flu
- Multi-colored dog coat
- One of three square ones
- Shower with affection
- Human trunk
- Sliding fastener
- Part of "I"
- Past-life experience? (2 words)
- Capital of Bulgaria
- Airbnb option
- Chanel of fashion
- German industrial valley
- Big Bang's original matter
- Disc, alt. sp.
- Popular dieter's foe
- Between ports
- Chris Hemsworth's superhero
- "Award-winning Bon Jovi's lead singer"
- Coldplay's collaborators

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# 2022 Stanley Lifetime Achievement Award winners announced

SUBMITTED BY NUMERICA PERFORMING ARTS CENTER

**WENATCHEE** - The Numerica Performing Arts Center is proud to announce the 2022 Stanley Lifetime Achievement Award winners: Rhona Baron as the recipient in the professional division and Daina Toevs as the recipient in the volunteer division.

Baron and Toevs were honored at the Numerica Festival of Trees' productions of Holiday Spice on December 1 and 2 at the Numerica PAC, sponsored by Community Glass and Marilyn Everhart.

The Stanley Lifetime Achievement Awards were designed in 2002 to honor the life-long arts and cultural commitment of Mr. Bob Stanley. The winners are honored at Holiday Spice.

**Rhona Baron - Professional Division**  
Rhona Baron is a multidisciplinary artist who grew up surrounded by art and nature in Coos Bay, Oregon. Deeply influenced by her early years, Rhona's dedicated her artistic career to the transformative power of nature and art, rather than art for art's sake alone.

Holding a degree in Fine Art, Rhona worked for the Wenatchee/Okanagon National Forest as an interpretive illustrator and designer in the 1990s. Her large illustrations can be viewed at Nason Creek Campground and other locations. Rhona's accomplishments also include singing lead with the acapella group Mixed Company, teaching voice in the Wenatchee Valley, creating sing-along "edutainment" for the Wenatchee River Salmon Festival, directing the choir at Faith Lutheran Church in Leavenworth, and host of "Icicle Jazz" on KOHO radio.

At the age of 47, Rhona trained to become among the first Zumba instructors in Washington State. Going a step further, she was inspired by Zumba's Latin styles to choreograph and co-create Dancing With Birds, a Latin dance and visual art troupe that educated bi-cultural audiences about migratory birds. Currently, Rhona serves as the Artistic Director and Producer of Dangerous Women, a regional artist's collaborative that brings the forgotten stories of women from history to



Rhona Baron

life on stage. In 2022, Dangerous Women staged their third, all-original, themed production. The most racially diverse production ever staged in North Central WA, the show features the Native American perspective. Rhona's position with Dangerous Women pushes her to utilize her full array of artistic skills to do what she loves best—uniting, educating, and inspiring the community through the arts.

**Daina Toevs - Volunteer Division**  
Daina Toevs is a product of her upbringing. Her parents, Phyllis and Gerald Goecke, brought classical, secular, and - of course - Broadway music into their home, so Daina has



Daina Toevs

been drawn to music since childhood. In college, she developed her own love of jazz, and she has since sung with Easy Money in Wenatchee and Kind of Blue in Spokane. Daina has been involved with the Wenatchee Valley theater scene since 1996, with her first show being Most Happy Fella. Being on stage and directing has been her greatest passion. As an actor first, Daina finds joy working with others to create the magic only felt on the stage. Over time, she has expanded her wings to touch all areas of theater life including directing, acting, costuming, producing, set

building, lighting, theater parenting, and more.

Through theater and the arts, Daina hopes to enrich the lives of audiences and other artists. Daina states, "We learn so much when we participate in the arts. Group responsibility, sense of community, endurance, diversity, teamwork, and interpersonal communication skills. To participate in the atmosphere of creative joy is an experience unmatched!"

Daina Toevs has been married to her husband Ken for 42 years. They have two grown children Jacob and Katelin, who have wonderful spouses and brought them three delightful grandchildren.

**Former Stanley Lifetime Achievement Award Winners**

A Stanley Lifetime Achievement Award Winner is someone who has left a profoundly positive and lasting impression on the arts in Central Washington. Baron and Toevs join a list of local legacy lifetime achievement winners:

Professional Division: Rhona Baron (2022), Tracy Trotter (2021), Melissa Miller-Port (2019), Suzanne Carr (2018),

Leslie McEwen (2017), Scott Bailey (2016), Terry Valdez (2015), Dan Jackson (2014), Keith Sexson (2013), Tamera Lopushinsky (2012), Glenn Kelley (2011), Jan Cook Mack (2010), John & Susan Wagner (2009), Harriett Bullitt (2008), Beth Jensen (2007), Sherry Krebs (2006), Pam Cole (2005), Richard Lapo (2004), Edward Sands (2003), Joan Shelton Mason (2002), Ruth Allan (2002)

Volunteer Division: Daina Toevs (2022), Katy Marr (2021), Ford & Marlys Barrett (2019), Cynthia Brown (2018), Gina Jans (2017), Ron Lodge (2016), Adele Wolford (2015), Marilyn Everhart (2014), Sue Lawson (2013), Rudi Pauly (2012), Terry Johnson (2011), Sherry Schreck (2010), Paul Atwood (2009), Harriett Bullitt (2008), Glenn Isaacson (2007), Arlene Jones (2006), Jane Hensel (2005), Gary Montague (2004), Wilfred & Kathy Woods (2003)

The Numerica Performing Arts Center at the Stanley Civic Center is a non-profit organization and naming partner with the Numerica Credit Union.

# New law requires job postings to include how much positions pay

SUBMITTED BY DEPARTMENT OF LABOR & INDUSTRIES

**TUMWATER** — A new state law taking effect Jan. 1 requires employers to include specific wage or salary details and a description of benefits when they post a job opportunity. To make sure businesses know exactly what's required, the Washington State Department of Labor & Industries (L&I) is rolling out detailed in-

formation and examples, and has published a new policy to help employers meet the new standard.

The administrative policy connected with Senate Bill 5761, adopted in 2022, provides examples of what pay information employers must include, and explains which job postings have to meet the new requirements.

Ver más abajo para esta información en español.

"Pay transparency is important to eliminating gender-based pay discrepancies," said Celeste Monahan, assistant director for Fraud Prevention and Labor Standards. "This policy offers employers important guidance examples so they can meet these requirements."

"We've developed real-life examples so employers and workers know exactly what to expect," said Bryan Temple-

ton, Employment Standards program manager. "We're here to help employers meet the requirements and to ensure job-seekers know exactly what they're getting into before they apply."

To provide further information about the requirements, L&I's Employment Standards program is holding free webinars. Employers can sign up for a session on the agency's Workshops and Training Cen-

ter web page. The webinar schedule is:

- Feb. 9 at 2 p.m.

Webinar topics include: What constitutes a job posting, what information must be included in a job posting, what constitutes a wage scale or salary range as well as benefits and other compensation. Participants will also learn about free consultations the program offers employers. The job posting require-

ments are part of the state's gender discrimination law. The act prohibits pay discrimination based on gender and promotes fairness among workers by addressing business practices that contribute to income disparities. Employees and job applicants have rights under this law.

The policy also provides guidance on the department's existing interpretations of the act.

# Apprenticeship training connected with safer workplaces, fewer injuries

SUBMITTED BY DEPARTMENT OF LABOR & INDUSTRIES

**TUMWATER** — Apprenticeship programs result in safer workers.

That's the conclusion of a first-of-its-kind study by the Washington State Department of Labor & Industries (L&I). As apprenticeship programs continue to grow, they could reduce serious worker injuries and workers' compensation claims.

"Apprentices are safer because they're learning all the proper techniques," said Peter Guzman, manager of L&I's Apprenticeship Program. "Now the science backs us up."

People and businesses can

get started at L&I's apprenticeship website.

The results of the study come at a time of expansion for registered apprenticeship programs in Washington. There is record involvement, with 22,000 workers currently participating in apprenticeships across about 200 registered programs in the state. While construction trades such as carpenter, ironworker, and electrician remain have the most active participants, there are growing programs in the high-tech, aerospace, and medical assistant fields.

Fewer workers' comp claims by apprenticeship grads

The study, by L&I's Safety and Health Assessment

and Research for Prevention (SHARP) Program, linked registered apprenticeship data with plumber certification information. Then, it compared worker compensation claims between 2000-2018. The work underwent a rigorous peer review and publication last fall in the prestigious Journal of Safety Research. SHARP researchers ways to prevent workplace injury.

The findings show workers' compensation claim rates were 31 percent lower among journey level plumbers with apprenticeship training compared to plumbers who did not complete an apprenticeship.

"This study provides support for what many believe: There

are fewer injuries among apprentices," said Dr. Dave Bonauto, SHARP manager.

SHARP epidemiologist Dr. Sara Wuellner, a 13-year agency veteran, led the study.

"While the study focused on plumbers, it indicates apprenticeships not only provide well-trained workers, they also contribute to a safer workplace," she said. "Other studies could look at specific parts of apprenticeship and show how that occurs."

Wuellner said on-the-job training, mentorship, and classroom instruction are elements of apprenticeship training that can improve safety. She added other variables, might also make a difference, including

prior education, union participation, or an employer safety program.

Read the full study: "Are plumbing apprentice graduates safer than their non-apprentice peers? Workers' compensation claims among journey level plumbers by apprenticeship participation."

Impact on apprenticeship

PJ Moss, apprenticeship coordinator for Seattle Area Pipe Trades, said he feels the study can be generalized across other trades.

"I don't think it's unique to plumbers," Moss said. "People who go through an apprenticeship receive more structured safety training."

Moss's program is affiliated

with Plumbers, Pipefitters & HVAC United Association Local 32 and the Mechanical Contractors Association of Western Washington. He said the program receives about 1,000 applicants annually.

L&I's Apprenticeship Program is spreading the word about the study's findings. Program representatives have presented the study to state and national apprenticeship organizations.

"The connection to worker safety is more evidence of the value of apprenticeship programs," Guzman said. "These programs prepare people for well-paying, meaningful careers."

# Soliciting contractors for new Pacific Northwest Stewardship Blanket Purchase Agreement

SUBMITTED BY VICTORIA WILKINS, USFS

The U.S. Forest Service has issued a solicitation for the Pacific Northwest (PNW) Stewardship Blanket Purchase Agreement (BPA) covering multiple National Forests in Oregon and Washington. The Okanogan-Wenatchee National Forest is seeking to increase the network of area contractors available through this BPA in order to successfully implement

wildfire risk reduction work under the Central Washington Initiative. We ask that our network of interested forest users and partners help us share this opportunity broadly with potential contractors.

Types of work included in the BPA are: Commercial and pre-commercial thinning; Hazardous fuels reduction; Prescribed fire, including pile burning; Road Construction and maintenance.

This BPA will be the primary means by which future 'Call

Orders' (essentially projects or individual contract awards) are issued for: (1) Integrated Resource Service Contract (IRSC), with required timber product removal; (2) Service-based IRSC, which includes the option for Timber Subject to Agreement products to be removed when there is no-required timber product removal; and (3) Restoration-based Service contract, in which no timber product removal is included.

The solicitation and all

contract documents, may be found on SAM.gov at: <https://sam.gov/opp/483fb1c09bcf40d2b945b6dbfd02c82a/view>

Proposals may be received for the life of the BPA and must be emailed to [ingrid.anderson@usda.gov](mailto:ingrid.anderson@usda.gov) and [nikki.layton@usda.gov](mailto:nikki.layton@usda.gov). Initial proposals submitted by February 22, 2023, will be evaluated by the Forest Service in preparation for the issuance of Calls for 2023. Proposals received after the initial evaluation period will be reviewed

at the convenience of the Forest Service. We encourage submission by February 22, 2023 to ensure receipt of all possible Call Orders as we cannot guarantee when evaluations for proposals received after this date will take place.

A Q&A meeting has been scheduled for Thursday, January 19 at 9:00 AM Pacific Time. This is an opportunity for industry and interested contractors to ask questions regarding the BPA, proposal

submission process, and future use of Call Orders. To join the meeting, call (202) 650-0123 and enter Conference ID:475 344 10# or click here to join the meeting.

If you have questions regarding the solicitation package or issues accessing the solicitation documents on <https://www.sam.gov>, contact Ingrid Anderson at [ingrid.anderson@usda.gov](mailto:ingrid.anderson@usda.gov) or Danielle Cochran at [danielle.cochran@usda.gov](mailto:danielle.cochran@usda.gov).

# State survey: Most people say housing is #1 issue

*Housing costs/rents, homelessness, overall cost of living top list*

SUBMITTED BY WASHINGTON STATE DEPT. OF COMMERCE

**OLYMPIA** - Housing and homelessness topped a list of 12 issues in a new survey that asked Washington state residents to rank their top two problems facing the state. The Department of Commerce partnered with the Puget Sound Regional Council to conduct the

12-county survey in late 2022. Other issues on the list included crime and public safety, traffic and transportation, climate change and healthcare.

"This survey shows that across the state, people clearly recognize the direct correlations between lack of available housing, housing costs and overall quality of life," said Commerce Director Lisa Brown. "Creating more types of housing accessible for all income levels strengthens communities, and we are working with local governments and their public and private partners

to make that happen."

It is estimated that Washington state will grow by nearly two million people over the next three decades. Commerce has found that a million more homes will be needed by 2044, a deficit that increases the pressure on communities to find solutions.

In the survey, four times more people rated the cost of housing as a top issue compared to transportation and traffic. Additionally, 76% of the 6,000 respondents said they were directly impacted or knew someone directly impacted by the cost and availability of housing, and

49% said it was difficult or very difficult to find affordable housing.

With rising prices and low vacancy rates, many households (about 14% of respondents) have been displaced due to housing costs, eviction, or foreclosure.

"These survey results are something every city should know about," said Bryan Wahl, PSRC executive board member and mayor pro tem for the city of Mountlake Terrace. "Our residents expect local officials to address housing, remove barriers and ensure more housing choices and affordable options are available."

Two-thirds of respondents believed their communities need more diverse and affordable types of housing. Digging deeper, 58% thought this should include "middle housing," such as triplexes, in single-family zones if the new units met the zone's standards.

The majority also said that, when it comes to adding multifamily units in their communities, "design matters." Overall, nearly three-fourths of respondents preferred that new housing be in walkable neighborhoods close to town centers.

Commerce is currently working with communities

to plan for more housing and greater housing diversity. The main purpose of the survey was to gain a better understanding of housing issues from a broad cross section of people.

By the end of 2024, cities and counties in the central Puget Sound region must update their comprehensive plans and local codes to accommodate their portion of projected housing needs and take other actions under the state's growth management laws. Local governments outside the central Puget Sound have due dates in 2025, 2026 and 2027 to do the same.