

Jamaica Day celebrates independence, supports orphanage



Mike Maltais/QCH

A Jamaica Day celebration was observed at The Armory lot in downtown Brewster on Sunday, August 28. Jamaican food, music, dancing, and other activities were part of the event organized by the 347 workers at Gebbers Farms. Jamaica Day observes the island's independence on August 6, 1962, and the Brewster gathering raised funds this year for a Jamaican orphanage.

River restoration project will benefit ESA endangered fish

BY MIKE MALTAIS STAFF WRITER

WINTHROP – An ambitious – and aerial – project to improve, steelhead, and trout habitat on a tributary of the Methow River was completed last month by the Colville Confederated Tribes Fish and Wildlife Department.



Courtesy CCT

Logs and root wads were placed in the river to restore natural fish habitat for endangered salmon, steelhead, and bull trout.

The project involved flying in several hundred logs with root wads and 3,000 small-to-medium sized trees that were placed in different areas of the Twisp River and Little Bridge Creek. The logs and trees were used from a local forest thinning operation on the Okanogan-Wenatchee National Forest.

The river work will help to restore critical habitat for spring chinook, summer steelhead and bull trout. Fish species that are listed under the Endangered Species Act.

According to the biologist in charge of the project, using a helicopter was not only efficient but had minimal impacts to the vegetation and the benefits for fish are immediate.

"The addition of wood has instantly created more niches for fish to occupy," said Matt Young, fisheries biologist for Colville Tribes Fish and Wildlife. "It is important to note that this treatment is not meant to be static, rather these logs and trees will kick start natural river processes that will continue to change and provide complex diverse habitat for ESA-listed and native fish species for many years to come."

Young believes these habitat improvements will help to increase the quantity and quality of instream flow to support multiple life stages of fish.

"What was concerning was limited cover and complexity of the river, and how fast the water flowed in many areas and now there are more bends and channels for fish to rear in and survive through during the summer and winter months," he said.

Overharvesting of timber in the early 1900's, development, loss of vegetation and erosion, and recent wildfires in the area caused the habitat to degrade over time.

The restoration work that is taking place in the Methow River and surrounding tributaries is not only ecologically but culturally important to the Colville Confederated Tribes (CCT).

"Salmon are at the core of who we are as people and for our tribe to be able to do this restoration work in the homelands of our Methow people makes it even more meaningful," said Chairman of the CCT Jarred Erickson. "Helping to bring back these ESA-listed species as well as bringing our people back to the Methow has both a spiritual and cultural connection that is indescribable."

This work was possible thanks to the close partnership between the CCT, the Okanogan-Wenatchee National Forest, and the funding agency, Bonneville Power Administration.

Last May CCT was gifted the former Wagner Ranch by the Methow Conservancy. The property located five miles north of Winthrop includes 328 acres of land and 1.6 miles of frontage on the Chewuch River.

Third in Upper Columbia Cup series

Tony Newton Memorial Regatta roars to life this weekend in Brewster



Courtesy apba.org

E 350 hydroplanes (5 Litre boats) race to speeds of 115 mph, powered by mildly modified marine-based stock 305 Chevrolet and 302 Ford V-8 engines (285 horsepower). Engine modifications are limited, putting a premium on driver skill.



Mike Maltais/QCH

Sportsman Entry is a fun, affordable entry level runabout class with a maximum speed of 85 mph using only GM cast iron small block and cast-iron heads derived from passenger or truck model vehicles.

BY MIKE MALTAIS STAFF WRITER

PATEROS/BREWSTER - The second of a four-race hydroplane series of the Upper Columbia Cup Chase the Grapes Shootout played out in Pateros on Saturday and Sunday, August 27-28, and set the stage for the third race at Brewster's Columbia Cove Park this weekend, September 10-11.

The Terry Troxell Pateros Hydro Classic drew a strong turnout of boats in Pateros, many of whom competed in the first race of the series, the Norm Evans Apple Cup Regatta at Lake Chelan last April 30.



Mike Maltais/QCH

2.5 Litre Stock ("S" class) race to 100-plus mph, using 145 horsepower marine-based 2000 and 2300 Ford engines. S-boats offer very exciting side-by-side racing at a reasonable cost.

SEE REGATTA ON PAGE A2

Marshmallows against the wind

Fourteen teams scramble at fourth annual American Legion Golf Tournament

BY MIKE MALTAIS STAFF WRITER

PATEROS – The American Legion Columbia Post 97, held its fourth Annual Golf Tournament at the Alta Lake Golf Resort on Sunday, August 28.

"We had 14 teams this year playing a four-man scramble format," said Legion Commander Greg Wagg. "The golfers had to face some stiff winds throughout the tournament."

Tournament Results: **First place:** Harvest Foods, shooting a 14-under-par 58. First place won a round of golf for four at the Gamble Sands golf course.

Second place: Henton team shooting 13-under-par 59.

Men's Long Drive: Jason Vanderweide, 300 yards. Vanderweide won a \$60 gift certificate from Puetz golf.

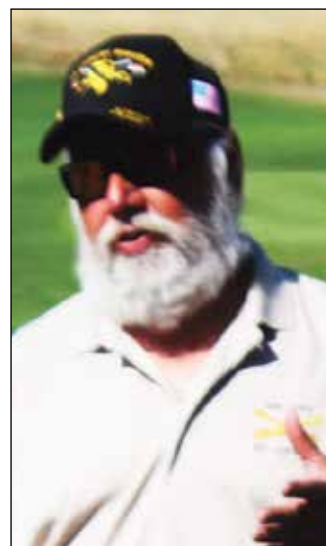
Women's Long Drive: Patty Orchard, 200-plus yards. Orchard won a \$60 gift certificate from Puetz golf.

Closest to the pin (KP on par three holes)

KP on hole #2: Robbin Wagg 12'6". Wagg won a gift certificate for an American Legion dinner or breakfast for two.

KP on #6: Trevor Henton, one foot. Henton won two rounds of golf at Bear Creek Golf Course in Chelan.

KP on #12: Jared Henton, 11'3". Henton won a round of golf for four at Desert Canyon.



Mike Maltais/QCH

American Legion Commander Greg Wagg

KP on #14: Jose at 20'. Jose won a round of golf for four at Bear Mountain.

Long Marshmallow Drive: Jason Vanderweide, winning \$32.50.

Remember those stiff winds mentioned earlier in the story?

"It was a tough day for the golfers driving the marshmallows into the wind," Wagg observed.

One can only imagine.

"This year we had our first ever youth team participating, ages 14-17," said Wagg. "Their team shot a respectable 84. Not bad for their first tournament."

The team's name was the Ball Knockers.



Mike Maltais/QCH

American Legion Columbia Post 97 in Brewster held its fourth annual golf tournament at the Alta Lake Golf Resort last Sunday, August 28. The swinging affair teed off with a shotgun start at 11 a.m. The four-member teams with catchy titles like Three Men and a Baby, The Aces, Ball Knockers, and Stop Staring at my Putt hit the links under a sunny sky and comfortable temperature.

The tournament lunch included pulled-pork sandwiches, coleslaw, chips, and a soft drink.

Many sponsors stepped up to support this year's tournament. They included Varrelman Auto Glass, Stackhouse Plumbing, BTO Construction, Northwest Wholesale, Erlandson Engineering, Webster Furniture, Harvest Foods, Brewster Veterinary Clinic, Sweet River Bakery, Kodi's Noon Saloon, Shull's Towing, Isenhardt Excavation, The Land Company, Eagle Rock Physical Therapy, Bosel Construction, North Cascades Bank, Blue Water

Sanitation, Denny Pittman, The Legion Riders, Sonya and Perry Brownlee, and La Milpa.

A dozen volunteers helped make this tournament a success. They included Randy Moore, Barry Maitland, Glenn Ferrington, Denny Pittman, Frank Wiliver, Bob Lewis, Andi Frisk, Stacey and Jerome Elson, Elni Westerdahl, Alana Caswel, and Jasmine Chaves.

"The American Legion would like to thank Parker Barth and the Alta Lake Golf Resort staff for their cooperation and assistance in putting on our tournament," Wagg said.

INSIDE THIS WEEK

Community..... A1-A4, B1, B3 National News..... B4
Sports..... A3
Bulletin Board..... A4 Classified Index
Obituaries/Death Notices..... A4 Classifieds, Puzzles B2-B3
Sheriff Reports B1 Public Notices..... B2-B3
Health..... B3 Puzzles..... B3

NCW Libraries launch into fall with virtual author program

Launchpad tablets available for check out

wlibraries.org. Silvia Moreno-Garcia, Oct. 6 at 7 p.m., Diane Wilson, Nov. 3 at 7 p.m., and Christina Lauren, Dec. 1 at 7 p.m.

community who would enjoy influencing library services across North Central Washington? Nominate them for the Teen Library Council by registering at ncwlibraries.org.

NASA's Artemis Project
Learn about NASA's Artemis program and their plans for a new generation of crewed spaceflight through fun activities and reading challenges. Registration opens September 1 and runs through September 30.

Hispanic Heritage Month
Honor diverse voices, unique perspectives, and rich cultural traditions through activities and book recommendations. Registration opens September 15 and runs through October 15.

SUBMITTED BY NCW LIBRARIES

NCW - Virtual author programs are back. Meet award-winning journalist, cartoonist, and graphic novelist, Malaka Gharib on Thursday, September 15 at 7 p.m.

Sign up now for our full lineup of NCW Virtual Reads fall events by registering at nc-

Play, Engage, Explore, and Learn

Launchpad tablets are now available for check out. Each tablet is loaded with apps, games, storybooks, videos, and more for kids. It is 100% secure and no internet is needed.

Calling All Teens
Do you have a teen in your

Fall into Reading

NCW Libraries provides Beanstack, an online service full of seasonal reading challenges and activities to spark (or re-ignite) a love of reading for people of all ages and interests. Log your reading online or through the Beanstack App.

"Gimme a 'P'"



Mike Maltais/QCH

A boulder sporting the purple and gold, Pateros school colors, is easy to spot along SR 97 east of the city.

Red Cross issues steps to keep students safe as they head back to school

Good time to devise family preparedness plan

SUBMITTED BY AMERICAN RED CROSS

NCW - School bells are calling students back to the classroom and the American Red Cross, Northwest Region, has steps everyone can take to help kids remain safe as they head back to school. As parents get ready for the start of a new school year, it's a good time to think about emergencies, such as weather-related disasters, and draw up an emergency plan for their household. Know what the emergency plan is at your child's school and develop a family emergency plan so everyone will know who to contact and where to go if something happens during the school day. Details are available at redcross.org/prepare. "There are a lot of things to think about for the start of a busy new school year, but don't forget to include safety," said Alex Dieffenbach, Northwest Region CEO. "We ask parents and guardians to consider familiarizing their children with these measures to help keep them safe as they head back to school."

CELL PHONES A DISTRACTION The National

Safety Council (NSC) reports distracted walking can be dangerous, even deadly. Teach your students the following:

Don't text or talk on your phone while walking. If you must text, move out of the way of others and stop on the sidewalk.

Never cross the street while using an electronic device.

Do not walk with headphones in your ears.

Drivers can be distracted too. Never use a phone while driving. Help keep children safe by eliminating all distractions.

TAKING THE BUS

Students should get to their bus stop early and stand away from the curb while waiting for the bus to arrive. Young children should be supervised.

Board the bus only after it has come to a complete stop and the driver or attendant instructs them to get on. They should only board their bus, never an alternate one.

All students should stay in clear view of the bus driver and never walk behind the bus.

WALKING TO SCHOOL

Cross the street at the corner, obeying traffic signals and staying in the crosswalk.

Never run out into the street or cross between parked cars.

Use a route along which the school has placed crossing

guards. Parents, walk with young children and those taking new routes or attending new schools, for the first week to ensure they know how to get there safely. Arrange for the kids to walk to school with a friend or classmate.

GOING BY CAR

Everyone should always wear a seat belt.

Younger children should use car seats or booster seats until the lap-shoulder belt fits properly (typically for children ages 8-12 and over 49"), and ride in the back seat until they are at least 13 years old.

If a teenager is going to drive to school, parents should mandate that they use seat belts.

RIDING A BIKE There may be more young people on bikes as the school bells ring. They should:

Wear a properly fitted helmet and bright clothing. Ride on the right side of the road, with traffic, in a single file.

Come to a complete stop before crossing the street; walk bikes across the street. Stay alert and avoid distracted riding.

SLOW DOWN

Drivers should slow down, especially in residential areas and school zones, and know what the yellow and red bus signals mean. Yellow flashing lights indicate the bus is get-

ting ready to stop, that motorists should slow down and be prepared to stop. Red flashing lights and an extended stop sign indicate the bus is stopped and children are getting on or off.

Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped. Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety. This includes two and four-lane highways. If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping.

KEEP LITTLE ONES SAFE Keeping all students safe is the primary concern for everyone, but there are special steps for parents of younger kids and those going to school for the first time:

- Make sure the child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to call 911.
- Teach children not to talk to strangers or accept rides from someone they don't know.

Finally, download the free Red Cross First Aid app for instant access to information on handling the most common first aid emergencies. You can find it by searching for 'American Red Cross' in your app store or at redcross.org/apps. Learn and practice First Aid and CPR/AED skills by taking a course (redcross.org/takeaclass) so you can help save a life.

About the American Red Cross: The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojaAmericana.org, or visit us on Twitter at @RedCross.

LETTER TO THE EDITOR

Candidate Doug White to be at Okanogan County Fair

Dear Editor:

It's Okanogan County Fair time again and this year you will have an extra special opportunity to meet one of your Congressional candidates in person. Doug White will be at the Okanogan Democrats booth in the Agriplex on Thursday, Sept 8 from 10 a.m.-7 p.m. It's a great opportunity to let him know your thoughts about the issues that are important to you.

While you are there, take some time to see the animals that the 4H and FFA kids have raised and talk to them about all the work that went into their projects. Other traditional skills are on display as well-canning and preserving; fruits, vegetables and flowers; spinning, weaving and quilting; art, music and a whole lot more. The county fair is where the community gathers together to celebrate their achievements, learn from each other and have a darn good time. See you at the Fair.

*Katie Haven
Chair, Okanogan County Democrats*

REGATTA

CONTINUED FROM PAGE A1

Boats and crews began arriving in Pateros on Friday before race day. The city rolled out the red carpet of sorts with Pateros School students selling breakfast Saturday morning to get crews and drivers fueled up. Race promoter George Pearson arranged for a street potluck and live music Saturday evening.



Mike Maltais/QCH

1.5 Litre Stock ("T" class) hydroplanes race at 90-plus mph. These small, light and racy hydros are a great starting point for young drivers or for budget teams. They generate all the competitive excitement of the bigger classes, but their smaller size, virtually stock components, and dependable 4-cylinder Toyota engine add a degree of economy to the boat racing circuit.



Mike Maltais/QCH

1 Litre ("Y" class) hydroplanes are small, light and lightning quick, racing to speeds more than 105 mph. While supercharging is not allowed, other modifications are encouraged. Engines are automotive or marine based, 2 or 4-cycle style. Maximum limit of 2-cycle is 1160 cc and maximum limit of 4-cycle is 1315 cc. The most common engines are from 2-cycle personal watercrafts boats.



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QUAD CITY HERALD

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Chelan, WA 98816
P.O. Box 1922, Chelan, WA 98816
Phone: 509-689-2507

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

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

Subscriptions

Okanogan/Douglas Counties (yearly) print	\$40
Okanogan/Douglas Counties (yearly) print & web	\$45
In State (yearly)	\$50
Out of State (yearly)	\$52

The Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

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


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

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.

Quad City Herald (USPS 241-920)
is published every Wednesday by NCW Media, Inc.
215 14th St., Leavenworth, WA
Telephone: 509-548-5286.
Periodical postage paid at Brewster, Wash.
Postmaster:
Send address corrections to:
Quad City Herald,
PO Box 1922, Chelan, WA 98816

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COMMUNITY BULLETIN BOARD

Senior meals now served, home delivered, Tuesday, Wednesday, Friday

BREWSTER - The Senior Center is now serving meals at Noon, at the center on Tuesdays, Wednesday and Fridays. Home delivered meals are delivered those same days. Call 509-826-7979 to reserve or cancel your meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. MENU: Wednesday, Sept. 7: Chicken Stir Fry, Rice, Tossed Veggie Salad, Mandarin Oranges, Egg Roll, Dessert; Thursday, Sept. 8: Supreme Style Pizza, Garden Salad, Apple Wedges, Garlic Bread, Dessert; Monday, Sept. 13: French Dip, Potato Salad, Green Salad, Peaches, Dessert; Wednesday, Sept. 14: Mac & Cheese w/Bacon, Peas & Carrots, Green Salad, Tropical Fruit, Dessert.

Sept. 7-10, 12-17

Senior Center Thrift Store

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Everyone is welcome to come to the center on Tuesdays from 9:30-11 a.m. for coffee and conversation, plus sweets. Check out our great kids section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

Sept. 7-8, 12-15

Chelan Valley Hope serves Bridgeport, Mansfield, Waterville

CHELAN - Chelan Valley Hope is open Monday thru Thursday 9 a.m.-3 p.m. (closed Noon-1 p.m.). Volunteers are desperately needed for front desk/phones, special projects, and outreach. If you are interested, please email Jess at info@chelanvalleyhope.org. The Community Resource Center is available to assist individuals with computer/internet access. Volunteer mentors can help find jobs, housing, healthcare, and more. CVH provides services at no cost to individuals and families in need. CVH is located at 417 S. Bradley Street and serves Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, and Orondo. Call 509-888-2114 for more information or to schedule an appointment. Or visit their website and social media pages www.ChelanValleyHope.org @ChelanValleyHope

September 7, 21

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.

Sept. 8

Bingo is back

BREWSTER - Bingo is back at the Brewster American Legion, every Thursday night at 6 p.m. It is open to public. Come early to purchase game packets and markers. Check out their Facebook page at American Legion Columbia Post 97 for more events.

Sept. 8, 15

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. That next trip is Sept. 8. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, Sept. 15, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

September 9-10

Fall for crafts Bazaar

BREWSTER - The American Legion Auxiliary Unit 97 is hosting a Fall for crafts Bazaar on Sept. 9 and 10, from 9 a.m.-5 p.m. at the American Legion Columbia Post 97, 102 N. Third Street, in Brewster. Auxiliary proceeds are used to support Veterans, Veteran Families and the community. Contact Margi Allen 509-689-5402 or margiallen11@gmail.com.

Sept. 10

Birds, Bats and Bees short course, Farm and Craft Market

WATERVILLE - South Douglas Conservation District is hosting a short course Saturday, September 10 at the NCW Fairgrounds on birds, bats and bees. Local experts will be talking about native birds, bluebirds, local bats, honey bees and pollinators. This free course will start at noon and end at 4:45 p.m. Preregistration is encouraged. Call 509-745-9160 or go to the South Douglas Conservation District website. The Waterville Farm and Craft Market starts that same day at 10:00 a.m. in Pioneer Park. Go to the market, then come out to the Fairgrounds. For more information, visit our website or give the District a call at the above number.

Sept. 10, 13

Farmers Markets

WIC and Senior Authorized Farmers Markets with payment options: Methow Valley Farmers Market (Twisp) 201 Hwy. 20 South, Parking Lot, Saturday, 9 a.m.-Noon, April-

Oct. 29; Okanogan Valley Farmers Market (Okanogan), 999 2nd Avenue N., Legion Park, Tuesday and Saturday, 9 a.m.-1 p.m., now thru Oct. 29; and Okanogan Valley Farmers Market (Omak), Omak Eastside Park, across bridge from downtown, Tuesday, 3:30-6:30 p.m., now thru Oct. 25. If there is not a distribution site in your area, and you live within Adams, Chelan, Douglas, Grant, Lincoln and Okanogan counties, please contact Kathy Wright 509-886-0700 ext. 235 / 800-572-4459.

September 12

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.

September 12, 26

Okanogan County PUD meetings

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, September 12, at 3 p.m. For more information okanogan-pud.org

September 12, 26

Douglas County PUD meetings

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is September 12 at 1:30 p.m. in the East Wenatchee office.

September 13

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 informa-

tion, call 509-860-3620 or visit their website at: tcf-wenatcheevalley.org

Sept. 14

Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Sept. 14 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwchamber@gmail.com or Mike Mauk, 509-449-0605.

Sept. 19

Family and friends Support Group

WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcf-wenatcheevalley.org

Nominations for the Highly Capable Program sought

BRIDGEPORT - Highly Capable students perform or show potential for performing at significantly advanced academic levels when compared with others of their age, experiences, or environments. Outstanding abilities are seen within students' general intellectual aptitudes, specific academic abilities, and/or creative productivities within a specific domain.

Bridgeport School District is committed to identifying and providing for the unique educational needs of all of our students. Through September 30, they will solicit nominations for the Highly Capable Program. Students may be referred by parents, family, school staff, and community members.

Nomination forms: at www.bsd75.org. Please return completed forms to the district office (1400 Tacoma Ave., PO Box 1060, Bridgeport, WA 98813).

Final score 36-34

Bears mount comeback against Chelan in season opener

By Mike Maltais
Staff writer

BREWSTER - The comeback Bears pulled out some big plays in their first game of the varsity football season for a 36-34 win at home against Chelan Mountain Goats last Friday, Sept. 2, in the first annual Cherry Cup.

The Mountain Goats jumped on Brewster early to take a two-touchdown 21-7 lead in the first quarter as the Bears regrouped and quarterback Kelson Gebbers found his range to connect on several key pass plays. Those included a 58-yard strike to senior wide receiver Reese Vassar, another 34-yard touchdown completion to Vassar, and a 35-yard pass play to senior wide receiver Tyson Schertenleib for a TD. On the latter play Gebbers escaped a near-sack near the Bears goal line before finding an open receiver.

Vassar intercepted a Chelan pass near mid-field and re-

turned it through a host of Mountain Goats tacklers to score.

Brewster roared back with three unanswered scores to take a 30-21 lead at halftime, but Chelan was not done. The Bears extended their lead to 36-21 in the second half before Chelan reached the end zone twice to close within two points, 36-34. In the closing minute of play Chelan had possession of the ball and an opportunity to win following a third down pass completion but to execute. The Bears took over on downs in the final seconds and preserved their lead.

Chelan racked up more total yards - 279 passing and 138 rushing - than the Bears, 343 passing and 118 rushing. Brewster converted five of 11 third down opportunities to the Goats' four of nine. The Bears turned the ball over three times and the Goats twice.

Brewster will play at Cashmere at 7 p.m. Friday, Sept. 9.

Phone and Internet Discounts Available to CenturyLink Customers

The Washington Utilities and Transportation Commission designated CenturyLink as an Eligible Telecommunications Carrier within its service area for universal service purposes. CenturyLink's basic local service rates for residential voice lines are \$28.50 per month and business services are \$41.00 per month. Specific rates will be provided upon request.

CenturyLink participates in the Lifeline program, which makes residential telephone or qualifying broadband service more affordable to eligible low-income individuals and families. Eligible customers may qualify for Lifeline discounts of \$5.25/month for voice or bundled voice service or \$9.25/month for qualifying broadband or broadband bundles. Residents who live on federally recognized Tribal Lands may qualify for additional Tribal benefits if they participate in certain additional federal eligibility programs. The Lifeline discount is available for only one telephone or qualifying broadband service per household, which can be either a wireline or wireless service. Broadband speeds must be at least 25 Mbps download and 3 Mbps upload to qualify.

CenturyLink also participates in the Affordable Connectivity Program (ACP), which provides eligible households with a discount on broadband service. The ACP provides a discount of up to \$30 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands.

For both programs, a household is defined as any individual or group of individuals who live together at the same address and share income and expenses. Services are not transferable, and only eligible consumers may enroll in these programs. Consumers who willfully make false statements to obtain these discounts can be punished by fine or imprisonment and can be barred from these programs.

If you live in a CenturyLink service area, visit <https://www.centurylink.com/aboutus/community/community-development/lifeline.html> for additional information about applying for these programs or call 1-800-201-4099 with questions.



QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

BREWSTER



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



HOPE LUTHERAN CHURCH
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Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10:00 a.m.
509-689-3106 • 1520 Sunset Dr.



NEW TESTAMENT BAPTIST
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Wednesday 7 p.m.
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- Matthew 19:26

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Pastor Gordon Wright

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OBITUARIES

Kirk David Barlow

Kirk David Barlow, 53, passed away Sunday, June 26, 2022, at this home in Paducah, Kentucky. Cremation arrangements were in care of Milner & Orr Funeral Home & Crematory, Paducah, Kentucky.

Kirk was born March 25, 1969 in Kewanee, Illinois. At the age of three he moved with his family to Billings, Montana. He and his family relocated to Almira, Washington, when he was six years old, where he attended school through his eighth grade year. In 1983, Kirk and his family moved to Pateros, Washington. He began his freshman year at Pateros High School, where he graduated in 1987. During his high school years Kirk enjoyed participating as a member of the football, basketball, tennis and golf teams.

After high school Kirk attended Washington State University earning a degree in chemical engineering. While at WSU he became a loyal Cougar fan and followed their teams faithfully. He even had

the privilege of playing football for Coach Dennis Erickson during his freshman year as a walk-on.

His career as a chemical engineer began in 1992 at the Hanford Nuclear Power Plant while he was living in the Tri-Cities, Washington area. In 2009, during his many travels with his job, he made a decision to transfer to the nuclear power plant in Paducah, Kentucky, where he was involved with the design and construction of the conversion facility just outside the Paducah Gaseous Diffusion Plant. He obtained his professional engineering license in 2010. He married Jessica Housman in 2011 and their daughter was born in 2012. Eve was the pride and joy of Kirk's life.

Some of Kirk's favorite pastimes were mountain biking, skiing, playing golf, hiking, attending sporting events and enjoying time with his daughters. He spent many years as a high school and college basketball referee while he lived

in the state of Washington. He also volunteered his time to help with various community activities while living in Paducah.

Kirk is survived by his daughter, Eve Barlow, of Paducah, Kentucky; step-daughter, Lillian Housman of Paducah, Kentucky; mother, Kathy Nolan of Pateros, Washington; father, Orville H. Barlow, Jr. of Omak, Washington; brother Dustin Barlow of Moses Lake, Washington; sister, Melanie Williams of Pateros, Washington; niece, Anna Williams of Pateros, Washington; and niece, Grace Williams and her husband, Drake Jerald, Shoreline, Washington.

A Memorial Celebration of Kirk's life will be held at 2 p.m., Saturday, September 17, 2022, at the Methow Community Center (the old schoolhouse) located at the end of the Arkansas Avenue in Methow, Washington. Turn left just after the Methow Post Office. The old school house is just



past the Methow Fire Hall.

Rest in peace our dear son, father, brother, nephew, cousin, uncle and friend. You will be missed by many and will stay in our hearts with love forever.

In lieu of flowers memorial donations may be made to Pateros Dollars for Scholars, Community Foundation NCW, 9 S. Wenatchee, WA 98801

Tao Lee Stettler



Tao Lee Stettler died at the age of 39 on August 14, 2022 in Pateros, Washington. He was born on August 2, 1983 in North Carolina to Ralph Stettler and Jennifer (Lucas) Carlson. He spent his first years aboard his parents' 60 foot schooner Mistress, sailing along the east coast until the family sold the boat in 1987 and moved across the country to Port Angeles, Washington. When he was five years old, his sister Ellen was born and they became a family of four. The Stettler family then settled in Pateros in North Central Washington along the Methow River.

While attending Pateros Schools, Tao participated in many activities including tennis, football, pep band, and drama club. After graduation, Tao attended the University of Washington in Seattle obtaining his bachelor's degree in Civil Engineering. In 2011 he moved back to Pateros where he became an Electronic Service Technician at MAF and was able to use his engineering background to help automate fruit industry processes. This position allowed him to travel all over the world including Nova Scotia, Australia, Zimbabwe, and South Africa where he met Ziyavela (Zee), his fiancée and the mother of his son Raiden. Tao was building a life for them in North Central Washington where he had recently purchased a home in Mallot and was just waiting for Zee's visa to be approved.

Tao's short but interesting life was filled with many passions including experiencing culture through travel to places such as

Italy, Peru, Jamaica, and Thailand. He loved any activity where he could be outside and would often be found snowboarding on a fresh powder day, or on a tube in the Methow River on a summer afternoon. His interests of cooking, gaming, reading, and his love of movies allowed him to strike up a conversation with anyone. But perhaps what we will all remember most about him was his love of music. He always had a tune in his head and a beat at his fingertips and wanted to share it with the world.

Tao was preceded in death by his father Ralph Stettler. He is survived by his mother Jennifer Carlson (Eric), his sister Ellen Koppelman (Matthew), his fiancée Ziyavela Macingwana and their son Raiden Stettler. Tao also leaves aunts, uncles, cousins, and nephews who adored him. Tao's creativity and love of life made every experience an adventure, or as he might say, a quest. We will never forget his easy smile and the excitement he brought to the room. His presence enriched all of our lives and he will be greatly missed.

SERVICES

Patricia Allstrum Livingston

A Graveside Service for Patricia Allstrum Livingston, formerly of Brewster, Washington, will be held on September 10, 2022, at 11:30 a.m., at the Bridgeport Cem-

etery, Bridgeport, Washington. Reception will follow at Gamble Sands in Brewster. Services are under the direction of Barnes Chapel of Brewster.

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-689-2507 for more information
Or email ruthk@lakechelanmirror.com

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DEATH NOTICE

Steven W. Scott

Steven W. Scott, 59, of Brewster, Washington, passed away on August 28, 2022.

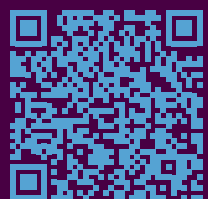
Please leave any thoughts

and memories for the family at Prechtrose.com. Services are under the direction of Precht Rose Chapel of Chelan.

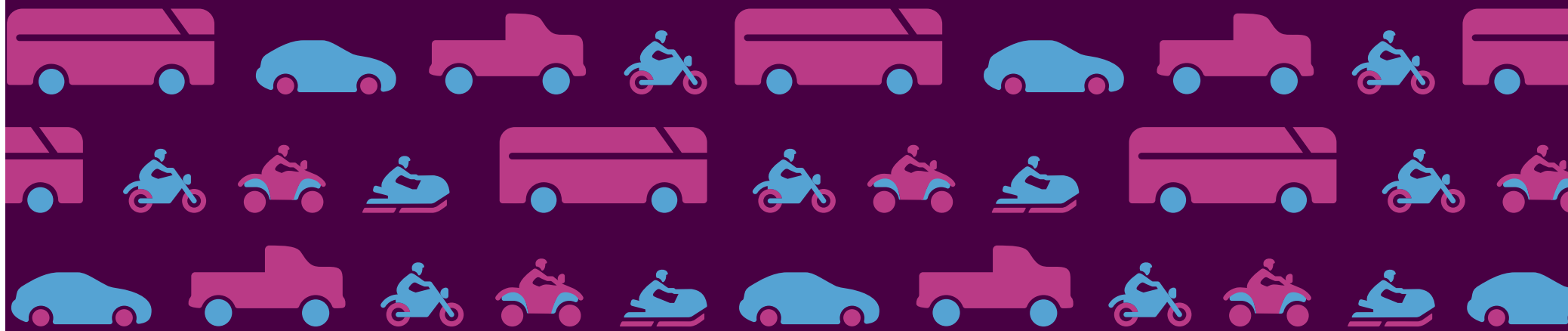
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THE WASHINGTON OUTDOOR REPORT

Cape Disappointment State Park - a crown jewel

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

One of the best parks in Washington, a crown jewel amongst the parks found in this state, is Cape Disappointment State Park. Located where the Columbia River meets the Pacific Ocean near Ilwaco, this expansive 1,882-acre park offers a healthy dose of history, a nautical setting and abundant opportunities for outdoor recreation.

My wife and daughter and I reserved a small cabin in the park months ago that sits right next to a small, lily pad lined body of water called O'Neill Lake. In addition to three cabins, several yurts and even lighthouse keeper's quarters are available for rent, there are also 220 campsites, about a third of them with full or partial hookups for RVs.

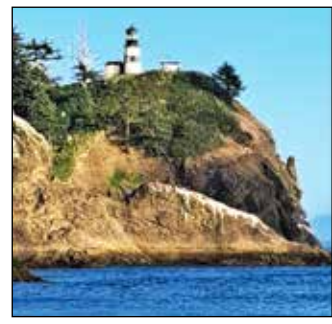
There is a lot to see and do here. If you enjoy time at the beach you can stroll to Waikiki Beach near the park entrance or walk two-mile-long Benson Beach between the North Jetty and North Head where a red and white lighthouse stands watch. Another option is to drive on the beach from Seaview north of the park south to Beard's Hollow, which offers the chance to explore rocky tidepools full of sea anemones at low tide.

At the beach you'll see people flying kites, casting for surf perch, beachcombing and just enjoying the chance to dip their toes into the surf of the Pacific Ocean. Speaking of fishing, early to mid-September offers a very good chance to chance to catch coho salmon in Baker Bay near Ilwaco, around Buoy 10 at the mouth of the Columbia, and even off the North Jetty where surefooted anglers cast big spinners or drift plug cut herring or anchovies under a slip bobber. Unfortunately, fisheries managers closed all salmon fishing on the Colum-

bia River on September 2 due to higher-than-expected catch rates for Chinook salmon in August. This leaves jetty anglers contenting themselves jigging for rockfish and lingcod as summer transitions into fall though it is possible fishing for coho could reopen this month. Coho salmon fishing is scheduled to remain open in the ocean thru September but check the emergency regulations before going. Something else to do? That would be crabbing. The best crabbing for keeper size Dungeness crab is from a boat in the Pacific near the mouth of the river. Land based crabbers or kayakers catch crab close to the North Jetty in the park. We tossed a crab ring and snares off the boat launch dock at the park and over the course of three afternoons literally pulled up close to 500 Dungeness crab. Unfortunately, not one of them was keeper sized. The bio mass of crab was amazing but they were all small. Hopefully by next year a lot of these crab in this area will be

big enough to keep. If you like to hike, you'll be able to enjoy a trail system covering eight miles that will take you to Cape Disappointment, the North Head Lighthouse, and through forests to wetlands and to the beach. Wildlife watchers will be rewarded with the sight of black-tailed deer and raccoons in the park along with birds like kingfishers and osprey around the freshwater lakes as well. Meanwhile, there are bald eagles, cormorants, pelicans and a wide variety of shore birds on the coast off the rocky points and the beach along with the chance to see seals and the occasional whale.

There is also much to see and learn here from a historical point of view. The Lewis and Clark Expedition reached Cape Disappointment as they completed their initial mission of reaching the Pacific Ocean in November of 1805. Today, a world-class interpretive center with over 200 exhibits and artifacts can be seen here. The



Courtesy John Kruse
The Cape Disappointment Lighthouse.

Center is open seven days a week in the summer and has reduced hours the rest of the year.

The mouth of the Columbia is difficult to navigate, and the waters around it became known as the Graveyard of the Pacific. To help ships safely enter the river, Cape Disappointment Lighthouse was built and became active in 1856. Aaron Webster, the head Interpretive Ranger at the State Park, was asked why a second lighthouse was built just two miles north. Webster explained that initially, most shipping came from the south and San Francisco, and the light at Cape Disappointment worked fine. When rail lines reached Tacoma to the north, shipping began to come to the mouth of the Columbia that way and they could not see the light of Cape Disappointment. That's why the North Head Lighthouse

was built which became operational in 1898. Today, tours are available at the North Head Lighthouse during the summer months.

This was also a military installation. Aaron Webster explained this fort along with Fort Stevens on the south side of the Columbia River mouth were built during the Civil War because of a Confederate shipping presence in the Pacific Ocean. The forts received state of the art coastal artillery pieces towards the end of the 19th Century and received more troops and artillery, along with radar stations, search lights and mines, in World War II. That's when the threat was the Imperial Japanese Navy, which did have a submarine shell nearby Fort Stevens in 1942.

After the War the fort was deactivated and Fort Canby was turned over to the Washington State Parks Commission. Today, you can walk among some of the WW II era fortifications which are located next to the Lewis & Clark Interpretive Center. You can find out more about this amazing destination and the North Head Lighthouse at <https://parks.wa.gov/486/Cape-Disappointment> and <http://northheadlighthouse.com>.

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

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff

- Aug. 26**
00:50 Civil Dispute, 1222 Fairview Ave., Bridgeport
01:07 506 N. Central Ave., Waterville
10:31 Trespassing, D NW and McNeil Canyon Rd., Orondo
12:01 Parking/ Abandoned Vehicle, 102 S. Rainier St., Waterville
15:12 Property, 15 Galbraith Rd., Bridgeport
16:29 Property, Orondo area
17:01 Agency Assist, 202 Vineyard Dr., Orondo
18:02 Warrant, 1222 Fairview Ave., Bridgeport
23:18 Agency Assist, 21469 US Hwy. 97, Orondo

- Aug. 27**
00:13 Weapons Violation, 601 N. Monroe St., NCW Fairgrounds
08:59 911-call, 409 22nd St., Bridgeport
14:35 Alarm, 12 Sandcastle Dr., Orondo
17:53 Welfare Check, 309 S. Central Ave., Waterville
18:26 Disturbance, 601 N. Monroe St., NCW Fairgrounds, Waterville
19:22 Domestic Disturbance, 23459 US Hwy. 97, Beebe Bridge, Orondo
20:40 DUI, US Hwy. 97 and Weimer Rd., Orondo
20:59 Agency Assist, 1202 Fairview Ave., Bridgeport
22:01 Agency Assist, US Hwy. 97, MP 228, Orondo
23:09 Traffic Offense, 601 N. Monroe St., NCW Fairgrounds, Waterville

- Aug. 28**
03:17 911-call, 2209 Monroe Ave., Bridgeport
08:05 Alarm, 1565 Rd. C NW, Mansfield
13:16 Alarm, 2422 Monroe Ave., Bridgeport
20:04 Alarm, 1300 Douglas Ave., Bridgeport
21:01 Noise Complaint, 616 16th St., Bridgeport

- Aug. 29**
09:37 Drugs, 9 Washburn Ave., Bridgeport
11:35 Animal Problem, 310 Fairview Ave., Bridgeport
12:52 Welfare Check, 12 Richards Ave., Bridgeport
12:54 Agency Assist, 56 Box Canyon Rd., Orondo
13:31 Public Assist, 335 S. Chelan Ave., Waterville
15:36 Disturbance, 324 Pine View Dr., Orondo

- Aug. 30**
09:13 Vehicle Prowl, Rd. C NW and US Hwy. 2, Waterville
11:06 Non-injury Accident, 217 16th St., Bridgeport
13:43 Fraud/ Forgery, 315 S. Greene St., Waterville
21:41 Suspicious Circumstance, 1400 Tacoma Ave., Bridgeport

- Aug. 31**
12:15 Civil Dispute, 503 E. Birch St., Waterville
16:07 Suspicious Circumstance, S. Chelan Ave. and W. Birch St., Waterville
19:00 Domestic Disturbance, 800 E. Locust St., Waterville
20:00 Disturbance, 26 McCormack St., Bridgeport

- Sept. 1**
06:59 Animal Problem, 52 Kludt Rd., Bridgeport
09:12 Trespassing, 200 E. Birch St., Waterville
13:11 CPS/ APS Referral, 311 Pine View Dr., Orondo

Brewster Police Department

- Aug. 26**
10:10 Harassment was reported on W. Hanson Ave. in Brewster.
12:14 A stray animal was reported on S. Bridge St. in Brewster.
13:41 A disabled vehicle was reported at Brewster Marketplace.
13:55 A lockout was reported on Soto Farm Rd. in Brewster when a caller's 1-year-old daughter locked keys inside a vehicle.
23:14 A welfare check was requested on Griggs Ave. in Brewster and the caller wanted to know if a subject and two children got home okay.

- Aug. 27**
07:59 An insecure premises was reported on S. Bridge St. in Brewster for an open door on a shop on the back side of a caller's property.
09:17 A traffic stop was reported on Hwy. 97 and W. Indian St.
14:15 A traffic stop was reported on Hwy. 97 at Gebbers.
22:57 An unknown-injury accident was reported on Soap Lake Rd. and Hwy. 97.

- Aug. 28**
14:31 A fatal motorcycle accident was reported on King Rock Rd. and North Starr Rd. in Brewster.
16:32 An agency assist was requested on 22nd St. and Foster Creek Ave. in Bridgeport.
22:30 Trespassing was reported on two subjects on Reservoir Hill Rd. in Brewster.

- Aug. 29**
14:38 A vicious animal was reported at an abandoned residence for an ongoing issue with two German Shepard dogs that were reported loose and had just attached the caller's girlfriend.
18:29 Illegal burning was reported on E. Douglas Ave. in Brewster for a subject with a yard waste garbage pit in their yard.

- Aug. 30**
11:45 An agency assist was requested on Hwy. 97 and Hwy. 17 for a second unit on scene with a male subject stopped with many warrants.
15:55 A medical problem was reported on W. Hanson Ave. in Brewster for a 69-year-old male subject that was very weak and slid down the caller's leg to the floor.

- Aug. 31**
14:30 A domestic dispute was reported on Hwy. 97 in Brewster for a male subject reportedly being very physical to his girlfriend in a vehicle in the parking lot.
20:01 An agency assist was requested on McCormack St. in Brewster, a caller reported a lot of yelling and screaming near the old gas station and a white pickup was on scene.

- Sept. 1**
14:55 An agency assist was requested on Hwy. 97 in Brewster, an exhaust system reportedly fell out of the back of a vehicle.
15:11 An animal problem was reported on S. 1st St. in Brewster and the homeowner had arrived to control the dog.
19:13 A stray animal was reported on W. Cliff Ave. in Brewster for a caller's neighbors that have two pitfalls that keep getting out, one had one of the caller's kittens in its mouth and had reportedly bitten someone before. The caller reported they were out now and were unclear on their location.

- 21:16 A stray dog was reported running around an apartment complex on S. 7th St. in Brewster, described as a chocolate lab mix.
22:54 A missing adult Husky was reported missing on S. 7th St. in Brewster.

Okanogan County Sheriff

- Aug. 26**
13:20 A citizen dispute was reported on Alta Lake Rd. in Pateros and a male subject in his 50s in a green/ gray Chevrolet Silverado was reported driving at high rates of speed.
13:55 A lockout was reported on Soto Farm Rd. in Brewster.
15:19 An abandoned black Honda Civic was reported at a store for the past week on Monse Bridge Rd. in Brewster.
18:56 Extra patrols were requested on Lakeshore Dr. at Lakeshore Inn in Pateros during the hydroplane race weekend.
20:33 A noise complaint was reported for loud music on Golf Pl. in Pateros.

- Aug. 27**
22:02 An agency assist was requested on US Hwy. 97 in

- Orondo for a female subject screaming for help in a small blue passenger vehicle.

- Aug. 28**
14:31 A fatal motorcycle accident was reported on King Rock Rd. and North Star Rd. in Brewster.

- Aug. 29**
10:32 Fraud was reported on Golf Pl. in Pateros after a caller received letters advising that someone was using his social security number in Idaho.

- Aug. 30**
No local reports.

- Aug. 31**
14:34 A civil matter was reported on Cemetery Rd. in Pateros, a citizen came in to report a subject in a vehicle that lost control in the cemetery and was stuck on tombstones.

- Sept. 1**
09:20 A caller on Brewster Airport Rd. in Brewster reported that someone had tried to get into their motorhome sometime between 05:45 and 05:55 that morning, leaving the door damaged.
10:31 A non-injury accident involving a white 2020 Silverado truck and a bin-moving tractor.
21:55 A traffic stop was reported on Hwy. 97 in Brewster for a subject in a vehicle that incurred four infractions.

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5 tips to help avoid stomach upset when taking medicine

Q: I'm taking a medicine that really upsets my stomach. Is there any way to help me avoid that?

You are not alone if you suspect your medicine is upsetting your stomach. As a pharmacist, I hear this complaint the most: "These pills are making me sick!" In fact, the most common side effect of ANY medication is stomach upset, also called "gastrointestinal distress" or "GI distress." Symptoms of GI distress have been reported with every single prescription medication. No exceptions.

Do you experience nausea, vomiting, stomach cramps, burning, or intestinal cramping after taking your medicine? If you suspect one of your medicines could be making you feel sick, you are probably right.

If there were a Hall of Fame of drugs that cause significant nausea and vomiting, the top three categories would be antibiotics, pain medicines, and cancer che-



motherapy drugs.

Chemotherapy drugs top the list of drugs that can cause severe nausea and vomiting. You're more likely to have stomach upset when taking a chemotherapy agent if you are younger than 50, female, prone to motion sickness, have had "morning sickness" during pregnancy, or suffered from nausea while taking other chemotherapy drugs.

Depending on the particular treatment regimen, multiple anti-nausea medicines are often used to combat the side effects of chemotherapy. They include tablets or capsules, melt-in-your-mouth tablets, skin patches, rectal suppositories, and injections.

Although most medications can be taken with or without

food in your stomach, there are some exceptions.

Some drugs must be taken on an empty stomach to ensure your body absorbs the entire dose. These include the thyroid supplement levothyroxine and the bone-building medicines alendronate (Fosamax®), risedronate (Actonel®), and ibandronate (Boniva®).

Some antibiotics should not come in contact with certain minerals like calcium, magnesium, or iron. Common antibiotics like doxycycline, ciprofloxacin, and levofloxacin should not be taken with multivitamins with minerals. It's OK to take these antibiotics with a meal. However, because of the concentrated calcium, you should avoid drinking a full glass of milk with them. Not sure if this is an issue? Look at the label on the side of your medicine bottle or ask your pharmacist.

If you vomit after taking your medicine, what should you do? If it's an antibiotic

or pain medicine, try it again, but make sure you take it with food, a full glass of milk, water, juice, or both.

Contact your doctor if you take the drug a second time and still vomit within the first 30 minutes. When you can't keep your antibiotic or your pain medicine down, it won't be able to help you. Delaying treatment with an antibiotic can lead to severe consequences.

If the medicine is for your heart, blood pressure, or anxiety, contact your doctor or pharmacist before repeating the dose. Has it been more than 30 minutes after taking your medication before you vomited? If so, you may have absorbed enough medicine to cause an overdose if you take another dose right away.

Here Are 5 Tips to Help Avoid Stomach Upset When Taking Medicine:

1. Take medicines immediately after eating.

If your medicine can be taken with food, take it just after finishing a meal, instead

of before you eat. This way, there's more food in your stomach, helping to dilute any irritating effects on your innards. If it's time to take your medicine, but you're not ready to eat, try taking your pills with a full glass of water or juice.

2. Take your medicine at night.

Taking your medication at bedtime allows you to sleep through the queasiness they can cause. This is particularly helpful with oral contraceptives, pain medicines, and prenatal vitamins.

3. Split up the dose.

Ask your pharmacist if you can safely split your medicine into more than one dose and then take them several hours apart, with breakfast and dinner. Some pills can be split safely, while others need to be changed to a lower strength to be given as separate doses.

4. Request a long-acting or coated drug formulation.

Ask your pharmacist if a

delayed-release or specific coated formulation is available for your medicine. Some drugs have special coatings that protect them from the acid in your stomach. These unique coating helps keep the medicine from dissolving in your stomach.

5. Take anti-nausea medicine ahead of time.

Don't wait until you are already queasy before taking pills for nausea. You should take motion sickness and other anti-nausea medicine at least 30 minutes before you need it, not when you're already miserable and about to hurl.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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. ©2022 Louise Achey

Can I recycle this? Prevent wishcycling by knowing what is and isn't recyclable

BPT - You make recycling possible. Without consumer participation, recycling programs can't function. If you already recycle, you're playing a critical role in reducing waste in your area. But to truly make sure valuable materials - like cartons, plastic and other materials that can be reused in other products - are kept out of landfills, it is important to prevent wishcycling.

Wishful recycling (or wishcycling) is tossing something in your recycling bin hoping it's recyclable, which can cause more harm than good. While many programs have recycling equipment to sort items, some non-recyclable materials can cause the machines to jam or break, causing delays and contaminating the recyclable items.

To prevent wishcycling and help your local recycling program operate efficiently, you'll need to know what materials can be recycled and how to prepare them before tossing them in the bin.

Know what is and is not recyclable

The first thing you should do to determine if an item is recyclable is to check the packaging. If you find a recycling icon on the package, it often means you're holding a widely recyclable item. However, that doesn't mean that you can simply throw the item into your recycling bin.

What is and is not recyclable can change over time and based on location. Whether you've lived in



Courtesy BPT

A popular myth is that Tetra Pak® cartons must be flattened before placing them in the bin. That is not the case in the U.S. and Canada.

the same neighborhood your whole life or have just moved to a new city, it is recommended that you check with your local recycling program from time to time to see what items are accepted in your area. Some programs may even provide a handy guide you can reference if you have any doubts about how to recycle certain items.

One recyclable material that still confuses many people is food and beverage cartons, like those made by Tetra Pak. From milk and juice to broth, soups and more, you likely have more than a few items in your kitchen that come in cartons. Because of how common they are, it's essential to learn how to recycle cartons so they don't end up in a landfill.

You likely have carton recycling in your area. Today, most U.S. households have access to carton recycling. In fact, access to residential recycling programs has increased by 240% since

2009, when the Carton

Council was formed. This industry organization was created to increase carton recycling access and rates and divert valuable cartons from the landfill. They work to build a sustainable infrastructure for carton recycling nationwide and educate and raise awareness around carton recycling.

Want to know if cartons can be recycled where you live? Visit RecycleCartons.com/find/state to find out if your local recycling program handles cartons and, if not, learn how you can recycle them.

Know how to recycle an item properly

CROSSWORD PUZZLE

THEME: THE 1920s

ACROSS

- The Sweet's hit "Ballroom ____"
- Farm cry
- Barrel racing meet
- "____ Quiet on the Western Front," 1920s novel
- Move sideways
- Southeast Asia org.
- Hula dancer's garland
- Like the Vitruvian Man
- "New type of movie in the 1920s"
- *Jack Dempsey's sport
- Triple ____ liqueur
- Prep flour
- "Hamilton: An American Musical" singing style
- Floppy data storage
- Smack
- Not much (2 words)
- *Prolific playwright ____ Coward
- Sacrum, pl.
- "Nana" author ____ mile ____
- Flash of light
- Not kosher
- Convex molding
- *Football legend Graham, born in 1921
- Furniture wood
- Not wholesale
- Aquatic snakes
- Reggae precursor
- Animal den
- Café alternative
- *Assassinated Villa
- *St. ____, 1928 Olympic site
- East Asian peninsula
- Nope
- "Bite the bullet," e.g.
- Relating to Quechuan people
- B&B, e.g.
- Foul smell
- Challenge
- Langley, VA agency
- Decorates, as in Christmas tree

DOWN

- Type of undergarment
- "Like generation described by Gertrude Stein
- Brain wave
- Shades of blue
- Very tired
- "The Fighter" actor Christian ____
- Bass or Redhook
- Defendant's excuse
- Longer than mini
- Port in Yemen
- Smelting waste
- ____ Aviv
- 6 equal parts of 6
- Short for oftentimes
- Mosquito, slangily
- Schick's product
- Beyond's partner
- *Amelia Earhart, e.g.
- *Like Charles Lindbergh's 1927 transatlantic flight
- W on a bulb
- TV classic "Green ____"
- Floorboard sound
- *"The Trial" and "The Castle" author Franz ____
- Samoa money
- Much, in Italy
- Tin Man's prop
- Follows soh
- Confession, archaic
- Not Doric nor Corinthian
- Downy duck
- Kind of cornbread
- Rainbows and such
- Like a drink in a snifter
- Mimicking bird
- ____ caca, South American lake
- Type of modern meeting
- *American Girl character born in 1923
- American cuckoo
- Robinson to "The Graduate"

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Once you've determined what materials can be recycled in your area, you'll need to learn how they should be recycled. There are many recycling myths, so to ensure you're doing so correctly, you'll want to familiarize yourself with how to recycle certain products, especially ones you consume often.

One popular myth is that Tetra Pak® cartons must be flattened before placing them in the bin. However, that's not the case in the

U.S. and Canada. To properly recycle a carton, simply empty it, replace the cap, or push the straw back in the recycling bin in its original form.

Recycling doesn't have to be complicated or mysterious. Familiarize yourself with your local recycling program guidelines so you can do your part to keep valuable items out of the garbage. To learn more about carton recycling, visit RecycleCartons.com/Learn or TetraPakUSA.com.

The Contract
Unveiling the healing power of forgiveness
A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel Garcia Marquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook

The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

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Americans Say Small Businesses, Middle Class Will Face More IRS Audits: Poll

ANDREW MORAN

More Americans expect the IRS to put a greater focus on low- and middle-income households and small businesses than on the wealthiest Americans and large corporations, according to a new survey.

About 36 percent of respondents think the tax collecting agency will use its 87,000 new agents to audit low-income earners, middle-class Americans, and small businesses, a recent Convention of States Action/Trafalgar Group poll reveals.

Fewer than one-third (32 percent) say the federal government will audit wealthy Americans and large corporations, while nearly 16 percent believe the agency will employ its thousands of new employees “to target the political opponents of those in power.”

A recent Morning Consult-Politico survey found that 45 percent of respondents are concerned about the IRS boosting its number of audits. Twenty-four percent reported worrying about being personally audited by the IRS, while 22 percent think middle-income earners will be heavily targeted by the tax agency.

Since the Inflation Reduction Act of 2022 was enacted, President Joe Biden and his administration have repeatedly promised that households making less than \$400,000 won't face higher taxes or audit rates. Democrats also have claimed that the \$80 billion in additional IRS funding will be used to improve taxpayer services.

So, are these concerns justified? The numbers within the legislation—and historical data—might support many Americans' fears.

Will IRS Audit More Middle-Class Americans?

According to the Inflation Reduction Act, \$46 billion, or 58 percent of the new money, will be utilized to bolster “monitoring and compliance.” Just 4 percent, or \$3.2 billion, will be spent on improving taxpayer services.

A recent analysis by House Republicans estimates that individuals earning an annual income of \$75,000 or less would face close to 711,000 additional IRS audits. In addition, Americans earning more than \$1 million would receive more than 52,000 audits.

“Value shoppers at Walmart and other retailers, already struggling with higher prices and more expensive fuel to drive to the store, will get hit with 710,000 additional audits thanks to the Manchin-Biden Democrat bill,” said Rep. Kevin Brady (R-Calif.), the ranking Republican

IRS Commissioner Charles Rettig arrives to testify on Capitol Hill in Washington on April 7, 2022.



STEFANI REYNOLDS / AFP VIA GETTY IMAGES



IRS headquarters in Washington on Feb. 26, 2022.

on the House Ways and Means Committee, in a statement. “Every retailer in the United States who cares about their hard-hit customers should be fighting to block this unnecessary harassment of hard-working Americans.”

Last year, when the White House proposed to increase funding for the IRS by \$80 billion over 10 years, the Congressional Budget Office (CBO) warned that audit rates “would rise for all taxpayers.”

The nonpartisan Joint Committee on Taxation (JCT) estimates that up to 90 percent of the revenue generated from new audits will come from taxpayers reporting less than \$200,000 a year in income.

A March 2022 study by the Transactional Records Access Clearinghouse (TRAC) at Syracuse University discovered that low-income households making less than \$25,000 are five times as likely to be audited by the IRS as everyone else.

“With this added force, I imagine it will be like the Wild Wild West. Taxpayers and small businesses should expect the IRS to be much more aggressive, by way of audits and other methods, in collecting tax money owed in the coming weeks, months, years,” Scott Curley, the CEO and co-founder of FinishLine Tax Solutions, told The Epoch Times.

Moving the Goal Posts?

Critics also assert that the administration is shifting the goalposts by claiming that the share of audits won't change for low- and middle-income households and small businesses.

White House press secretary Karine Jean-Pierre told reporters that there would be no new audits on anybody

making under \$400,000 a year. However, in an Aug. 10 letter to IRS Commissioner Charles P. Rettig, Treasury Secretary Janet Yellen referenced the share of audits compared to recorded levels.

“Specifically, I direct that any additional resources—including any new personnel or auditors that are hired—shall not be used to increase the share of small business or households below the \$400,000 threshold that are audited relative to historical levels,” Yellen stated.

Rettig also reaffirmed that “audit rates” wouldn't rise relative to recent years.

“The bottom line is this: These resources are absolutely not about increasing audit scrutiny on small business or middle-income Americans,” Rettig said in an op-ed on Aug. 25. “The investment of these important resources is designed to support honest, compliant taxpayers. Our investment is designed around a Treasury directive that audit rates do not rise relative to recent years for households making under \$400,000.”

But not all industry professionals believe these pledges.

“I am not suggesting that increasing the audit rates is a bad thing to do, after all, as an enrolled agent, we do make a living from representing clients before the IRS, but at least be honest about it,” Morris Armstrong, an enrolled agent and founder and owner of Morris Armstrong EA LLC, told The Epoch Times.

“It is just not those making more than \$400,000 who will be impacted,” he added. “You can take that to the bank.”

Better IRS Solutions?

Are there other solutions the federal

government could employ that does not involve concentrating audit efforts on middle-class Americans and small-business owners?

“Regardless of the situation, there is always a solution for taxpayers and small businesses that owe a great deal. It just comes down to understanding their options, not panicking, and figuring out what works best in their current situation,” Curley said.

“Now, with the added investment in the IRS, there isn't time to procrastinate,” he added. “It will only be a matter of time before the government takes a closer look at their taxes. It isn't a crime to owe taxes, but it is a crime not to file.”

The National Federation of Independent Business (NFIB) sent a letter to the House and Senate, outlining various concerns over components of the bill that would impact small businesses.

“This legislation's heavy focus on enforcement rather than resolving the tremendous paperwork backlog is a disservice to small businesses and taxpayers,” NFIB Vice President of Federal Government Relations Kevin Kuhlman wrote in the Key Vote letter. “The IRS is grappling with over 21 million unprocessed paper returns, an issue that is consistently reported to NFIB as a major issue for many small business owners.”

The NFIB recommended better legislative and regulatory certainty and “relief from regulations and mandates” that add to operating costs.

Sen. Mike Crapo (R-Ida.) offered an amendment to the Inflation Reduction Act that would ensure small businesses earning less than \$400,000 would be protected from expensive and time-consuming audits. The proposed amendment was rejected with a 50–50 vote.

Armstrong suggested that it would be better for taxpayers if the legislation enacted “was easier to understand and that was more easily executed.”

Armstrong says customer service has also been a horrendous issue for the IRS over the last couple of years. As a result, the funding could be utilized to install “better lines of communications with not only the public but also with the professional community.”

“COVID-19 was a tipping point for the horrendous service by the IRS, but the decline was already in progress,” he said. “I hope that the additional funding will be used wisely and not just for a political agenda.”

Image of Classified Documents at Mar-a-Lago Was FBI ‘Photo Op’: Former Trump Aide

Documents in Trump's possession already declassified by former president

EVA FU & JAN JEKIELEK

Federal authorities staged a “photo op” with the newly disclosed photograph showing documents with classified markings at former President Donald Trump's Florida resort, former White House aide Kash Patel has asserted.

The image, captured on Aug. 8 during the FBI's raid of Mar-a-Lago, shows six documents labeled as “top secret” and several marked as “secret” spread across the carpet in Trump's home.

“Certain of the documents had colored cover sheets indicating their classification status,” lawyers for the Justice Department (DOJ) said in a brief filed on Aug. 30 in which they urged against granting Trump's motion for a special master—a neutral outsider who would review the seized Mar-a-Lago materials and sift out potentially privileged documents.

The lawyers said even the FBI counterintelligence personnel and DOJ at-

torneys reviewing the documents had to request additional clearances to review some of the documents.

But Patel, former chief of staff for the Department of Defense during the Trump administration who has worked at the National Security Council, said merely seeing the cover sheets amounts to little significance.

“The FBI and DOJ staged a photo op with cover sheets that say material is classified or not. And the cover sheet—just so we're clear—government agencies use those all the time,” he said during a weekly appearance on EpochTV program “Kash's Corner” on Aug. 31.

“The cover sheets themselves are not classified, even when the cover sheet says top secret. It's a cover sheet. It's supposed to be on top of documents that are classified, and what the President has publicly contended is that those documents at Mar-a-Lago were already declassified by him as the president.”

Trump has repeatedly said he de-

classified the materials he kept, which federal authorities are disputing.

Patel also suggested that the agents “violated the basic rules of executing a search warrant.” In his days as a federal prosecutor on national security cases, they handled the documents differently when searching a venue, he said.

“We took photographs of things as they were found,” he said. “Because once you move them, you interfere with the chain of custody, and you interfere with the efficacy of their evidentiary value.”

Patel said it's similar to walking into a murder scene, and “finding the gun in the garbage can and one of the murder suspects on the ground,” then putting the gun in the man's hand and “taking a photo with him pointing it at the person that's dead.”

“You're not supposed to do that. It's literally investigatory 101,” he said.

In the same court filing, the DOJ argued that Trump lacked the legal standing to ask for a special master



Local law enforcement officers in front of the home of former President Donald Trump at Mar-a-Lago in Palm Beach, Fla., on Aug. 9, 2022.

because the records belong not to him but to the United States under the Presidential Records Act.

The filing also states that the court lacked jurisdiction to entertain Trump's claims; and even if it did, appointing a special master was unnecessary, in part, because the government's filter team has reviewed all the materials and separated anything potentially subject to attorney-client privilege.

“They're basically telling the judge, we did the work already,” Patel said, noting that the government's opposition to appointing a special master

gives him pause. “What is the DOJ's problem and the FBI's problem with having a special master look at it? What do they have to lose? They're worried about the special master coming in and saying: ‘You guys got it wrong.’”

A court hearing for Trump's special master request took place on Sept. 1 in West Palm Beach, Florida. U.S. District Judge Aileen Cannon delayed her ruling on the matter.

The FBI referred inquiries by The Epoch Times to the DOJ, which didn't respond to requests for comment by press time.

GIORGIO VIERA / AFP VIA GETTY IMAGES