

Order pies, raffle tickets to celebrate Apple Pie Jamboree

By MIKE MALTAIS
STAFF WRITER

PATEROS – The traditional Apple Pie Jamboree had to be postponed this year because of the coronavirus pandemic but APJ organizers have innovated some end-arounds to still give the community an opportunity to participate in events, though at a distance. Whole homemade apple pies are for sale online and APJ is hosting a virtual gift card raffle. Apple pies are available

through July and come in a variety of options, regular, gluten-free, or no-sugar-added, and are bargain-priced at \$15 per pie. To place an order, visit paterosapj.org online and select the Apple Pie tab or call Tracy at 509-449-0596. Specify a pick-up day and you will be contacted to arrange a pick-up location.

In place of the button raffle, APJ dipped into its reserve funds to purchase \$1,000 in gift cards from lo-

SEE JAMBOREE ON PAGE 6

Brewster well, waterline projects proceed on schedule

J-U-B updates council

By MIKE MALTAIS
STAFF WRITER

BREWSTER – Michelle Johnson representing city engineers J-U-B in Spokane addressed city council members by Zoom meeting on July 8 regarding the status of water rights, waterline, and inspection services for the new city well project. Johnson said the water rights were in the middle of the 45-day Department of Ecology review period. “We should have the water rights ready to go by early August and at that time we can begin drilling,” said Johnson. “The water line project is underway; we did issue a notice to

proceed with that work on June 29.”

Johnson said the waterline work should be completed by December.

Johnson said J-U-B received the draft well contract from Apollo Inc. in Kennewick on July 7 and is reviewing for compliance and have them to the city shortly for approval. Special materials inspection is required for the well project and Johnson said she had secured two bids from companies that perform that work, Strata in Spokane, and CSI in Wenatchee. Several council members favored postponing a decision until more bids are secured.

City attorney Chuck Zimmerman reminded the council that there are a

SEE WATERLINE ON PAGE 2

Census 2020 still hiring, still counting

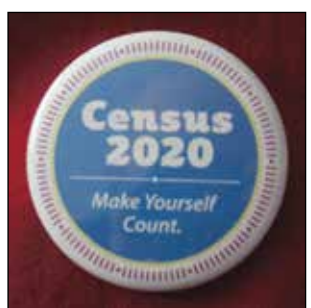
Make Yourself Count

By MIKE MALTAIS
STAFF WRITER

QUAD CITIES – The Census 2020 count continues, and enumerators are still needed to get the job done in recognized low-response areas like Okanogan County where only 38.2 percent of the residents have self-responded, according to the website 2020census.gov/en/response-rates.html. When the last nationwide census was taken a decade ago in 2010, 44 percent of county residents self-responded. The 2020 statewide rate of self-response is 67.3 percent.

Applicants interested in joining the census team can apply online at 2020census.gov/jobs or contact Recruiting Assistant/Census Response Representative Leslie McNamara at Leslie.G.McNamara@2020census.gov or by phone or text at 509-885-4349.

Households can self-respond to the census and



Mike Maltais/QCH

Like the button says: **Make Yourself Count**

complete the questionnaire online at my2020census.gov or by phone at 844-330-2020. Those who do not self-respond will be visited by a census worker though the coronavirus conditions may keep that process on hold for a few more weeks, McNamara said.

The non-profit group Census NCW at 766 S. Mission St. in Wenatchee, is assisting in the count through its Facebook site and with booths set up to encourage citizens to respond to the census. Though not employed by the U.S. Census Bureau, Census NCW can help answer questions

SEE CENSUS 2020 ON PAGE 5

Front Line Farm awarded ag business grant

Veteran-owned venture

By MIKE MALTAIS
STAFF WRITER

PATEROS – Brandon Kuehn, owner of Front Line Farm, a chicken egg operation on Watson Draw Road, has been named as one of 50 military veteran farmers nationwide to receive a \$1,000 grant from Tractor Supply Company.

“We are a small poultry farm producing high quality farm fresh eggs that is owned and operated by a veteran and his family,” a Front Line Farm Facebook post said.

Kuehn, a six-year Army veteran, relocated to Pateros from Cottage Grove, Oregon, in 2018 to become a member of Tatley Outpost, an innovative veteran-operated farming and community service group rising from the ashes of the 2014 Carlton Complex wildfire.

The Quad first pro- Front Line Farm Outpost, founded by tech- nology entrepreneur Da-



Mike Maltais/QCH

Nikki and Brandon Kuehn stand in front of a garden site in late 2018 where Yorkshire pigs clean up what's left of a tomato and pepper crop.



Courtesy frontlinefarm/ Facebook

vid Overcash of Woodinville, in 2017 when the enterprise was called Project Phoenix. Overcash had the vision to rebuild Tatley Farms from the ashes left in the wake of the wildfire as a vehicle to help military veterans live, heal, and learn new skills in an

agricultural setting.

The Quad next reported on the Tatley project in late 2018 after the Kuehn's sank roots on the site.

“I love it out here,” said Kuehn at the time. “I love the people out here.”

Kuehn brought his family along with certifications in CPR and EMT to provide veterans with peer-to-peer support training while he honed his skills in agricultural goals. He incorporated Front Line Farm last year.

“Brandon's story is at the heart of everything we do at Tatley Outpost,” a posting on Tatley Outpost's Facebook site said.

Tractor Supply, in partnership with the Farmer Veteran Coalition (FVC) awarded the grants on the fourth of July to support the agriculture projects and businesses of the veteran entrepreneurs. Kuehn was chosen “based on an essay application process detailing the hard work, investment and vision put into the business and community,” said Hannah Holmes with DVL Seigenthaler/FINN Partners, a corporate communications group.

FVC is a national non-profit organization that assists active duty and military veterans to establish careers in agriculture. FVC serves more than 20,000 members with education, grants, and resources to launch farming careers. Now in their third year of partnership, Tractor Supply and FVC have donated \$150,000 in gift cards to veteran farmers.

“We are honored to support these veteran farmers as they serve our local communities through their wide-ranging agricultural businesses,” said Roc

SEE GRANT ON PAGE 5

Primary ballots to be mailed July 17

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – Chief Deputy Auditor Jamie Groomes advises that ballots for the August 4 primary election will be in the mail by Friday, July 17, and voters should have them no later than July 24. Those who have not received a ballot by that date are urged to contact the Okanogan County Auditor's office at 509-422-7240.

Drop boxes for ballot returns will open on Thursday, July 16, and remain open through 8 p.m., August

4. The drop box location in South Okanogan County is in Pateros at 180 Pateros Mall in the parking. Other locations throughout the county include:

Omak - 8 North Ash, next to the police station.

Omak - 12 Tribes Casino parking lot.

Tonasket - City Hall/Library Complex, 209 S Whitcomb Ave.

Oroville - Police Station

Twisp - City Hall, 118 S Glover St.

Coulee Dam - City Hall, 300 Lincoln Ave.

“Voters are encouraged to mail in ballots prior to

Friday, July 31, to ensure the envelopes are postmarked by election day,” Groomes said.

Voters not currently registered in Washington can register in person at the Auditor's Office, 149 Third Ave. N. in Okanogan until August 4. The office is open from 8 a.m. to 4 p.m., Monday through Friday, and from 8 a.m. to 8 p.m. only on election day.

Additional information about ballot issues can be found online at myvote.wa.gov, votewa.gov/Okanogan, and sos.wa.gov/elections.



Mike Maltais/QCH

Drop boxes for ballot returns will open on Thursday, July 16, and remain open through 8 p.m., August 4.

Pateros Fire Department gets July 4 fire workout

By MIKE MALTAIS
STAFF WRITER

PATEROS – Fireworks restrictions in Pateros, Brewster, Bridgeport, and Mansfield combined with a county-wide burn ban in Okanogan and Douglas counties helped to keep a lid on unauthorized fireworks and unwanted fires during the July 4 holiday. As an example, only safe-and-sane fireworks were allowed in Brewster's soccer field for a three-hour period between 8:30 and 10:30 p.m. July 4, and Memorial Park in Pateros was the only site allowed for safe-and-sane fireworks there.

Still, city fire crews were on alert should the unexpected happen, and it did in Pateros during the waning hours of Independence Day. Sometime



Mike Maltais/QCH

Viewed from across U.S. 97 a patch of burned greenery is all that remains of a brief Pateros fire on July 4.



The skeletal remains of juniper bushes between Warren Avenue and U.S. 97 bare stark witness to recent fire activity.

around 10 p.m. a blaze broke out in the juniper bushes between Warren Avenue and U.S. 97 calling for quick response from the Pateros Volunteer Fire Department.

Pateros Fire Chief Kieth Zweigle said the flames were extinguished in rapid fashion but no cause for the ignition

could be determined. Charred remains of the greenery provide a skeletal reminder of how quickly fire can gain a foothold even in the presence of a trained crew.

In Bridgeport, mayor Janet Conklin said a small fire was enough to alert Bridgeport fire personnel

and the county sheriff, but residents doused the flames before firefighters could apply their resources.

The fireworks are behind us now, but hot, rainless days ahead serve as a reminder to residents and visitors alike to take extra precautions to avoid starting a fire.

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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Bridgeport seniors awarded Outstanding Athlete award

Achievers all

BRIDGEPORT – A trio of Bridgeport High School seniors were recently honored with the school's Outstanding Senior Athlete award.

Track and field specialist Yareli Palacio-Isidra, cross country star Catalina Atianna Martinez, and multi-sport standout Gilberto Padilla Rodriguez earned the recognition for high



Yareli Palacio-Isidra, left, and Catalina Atianna Martinez display the Outstanding Senior Athlete awards earned for their athletic achievements as BHS seniors. Palacio-Isidra excelled in track and field as a shot-put specialist and Martinez qualified for state in cross-country.



Courtesy Gilberto Padilla Rodriguez
Gilberto Padilla Rodriguez holds his Outstanding Senior Athlete plaque and certificate.



Outstanding Senior Athlete award

performance in their sports of choice.

Yareli Palacio-Isidra
Palacio qualified for state in the shot put and discus events since her freshman year and placed at state last year. She finished eighth in the shot with a toss of 33' 6.75 and eighth in discus with a throw just under

102', good enough to medal in both events. Palacio has won both Most Valuable Player, All-League and Sportsmanship awards.

"In volleyball I got the MVP award," said Palacio, "and in basketball I took the most improved award along with a Mrs. Double Double." **Catalina Martinez**

ally pushed myself," said Martinez. "I began placing in every cross country meet, receiving medals and ribbons, and I made it easily into the top 20 individuals at districts, which made my goal come true and led me to the state Cross Country competition to compete individually."

Martinez placed 62nd among 112 runners in the state 5,000 meters with a time of 22 minutes, 40.5 seconds.

"After the state competition, McPherson College in Kansas reached out to recruit me to run cross country for them," said Martinez. "I declined and have decided to study at the

"In my senior year I re-

SEE ATHLETE ON PAGE 5

2020 Census Telethon

Ensure money to our county for: highway construction, healthcare programs, headstart for kids, wildfire prevention help, housing assistance for older adults, grant opportunities supporting teachers, special ed, and more.

Call us July 25th for step by step help.

Participants do not need to be a resident to complete Census.



Census workers will come to homes that have yet to respond. Save them the trip... Call us for help completing your Census form.

FAMILY HEALTH CENTERS

July 25th, 10AM to 6PM
800-660-2129

Censo 2020 Telethon

Asegure dinero a nuestro condado para: construcción de carreteras, programas de atención médica, Head start para niños, ayuda para la prevención de incendios forestales, asistencia de vivienda para adultos mayores, oportunidades de compensación para maestros, educación especial y más.

Llámenos el 25 de julio para obtener ayuda paso a paso

Los participantes no necesitan ser residentes para completar el Censo.



Los trabajadores del censo vendrán a hogares que aún no han respondido. Ahórreles el viaje... Llámenos para obtener ayuda para completar su formulario del Censo.

FAMILY HEALTH CENTERS

25 de julio, 10AM a 6 PM
800-660-2129

Commissioners cancel Okanogan County Fair 2020

It is official

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – The Board of County Commissioners

(BOCC) made it official on July 6 when it voted to cancel the 73rd annual Okanogan County Fair for 2020.

"The Board of County Commissioners and the Fair Advisory Committee jointly

explored all possible options to keep this yearly county tradition moving forward," said a Commissioners' media release. "Unfortunately, with the Governors 'safe start' reopening restric-

tions, we could not find a manner in which to host a fair, as we all know and love, safely."

The FAC has appointed several subcommittees to pursue a livestock auction and virtual fair.

"They will continue to meet throughout the summer to ensure that the youth in our county are able to showcase their talents and hard work," the release said.

The BOCC and FAC acknowledged that the decision to cancel the fair will affect families and businesses that have already sustained losses from circumstances surrounding the COVID-19 pandemic.

"Your continued support is appreciated as we make the most of 2020 and forge on with planning to make the Okanogan County Fair 2021 the best yet," the BOCC release said.

Katie Haven

for
Okanogan County Commissioner
District 2



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WATERLINE

CONTINUED FROM PAGE 1

limited number of companies who engage in the type of materials inspection required. Zimmerman recommended that council members vote to enter into an agreement for the inspection services and leave the choice of contractor up to Mayor Art Smith, Public Works Director Lee Webster, and Clerk/Treasurer Misty Ruiz in consultation with J-U-B Engineers. The motion was approved.

Johnson ended her presentation with an advisory about the requisite cultural monitoring services to comply with the environmental portion of the well work. Johnson said J-U-B has been working with Plateau Archeological Services (PAS) to perform the investigation and site evaluation for the required on-site monitoring. PAS submitted an estimated cost of \$75,000 to perform those site monitoring services. The motion was approved.

Webster said chip seal and water line work is scheduled for July 21-22 on Bridge Street. Webster said notices were sent the previous week to residents advising them of the traffic interruptions on Bridge Street while the work is being completed.

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310 E. Johnson Ave., Chelan, P.O. Box 37, Brewster, WA 98812
Phone: (509) 689-2507
Fax: (509) 682-4209

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

Contact Information
Publisher
Bill Forhan • 548-5286
publisher@leavenworthecho.com
Managing Editor
Gary Bégin
509-571-5302
gary@ncwmedia.net
Reporter/Photographer
Michael Maltais
qchreporter@gmail.com
Reporter/Photographer
lcmdirector@gmail.com
Advertising Sales Director
carol@leavenworthecho.com
Carol Forhan • 548-5286
echoads@leavenworthecho.com
Advertising Sales
RuthEdna Keys • 682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans • 860-7301
adexec1@ncwmedia.net
Classifieds/Legals
heraldads@qcherald.com
Circulation
Meg Laub • 509-293-6780
circulation@lakechelanmirror.com
Delivery
Gary Hopkins
Production Coordinator & Creative Services
RuthEdna Keys
prepress@lakechelanmirror.com
509-682-2213
Bookkeeper
509-548-5286

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Election 2020

Fifteen Republicans vie to unseat Governor Inslee

By BILL FORHAN

For Republicans who are unhappy with state politics the August 5 primary election will be critical. There are 15 candidates running for Governor in an attempt to unseat Jay Inslee who is running for a third term. Republicans have been unable to field a winning candidate for governor since John Spellman won the election in 1985. The Republicans came closest in 2004 when Dino Rossi lost to Christine Gregoire by 133 votes. That election ended up in court over disputes about "newly found" uncounted votes from King County that put Gregoire ahead.

Washington has been so blue in its politics over the years that the New York Times coined the word "Democratopolis" to describe the state.

In this time, where the Seattle streets have been taken over by radical groups calling for racial justice, it is a curious bit of Washington State history that a former slave, Horace Cayton, started and ran the Seattle Republican. A newspaper that would grow to become the second largest in Seattle.

In this primary, Republicans will have to choose wisely if they hope to turn the tide of Washington state politics. Below is short review of the 15 candidates running with a party designation of "Republican preferred." We have endeavored to provide a link to their websites in an effort to give you the opportunity to explore their positions more fully than space here will allow. They are provided in no particular order.

Phil Fortunato



Phil Fortunato

Fortunato is currently a State Senator. He owns a landscaping and environmental business. Fortunato says, "our state is at a crossroads. Washington faces rampant homelessness fueled by mental illness and addiction, out-of-control spending, a lack of adequate funding for transportation, the human tragedy of the opioid crisis, and now COVID-19. Whoever you elect as governor faces an \$8 billion shortfall. This is not a time for on the job training. I am the only candidate with executive private-sector and legislative experience. I have an in-depth knowledge of budgetary issues and the effect that cuts have on education and the most vulnerable, especially veterans, seniors and the disabled. I want to put taxpayers first, restructure state spending, reduce regulations and the size of

state government. Website: www.PhilForGov.org

Leon Aaron Lawson



Leon Aaron Lawson

Lawson is a small businessman from Shelton. Lawson claims allegiance to Where We Go One We Go All (WWG1WGA); a group of anonymous writers who wrote the book QAnon. He has never held political office. Lawson says, "I was treated like a criminal growing up because I chose Marijuana over prescribed pharmaceuticals. But now the state picks and chooses who is allowed to sell and grow marijuana with its unconstitutional lottery that decriminalize it and stop the states theft. I am a small business owner who was targeted and attacked by the corrupt and negligent powers of the current administration Lawson for Gov - Home | Facebook

Tim Eyman



Tim Eyman

Eyman is a small business owner and tax activist. He describes himself as an innovative policy advocate whose tax initiatives have saved taxpayers \$43 Billion. He has never held political office. Eyman says, "As Governor, I will serve you. I'll reduce taxes, prioritize spending, grow our economy, guard your individual liberty, and protect your constitutional rights. For 22 years, I've fought for you with initiatives that cut taxes, strengthened our communities and made our streets safer. Imagine if Jay Inslee hadn't betrayed voters by breaking his campaign promises to veto taxes, raising them 30 times instead. Imagine if Inslee hadn't recklessly shut down thousands of small businesses, forcing a million people out of work, while letting mega-corporations remain open. Inslee's lockdown spared his allies but punished everyone else. Inslee's actions always benefit the special interests that bankroll him. Tim4Gov.com

Goodspaceguy



Goodspaceguy

Goodspaceguy changed his name so you could find him on the Internet. He has run 21 times and survived the primary once. He says, your precious lives in this age of advancing, technological miracles I,

Goodspaceguy, want to help raise our living standard. Believing a higher living standard is possible, I studied business and economics and have taken science as a lifelong hobby, command economy of force that is a heavy burden on taxpayers. We should move toward the voluntary, competitive, free market economy which uses profit to create jobs that are in balance with what consumers want. You consumers rule. <https://colonizespace.blogspot.com>

Martin L. 'Iceman' Wheeler



Martin L. 'Iceman' Wheeler

Over the last three years, Wheeler, a retired firefighter and former Roy resident of 42 years, has been planning a run for the governor's office. Wheeler says he believes he'll be the Republican candidate who will be able to flip the state red because he'll be an open, honest person who will advocate for agriculture, police, public safety and schools. <https://www.wheelerforgov2020.com/>

Raul Garcia



Raul Garcia

Dr. Raul Garcia is an immigrant from Cuba who has witnessed the demoralizing and devastating effects of socialism. He says, "So why should you choose me, a doctor, to be the next Governor of Washington State? I need your vote so I can work for you, your family, your friends, and your community to promote a healthy and thriving state where citizens and businesses aren't burdened by overreaching policies, laws and taxes. As a physician, I've seen first hand what these burdens do to people. I'm invested in the health of our state, our residents and our businesses. I want to fight for YOU. As a non "career politician," I can and will work for you! I'm asking for your vote, are you ready for a change? www.DrGarcia4Governor.com

Tylor Grow



Tylor Grow

Grow is a young man from Arlington, Wash. He has never held public office. He says, "Over the past 35 years, Washington State has had an elected Democrat as Governor. With decades of empty promises and slow

progress, look where it has led us. As the next Governor of Washington State, I will eliminate the partisan gridlock that keeps our beautiful state from reaching its true potential by streamlining the way Washington State handles tax revenue. I will reform our methods of collecting tax revenue regarding infrastructure to greatly benefit all of Washington's residents - not just the select few in the state's urban centers... I will reform our state's health care system by providing a public option. No one should have to worry about the cost of health care. Penalizing tax-funded organizations and programs for not using enough funds. This leads to wasteful spending which should be discouraged. https://www.facebook.com/Tylor-Grow-for-Governor-103755798028489/?ref=py_c

Anton Sakharov



Anton Sakharov

As a refugee from the Soviet Union, Sakharov has seen the damage caused by too much government, too much regulation, and the importance of a balance of powers in maintaining a free and prosperous life. He says, "He will respect the will of voters, cut taxes, reduce bureaucracy, and uphold the Constitution and Individual Rights. He will drain the Olympia swamp and end the drug fueled and government enabled homelessness by holding agencies accountable to their budgets and outcomes. He will end government interference in our lives, the extreme liberal agendas pushed on our children and attacks on personal freedom. The Governor of Washington State should not be a career politician but instead a leader and executive manager who is working for the people." www.antonsakharov.com

Nate Herzog



Nate Herzog

Herzog describes himself as an anti-Trump Republican who has supported sensible Democrats. He has never held political office. He says, "It's time to end 36 Years of One-Party Rule. I support two-year terms for the Governorship. If elected, I will step aside in 2022 so Washingtonians can elect a new Governor that November. I invite you right now to pause your reading, and visit ResetWA.org to learn my plans for advancing electoral reform, balancing our massive budget shortfall, and to fight COVID-19 to save lives and restore our economy.

Ian Gonzales



Ian Gonzales

Gonzales says he brings a clean slate to politics. He has no affiliation with interest groups, lobbyists or large corporations. Gonzales says, "I'm running for Governor because my generation and those that follow will reap both the benefits and the long term consequences of the decisions made by our current administration. Washington has become increasingly tax-happy, yet many of the programs that tax dollars are being dumped into aren't reaping their intended benefits which needs to change. These programs have better solutions waiting to be applied that would allow the people of Washington to pay less taxes; yet still fund the things that are necessary, like quality roads. Washington as it stands is more divided than ever." His listed website link does not work.

Joshua Freed



Joshua Freed

Freed is the Mayor of Bothell. He says, "Are you better off today than you were four years ago? Is it easier to find a job, keep your business open, walk safely in your community, educate your children and protect your family's health? Under this Governor unemployment has skyrocketed, homelessness, crime and drug abuse have exploded and public health bureaucrats spent time pushing for heroin injection sites instead of preparing for a pandemic. We need a Governor who will listen to everyone, not just the powerful and well connected. Olympia is working for political insiders who don't need the help while ignoring those devastated by a health crisis and economic collapse. Our state's only mental health hospital was so poorly managed it was decertified by the federal government leaving the mentally ill to wander the streets." www.freedforgovernor.com

Loren Culp



Loren Culp

Culp is an Army veteran and sheriff of the city of Republic. He says, "Attacks on religion, freedom of speech, due process and the 2nd Amendment are at an all-time high, while the State government ignores lawlessness in our major cities, invades our privacy and interferes in

parenting. This is unacceptable. The government is accountable to and serves the people as directed by our Constitution—not the other way around." In November of 2018, Loren was the first Police Executive to take a stand against the gun restriction initiative i1639 which he believes is unconstitutional. <https://www.culpforgovernor.com/>

Richard L. Carpenter



Richard L. Carpenter

Carpenter says, "I am hoping all my friends invite all of their friends to follow my run for the office of Governor of the great state of Washington! I am running a real grass roots effort for you to hire a blue-collar worker to look out for you! I will use the \$5000 I am allowed to donate to my own campaign. I will not accept one dime from any organization... period! I will not accept one dime from anyone... period! I will run a government that will look out for the well being of "us"... period! Please understand, I am sticking it out there for all of us. I will lead a commonsense team for us. <https://www.facebook.com/RichardLCarpenterForGovernor/>

Bill Hirt



Bill Hirt

Hirt lists his previous elected experience as High School Senior Class President. He is a retired Boeing engineer who has run 8 previous campaigns, not to win but to inform voters that Sound Transit should never be allowed to spend billions adding Prop 1 extensions to Central Link. This campaign is to debunk the claim that fossil fuel emissions are an existential threat. Al Gore's "Inconvenient truth is in fact a monumental lie," says Hirt. His Website link does not work.

Matthew Murray



Matthew Murray

Murray says, "My purpose will always be to better our lives collectively." His website does not work. We reached out to his email address but have not had any response as of press time.

This year's primary ballot has set a state record for candidates running for governor. There is a total of 36 candidates. Next week we will review the minority party candidates.

Mask Up — Next Best Thing to a Vaccine

- Face masks or face coverings are required in public
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- A face mask prevents spread of COVID-19 germs by 80%
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Election 2020

Haven running for Okanogan County Commissioner, District 2

BY MIKE MALTAIS
STAFF WRITER

METHOW VALLEY – Methow Valley resident Katie Haven is running for the office of Okanogan County Commissioner, District 2, currently occupied by Andy Hover, as a Democrat.

Haven, a sheep rancher and retired marine engineer said she is running because during her involvement

“While I was a member of Okanogan County Watch (OCW) I saw a number of issues not being met,” said Haven in an interview with The Quad. “One of those is affordable housing.”

Haven said that Commissioner Hover does not consider affordable housing as one of the county’s more pressing needs.



Courtesy katiehaven.com
Katie Haven is a democratic candidate for Okanogan County Commissioner, District 2.

The other four main issues Haven identifies on her website katiehaven.com/issues include water, changing climate, health care, and county government.

“Many people cannot attend the commissioners’ meetings during the week,” said Haven who noted that OCW citizen volunteers videotape the meetings as a vehicle of government transparency. “We have asked the commissioners to start recording their own meetings, but they don’t show much interest.”

Haven said the commissioners cited the expense and lack of digital storage space to archive video records. She was able to find two counties that videotape their proceedings with a software program that automatically sends the data to storage in the

state archives.”

“They tell me it isn’t difficult at all,” said Haven who acknowledges that there would be some expense for the county to acquire the software but believes the cost is justified in the name of transparency.

While meeting minutes are taken, Haven said they miss much of the detail and verbal exchanges that occur during meetings and that video recording would capture.

Haven said she would also like to see a revival of the neighborhood groups that were formed about 10 years ago to provide local input to the commissioners. Those efforts were abandoned when it was claimed the groups were not representative of the communities but only from spe-

cial interests.

“I know that in the lower Methow Valley we had input from at least 150 people,” Haven said of her group.

Part of Haven’s campaign is called 1,000 Voices designed to encourage citizens to contact her with specific issues and concerns to make their opinions heard.

Haven said her 27-year career as a marine engineer responsible for getting a vessel safely to port will serve her well in areas of innovative thinking and crisis management. She once taught a course in confronting crisis and human behavior and came away with two conclusions.

“In time of crisis people want two things,” said Haven. “One is information and the other is a leader to tell them what to do.”

State Rep. Keith Goehner sounds off on fiscal wellness

BY GARY BEGIN
MANAGING EDITOR

NCW Media had a talk with 12th District incumbent State Representative Keith Goehner in early July. He faces Twisp’s Adrienne Moore in the race. Here are his answers to our questions:

NCW Media: When/if you are reelected, what actions would you want the state legislature to do to help Washington companies to reopen?

Rep. Keith Goehner: The first action the legislature should take is freezing any discretionary spending in order to quantify the amount of revenue necessary to fund statutory functions



Keith Goehner

of the State. At that point, we would then be able to determine how to

modify the tax structure for businesses. Since B&O taxes are calculated on the gross sales, it should be reduced to allow businesses to keep some of their revenue for stabilizing their business. We should give permit and license fees a reduced rate and not impose the projected unemployment rate increase.

NCW Media: Are grants, low interest loans going to be available?

KG: Although low interest loans and grants may be attractive, if the State has resources, it will also necessitate additional administrative costs. The most effective measure the State could take to help businesses is to mini-

mize the State’s involvement in daily operations. Businesses are built to be successful and given the freedom to operate, they will develop a business plan for succeeding.

NCW Media: Tell our readers what you feel is the most important issue for the next session and what you want to do to handle it?

KG: The most important issue for the next session will be building trust in the government, the physical environment and the economy. The State will have to prove that it has the best interests of all the residents in mind and budget commitments will need to reflect this. The public’s concern around coronavirus will need to be satisfied

in order for residents to feel safe and confident in resuming suspended activities. Until people have a sense of security in their surroundings, our lives will be affected. The economy, schools, childcare, assisted living, healthcare, and many other sectors will be experiencing challenges to ensure their ability to continue to provide services. The legislature will need to commit to addressing these concerns in a collaborative manner and be willing to take responsibility for the course that is set.

NCW Media: Anything else you’d like to say?

KG: The fiscal issue will be the most contentious issue in the upcoming ses-

sion. While we are experiencing significant revenue shortfalls, there are proposals for additional taxes for new programs. Our primary obligation is to fund the core functions of government and these must be addressed before any new commitments are made. We will be needing to look at our current revenue collection model and determining how we can protect ourselves from downturns in the economy. We can not continue on a “business as usual” path. This could be a good time to re-evaluate our tax structure to provide incentives and ensure consistency in revenue collection for the good of the taxpayer and the State.

GRANT

CONTINUED FROM PAGE 1

Hodges, retired Air Force Master Sergeant and leader of Tractor Supply’s Veterans Employee Resource Group. “These military heroes have supported our country through their service and it’s a privilege to assist with these gift cards while letting them know how much we support them as they pursue their work in agriculture post-military service.”

Tractor Supply Company, the largest rural lifestyle

retailer in the U.S., operates 1,863 stores in 49 states and an e-commerce website at TractorSupply.com. The company supports military members year-round with programs such as Dogs on Deployment and military discounts on select holidays. To learn more about its military partners and initiatives visit TractorSupply.com/military.

FVC’s mission is to mobilize veterans to feed America by helping veterans who once defended the U.S. to now help feed it. The sword-to-plowshare vision of the

national nonprofit charity is to pioneer military-to-agriculture movement through programs like the Farmer Veteran Fellowship Fund, and Homegrown by Heroes.

“FVC has been successful in getting millions of dollars of USDA funds appropriated for farmer veterans and the groups that support them,” a media release said.

Visit farmvetco.org online or follow on Facebook or Instagram at @Farmer-VeteranCoalition and Twitter at @FarmVetCo.

ATHLETE

CONTINUED FROM PAGE 2

University of Washington and try out for their cross-country team instead. UW is supplying me with over \$22,000 in grants and scholarships, and I’m pursuing a degree in Computer Science, as well as Multimedia and Digital Arts.”

Gilberto Padilla Rodriguez

Rodriguez was the starting point guard for the Mustangs varsity basketball

team for the last two years and one of the team captains this year. Bridgeport Athletic Director Scott Darwood describes him as “definitely one of the best defensive players on the team if not in the league.”

One of the football team captains, Rodriguez was also Mustangs’ star running back for the last two years and was voted All-League running back on offense and Honorable Mention corner/defensive back. Head football coach John McDougal said he was a

leader on and off the field. “In football one week he was the WIAA Athlete of the Week when he ran for five touchdowns, one of which was a 98-yard TD, and 346 yards vs. Pateros,” said Darwood. “He finished the season with 1281 yards and 15 TDs.”

Rodriguez, the senior class valedictorian, qualified for state in track and field last year and was scheduled to compete this year before the coronavirus shut down school sports programs.

CENSUS 2020

CONTINUED FROM PAGE 1

about the counting.

As of April 1, 2020, numbers, Okanogan County with 43,130 residents represents about one-half percent (.005%) of the state’s 7,656,200 residents. Douglas County is just a shade higher with 43,750 residents. In the 10 years since the last census, Douglas County has added 5,319 residents while Okanogan County has increased by 1,910 people according to figures compiled by the Office

of Financial Management (ofm.wa.gov).

During the same 10-year period population shifts in the Quad Cities looks like this: Pateros: 667 (2010) 595 (2020) Brewster: 2,370 (2010) 2,420 (2020) Bridgeport: 2,409 (2010) 2,500 (2020) Mansfield: 320 (2010) 330 (2020)

Pateros, the only city among the four to lose numbers saw a decline of 140 residents in the wake of the 2014 Carlton Complex wildfire that destroyed nearly three dozen homes that year. The city has been experiencing a slow but steady population increase since then.

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Mano on Mono



Mike Maltais/QCH

Stephen Both of Okanogan Valley Anesthesia takes his Onewheel XR out for a spin near his Omak home. The Onewheel XR is described as a self-balancing electric monowheel skateboard, but the self-balancing is the tricky part. Both recommends wearing the appropriate safety gear even after you get the hang of remaining upright. The XR can reach speeds of 19 miles per hour and has a range of up to 18 miles between charges.

COMMUNITY BULLETIN BOARD

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - The Brewster Senior Center on Bridge Street is still serving hot meals Tuesday, Wednesday, and Thursday. Take out only. Please reserve your meal by calling 509-689-2815. Pick-up time is between 11 a.m. and 12 noon.

The home-delivered meal program is not interrupted and is on its regular schedule.

For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or

Aging & Adult Care of Central Washington at 800-572-4459

Tuesday, Wednesday, Thursday

Senior meals

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50.

Tuesday, July 21

Spaghetti & Meat Sauce, Caesar Salad, Peaches, Garlic Bread, Dessert

Wednesday, July 22

Chef's Salad, Mixed melons, WW Roll, Cereal Bars

Thursday, July 23

Fish Fillet Sandwich, Sweet Potato Fries, Coleslaw, Watermelon, Dessert

July 17, August 14

Brewster bus trips are back on schedule

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is August 14. 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 Friday of each month July 17, 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.

Help available for Douglas County veterans

EAST WENATCHEE - Sarah Simonson the Veterans Service Officer for Douglas County, is available for appointments in her office at 211 11th St. NE in East Wenatchee. Call her at 509-683-3605. You can also find her on Facebook at: <https://www.facebook.com/douglascountytvso>

Submitting your Bulletin Board item - Deadline Friday at 5 p.m.

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Deadline: Friday at 5 p.m. Be sure and include Date, time, place and cost if any.

DOUGLAS COUNTY SHERIFF

July 3

Burglary at 1105 Fairview Ave. 1/2 in Bridgeport. Fireworks at 108 the Arden Ave. area on Bridgeport Bar.

July 4

Harassment/threat at 33 Moe Rd. on Bridgeport Bar. Fireworks at 208 Arden Ave. on Bridgeport Bar. Fireworks at 811 Jefferson Ave. in Bridgeport. Traffic offense at 17th Street and Douglas Avenue in Bridgeport. Fireworks at 108 Arden Ave. on Bridgeport Bar. Disturbance at 16th Street and Fairview Avenue in Bridgeport.

Non-injury accident at Third Street and Columbia Avenue in Bridgeport. 911 at 700 Fairview Ave., No. 6B in Bridgeport.

July 5

Brush fire at State Route 17, milepost 132 in Bridgeport. Alarm at 2310 Highland Dr. in Bridgeport. Agency assistance at State Route 17, milepost 132 in Bridgeport. Suspicious incident at 1025 Douglas Ave. in Bridgeport.

July 6

Medical alarm at 2400 Tacoma Ave. in Bridgeport. Civil incident at 117 Edson St. on Bridgeport Bar.

Fireworks at 37 Richards Avenue area in Bridgeport. Agency assistance at South Bridge and East Douglas in Brewster.

July 7

Traffic offense at State Route 173, milepost 8 on Bridgeport Bar. Traffic offense at State Route 173, milepost 10 on Bridgeport Bar. Weapons violation at the 40 Griggs Road area in Bridgeport. Fireworks at 17th Street and Fairview Avenue in Bridgeport. Driving under influence at 10th Street and Foster Avenue in Bridgeport.

July 8

Unknown accident at 1713 Raymond Ave. in Bridgeport. Fireworks at 13 Washburn Ave. on Bridgeport Bar. Extra patrol at 1025 Douglas Ave. in Bridgeport. DUI at State Route 173 and Grange Road on Bridgeport Bar. Sick person at 801 Jefferson Ave. Marina in Bridgeport. Sick person at 1618 Fisk Ave. in Bridgeport.

July 9

Fireworks in the 1800 block of Fisk Avenue in Bridgeport. Fireworks at 16th Street and Tacoma Avenue in Bridgeport.

DOUGLAS COUNTY PUD

By DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Molly Simpson and Aaron J. Viebrock executed the following actions during the June 22, Commission meeting held at the District's East Wenatchee office:

- Authorized surplus and salvage of Distribution transformers and regulators. This equipment is no longer in use and have exceeded their life expectancy.
- Approved a professional service agreement with Hatch Associates Consultants Inc. under RFQ 20-08-D,

professional engineering services for safety and design of the hydrogen Electrolyzer project. This agreement will not exceed \$1,000,000 and will conclude June 30, 2022.

- Authorized acceptance of work and final payment to General Pacific, Inc. under contract 19-24-D, supply and deliver tubular poles for Rapids Switchyard. This work is complete and determined to meet the bid specifications.
- Approved a professional service agreement with the Confederated Tribes of the Colville Reservation for Wells Hydroelectric Project Archaeo-

logical monitoring. This agreement will not exceed \$102,957 and will conclude May 30, 2021.

- Authorized a professional service agreement with the Warren Group, LLC. for lobbying and rule making activities. This agreement will not exceed \$48,000 and will conclude June 30, 2021.
- Approved land use permit 1125B-01, GWS Orchards, LLC. The permit is for continued use of Project lands previously permitted for existing orchard operations, irrigation distribution pipelines and an access roadway.

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DEATH NOTICES

Alberta Chapman

A Celebration of Life for Alberta Chapman will be held Friday, July 17 at 11 a.m. at Barnes Chapel, Brewster, followed by inurnment at Sullivan Cemetery in Winthrop.

Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

JAMBOREE

CONTINUED FROM PAGE 1

cal businesses and is selling tickets online for a mid-month drawing. The tickets are available on the Online website under the Online

Raffle tab. Ticket prices are \$2 each or six for \$10. A live Facebook drawing on July 18 will select 73 lucky winners - in honor of APJ's 73rd year - of the \$10 to \$50 tickets for local stores, restaurants, and businesses. Winners will receive their tickets by mail.

qcherald.com

Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

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 Saturday Bible Study 9:30 a.m.
 Saturday Worship 10:45 a.m.
 Church: 509-689-3537
 17 Hospital Way NE, Brewster
www.brewstersda.com
 School: 509-689-3213
 115 Valley Road, Brewster
www.brewsteradventistschool.com
 Pastor Matthew Axford

CALVARY BAPTIST CHURCH
 Sunday Worship 9:30 a.m.
 509-689-2920 • 6th & Jay
www.cbcbrewster.com
 Pastor Greg Thorn

COMMUNITY LOG CHURCH
 Sunday Worship 10 a.m.
 509-689-2224 • 501 W. Indian Avenue
www.communitylogchurch.com
 Pastor Gordon Wright

HOPE LUTHERAN CHURCH
 Sunday Worship 11:00 a.m.
 Holy Communion 1st, 3rd, & 5th Sunday
 Bible Study & Sunday School 10:00 a.m.
 509-689-3106 • 1520 Sunset Dr.
 Pastor Kevin Moore

NEW TESTAMENT BAPTIST
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 Wednesday 7 p.m.
 Adult Prayer & Bible Study and King's Kids
 509-689-2420 • 412 W. Hanson

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

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



Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

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Brewster School District
is accepting applications for a Special Programs Secretary to work 210 days/8 hours per day providing secretarial and administrative support for the Federal Programs Director and other administrators. Starting date is August 10, 2020. Starting pay is approximately \$18.56 depending on experience.
Application and job description are available on the district's website under employment or by calling the district office 509-689-3418. This position is open until filled.

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1. On a cruise, 2 words
6. Horse poker 9. Deadly slitherers
13. Way to curl hair
14. "Today is gone. Today was fun. Tomorrow is another ____."
15. Islam's Supreme Being
16. Subway coin
17. Salve for Tin Woodman
18. Grim Reaper
19. "A ____'s Fine-Something-That-All-People-Need."
21. "Christmas Day will always be, Just as long as we ____."
23. Structure named for 31st President 24. Indoor allergy trigger
25. Ship pronoun
28. H. H. Munro's pen name
30. Something or anything
33. Madam, to a cowboy
37. Dr. Jones, to his friends
39. Best not mentioned
40. Not in favor of
41. Myths and legends, e.g.
43. Ma√etre d's list
44. France's longest river
46. "I Can Read ____ My Eyes Shut!"
47. Use a beeper
48. In direct line of descent
50. Italian car maker 52. Equinox mo.
53. Coral barrier 55. Not a friend
57. "From there to here, From here to there, Funny ____ are everywhere."
60. "Unless someone like you cares a whole awful lot, Nothing is going to get better."
63. Canine foe 64. However, poetically
66. Full 68. Up and about
69. Porridge grain 70. Say something
71. Start of a conclusion
72. Parental involvement org.
73. Popular garden flower

DOWN 1. "Step with care and great tact. And remember that life's A Great Balancing ____."
2. Turkey dance 3. Punjabi believer
4. Correct 5. Pause in breathing, pl.
6. "If you never did, you should. These things are fun and fun is ____."
7. "Wheel of Fortune" request, 2 words
8. Indian metropolis
9. Sheltered, nautically
10. BBQ side 11. Toupee spot
12. "Zip it!"
15. Countdown to Christmas
20. Inbox item 22. Chowd down
24. Middle of a torso
25. "A person's a person, no matter how ____."
26. Capital of Vietnam
27. Dine at home
29. "You're on your own. And you know what you ____."
31. Pipe smoker's tool
32. Letter-shaped girder
33. Polynesian kingdom
34. "Today you are you, that is truer than true. There is no one alive who is ____ than you."
36. Bog down
38. Sasquatch's Himalayan cousin
42. Elevator passage 45. Breadwinner
49. Race part 51. 50-50
54. Bar by estoppel
56. Related on mother's side
57. Baloney 58. Rwanda's majority
59. a.k.a. The Islamic State
60. Itty-bitty bit 61. ____ von Bismarck
62. Not quite an adult
63. Latissimus dorsi, for short
65. "It's a shirt. It's a sock. It's a glove. It's a ____."
67. Wine quality

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Legals

Public Notices

Notice of Primary Election Okanogan County, State of Washington
Tuesday, August 4th, 2020
A Primary Election will be held, August 4th, 2020, in the below mentioned districts for the purpose of submitting to the voters for their approval or rejection the following.

Congressional District 4 US Representative, Governor, Lt. Governor, Secretary of State, State Treasurer, State Auditor, Attorney General, Commissioner of Public Lands, Superintendent of Public Instruction, Insurance Commissioner, Legislative District 12 State Senator, Legislative District 12 State Representative Position 1, Legislative District 12 State Representative Position 2, Legislative District 7 State Representative Position 1, Legislative District 7 State Representative Position 2, Okanogan County Commissioner Position 1, Okanogan County Commissioner Position 2, City of Pateros - Proposition 1 - Emergency Medical Care or Emergency Medical Services Levy, Nespelem School District No. 14 - Proposition 1 - Replacement of Expiring Educational Programs and Operations Levy, Republic School District No. 309 - Proposition 1 - Bonds to Construct and Renovate School Facilities, Mazama Democratic PCO

The registration deadline for online registrations, mail-in registrations and transfers is July 27th, 2020. Any qualified elector who is not registered in the State of Washington or needs to transfer their registration, may register to vote in person at the Auditor's Office up to and including August 4th, 2020. You can register or obtain registration forms at the Auditor's Office, on line at www.votewa.gov, and through the Department of Licensing. The Okanogan County Auditor's Office, 149 3rd Ave N, Room 104, at the County Courthouse, will be open so voters may obtain replacement ballots, drop off voted ballots, obtain provisional ballots, and use the Accessible Voting Units, at the following times.

Monday - Friday 8:00 AM - 4:30 PM
July 6th- August 3rd, 2020

On Election Day only, August 4th, 2020, 8:00 AM - 8:00 PM.
Drop box locations around the county for this election.

Tonasket - Tonasket City Hall/Library Complex, 209 S Whitcomb Ave, Tonasket
Omak - Next to Police Station, 8 N Ash, Omak
Omak- Tribal Trails Casino-Parking lot
Twisp - City Hall/118 S Glover St, Twisp
Pateros -180 Pateros Mall in parking lot, Pateros
Coulee Dam - City Hall/300 Lincoln Ave, Coulee Dam
Oroville- Police Station
Nespelem- Colville Tribal Agency Parking lot,
Drop boxes will close at 8:00PM on Election Day
Voters needing additional information or assistance with voter registration forms or voting may call (509) 422-7240. Voters unable to use the mail-in ballot may use the Accessible Voting Unit available at the County Auditor's Office.

Ballots require no postage and must be postmarked by the day of the election. Check with your local Post Office for deadlines to have your ballot postmarked properly.

For additional information on the election or regarding voter registration, votewa.gov
Local newspaper, radio, and TV www.pdc.wa.gov
Meetings of the Okanogan County Canvassing Board are open, public meetings and shall be continued until the activities for which the following meetings are held have been completed. Canvassing Board meetings are held in the Okanogan County Auditor's Office, 149 3rd Ave N, Room 104, at the County Courthouse, in Okanogan.
Wednesday, August 12th and Friday, August 14th, 2020, at 11:00 AM to determine the status of any provisional or challenged ballots
Tuesday, August 18th, 2020 at 2:00 PM to canvass the votes cast and certify the election
This notice is in accordance with RCW 29A.52.
Dated at Okanogan, Washington this 12th day of July, 2020.
Cari Hall, Okanogan County Auditor and Ex-Officio Supervisor of Elections
Jamie Groomes, Chief Deputy/Elections Administrator
Published in the Quad City Herald July 15th, 2020 # 401

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CLARK COUNTY Estate of DAVID C. STANGE, Deceased. Case No.: 20-4-00611-06 PROBATE NOTICE TO CREDITORS RCW 11.40.030

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

DATE OF FIRST PUBLICATION: July 1, 2020
PERSONAL REPRESENTATIVE: Eugene H. Stange
ATTORNEY FOR PERSONAL REPRESENTATIVE: Jon M. Fritzier, WSBA #48317
ADDRESS FOR MAILING: PO Box 61451
Vancouver, WA 98666
ADDRESS FOR SERVICE: 717 E. 22nd St.
Vancouver, WA 98663
COURT OF PROBATE PROCEEDINGS
AND CAUSE NUMBER: Superior Court of Washington for Clark County, No. 20-4-00611-06
Published in the Quad City Herald July 1, 8 and 15, 2020 #394

Public Notices

NOTICE OF MEETING TO ADOPT 2020-21 BUDGET AND CONDUCT PUBLIC HEARING

Notice is hereby given, pursuant to RCW 28A.505.050 and RCW 28A.505.060, that the Board of Directors (the "Board") of Bridgeport School District No. 075, Douglas County, Washington (the "District") will hold a regular meeting on July 27, 2020, commencing 6:00 PM in the Bridgeport School District Office, located at 1400 Tacoma Avenue, Bridgeport, Washington. The meeting is called for the purpose of fixing and adopting the budget of the District for the ensuing 2020-21 fiscal year. Prior to adoption of the 2020-21 budget, the Board will hold a hearing on July 27, 2020 commencing 5:30 PM for the purpose of receiving comments from the public on the 2020-21 budget. Any person may appear at the hearing and be heard for or against any part of the 2020-21 budget, the four-year budget plan, or any proposed changes to uses of enrichment funding under RCW 28A.505.240 educational programs and operation levy. Upon conclusion of the hearing, the Board shall fix and determine the appropriation from each fund contained in the 2020-21 budget and shall, by resolution, adopt the 2020-21 budget, the four-year budget plan summary, and the four-year enrollment projection. 2020-21 budget information is available in the District office or may be obtained by contacting Eddie Morales, Business Manager (509) 686-5656.
BRIDGEPORT SCHOOL DISTRICT NO. 075
DOUGLAS COUNTY, WASHINGTON
Scott Sattler
Superintendent
Published in the Quad City Herald July 15 and 22, 2020. #524

Public Notices

NOTICE OF MEETING TO ADOPT 2020-21 BUDGET AND CONDUCT PUBLIC HEARING NOTICE

is hereby given, pursuant to RCW 28A.505.050 and RCW 28A.505.060, that the Board of Directors (the "Board") of Brewster School District No. 111/203J, Douglas & Okanogan Counties, Washington (the "District") will hold a regular meeting on July 27, 2020 commencing at 7 PM in the High School Library, located at 503 S. 7th Street, Brewster, Washington. The meeting is called for the purpose of fixing and adopting the budget of the District for ensuing 2020-21 fiscal year. Prior to adoption of the 2020-21 budget, the Board will hold a hearing starting at 6:30 PM for the purpose of receiving comments from the public on the 2020-21 budget. Any person may appear at the hearing and be heard for or against any part of the 2020-21 budget, the four-year budget plan, or any proposed changes to uses of enrichment funding under RCW 28A.505.240.
Published in the Quad City Herald July 15 and 22, 2020 # 472

Public Notices

Notice of 2020-2021 Budget Hearing and Adoption

Notice is hereby given that the Mansfield School Dist. #207 will adopt the 2020-21 budget at the Budget Hearing and Adoption Meeting on Tuesday July 28, 2020 starting at 7:30PM in the commons of the Mansfield school building, Mansfield, Washington. The regular board meeting will follow the budget hearing and adoption. The public is invited to be heard for or against all or part of the 2020-21 budget, the four-year budget plan summary, and the four-year enrollment projection.
Published in the Quad City Herald and Lake Chelan Mirror July 15 and 22, 2020 # 494

Public Notices

PATEROS SCHOOL BOARD OF DIRECTORS NOTICE OF BUDGET HEARING MEETING

The Board of Directors of the Pateros School District 122-70J, Okanogan and Chelan Counties, will meet at 5:30 p.m. on Monday, July 27, 2020 in the library of the Pateros School, or by Zoom if required for the purpose of conducting a budget hearing meeting for the 2020-2021 school year. A copy of the proposed budget will be available for public examination at www.pateros.org and in the district office on July 22, 2020. Any person may appear at the hearing and be heard for or against any part of the budget, the four year budget plan, or any proposed changes to uses of enrichment funding.
The Pateros School District is a barrier free facility accessible to persons with disabilities. Additional information is available in the superintendent's office 509-923-2751 ext. 4.
Published in the Quad City Herald July 8 and 15, 2020 # 479



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What is a medical food

Several years ago, 85-year old Clarence asked me, "What do you think about the medicine Metanx®?"



"Is it a supplement?"

"No, you need a prescription for it. It helps nerve pain in diabetes."

Metanx® contains L-methyl folate, a close cousin to folic acid. Although folic acid is considered a B vitamin, L-methyl folate is not classified as either a vitamin or food supplement. Instead, it's marketed as a medical food.

Medical foods are intended to address nutritional conditions that cannot be fixed by eating a healthy diet.

Some people have metabolic diseases that require specialized nutrients to keep them symptom-free. The Food and Drug Administration (FDA) created a particular category for products that address specific nutritional deficiencies: medical foods.

The first medical foods were unique formulas designed for infants with certain metabolic genetic diseases. Some babies needed particular nutrients added to their formula, while others couldn't safely consume certain dietary substances. Special foods were designed that provided key nutrients or didn't contain any troublesome compounds.

In recent years other products have crept in under this category, attracted by the lack of regulation required by the FDA.

To be classified as a medical food by the FDA, a product must meet several criteria. First, it must be a specific formulation instead of its natural state. Next, it must be designed to be taken either as a pill or liquid by mouth or in a tube feeding to treat a medical condition with distinct dietary needs. Finally, although it doesn't require a prescription, medical foods are intended to be used only under the supervision of a physician.

Manufacturers of prescription and non-prescription (over the counter) medicines must first show the FDA that their product is safe

and effective before getting permission to market it.

Food supplement manufacturers are allowed to use statements on their labels about how their product supports particular organs or body functions. The FDA requires the following disclaimer statements on the labeling of all supplements: "This statement has not been evaluated by the Food and Drug Administration," and "This product is not intended to diagnose, treat, cure, or prevent disease."

Medical foods are very different. They seem more "official" or "trustworthy" because they are often sold only by prescription and marketed as a "natural" treatment for a specific disease state.

The truth? Products sold as medical foods are less trustworthy than medications or food supplements because they have even less oversight by the FDA.

Some examples of medical food products include Metanx® and Cerefolin NAC, which contain L-methyl folate, a close relative to folic acid. Metanx® is a one-ingredient product targeting diabetics with neuropathy. Cerefolin NAC® is marketed for memory loss and combines vitamin B12 and N-acetylcysteine with L-methyl folate.

Axona® is promoted as a memory booster for Alzheimer's dementia. It contains ketone bodies which the manufacturer claims may function as an "alternative energy source" instead of glucose to improve brain functioning and memory. There isn't any clear evidence to support this. Because Axona® is marketed as a medical food, its manufacturer isn't obligated to prove that it works.

Limbrel® contains flavonoids with antioxidant properties and is marketed people with osteoarthritis to improve joint movement and

mobility. There is no clear evidence that osteoarthritis is associated with any specific nutritional deficiency. In fact, the FDA received so many reports of Limbrel® causing problems like liver injury and pancreatitis that they asked the manufacturer Primus to stop making it.

Here Are 5 Key Facts About Medical Foods:

1. They are intended to treat a nutritional disease.
2. Medical foods are products designed to address diseases that create a nutritional deficiency that cannot be fixed by eating a healthy diet.
3. They don't improve dementia or diabetic neuropathy.
4. There is very little evidence that single-agent vitamin/nutritional supplements can improve dementia and diabetic neuropathy. However, eating whole foods like spinach, broccoli, and other fruits and vegetables have been shown to help.
5. Medical foods have very little regulation.

Medical foods are allowed to be marketed for a particular disease, yet don't have to show the FDA any proof that they are safe or effective.

4. They must be used under the supervision of a doctor.

Medical foods do NOT require a prescription but are supposed to be used only under the supervision of a physician.

5. Medical foods can be expensive.

Most are sold through the internet. Most medical food products cost at least \$60 per month, with the manufacturer advising you to try them for 4-6 months before expecting any noticeable benefit.

Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely.

2020 Louise Achey

North Cascades grizzly reintroduction off the table

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Back in 2017 the U.S. Department of Interior rolled out a draft Environmental Impact Statement to the public, seeking comment on the idea of physically reintroducing grizzly bears back into remote portions of the North Cascades in Washington State. Several meetings were held from 2017 through 2019 where biologists and other staff members from the US Fish and Wildlife Service and National Park Service answered questions and allowed attendees to provide written comments for or against the plan.

Grizzly bears did once live in places like the Pasayten Wilderness Area and North Cascades National Park but according to the National Park Service, no grizzly bears have been seen in this region since 1996. Between 2010 and 2012 efforts were made to find evidence of grizzlies in the area but no confirmed evidence of their presence was found.

The Environmental Impact Statement envisioned several options ranging from no reintroduction (with hopes grizzly bears in Southern British Columbia would naturally migrate to the region over time) to proposals calling for 10 to 25 or even 200 grizzly bears to be released into the United States portion of the North Cascades Ecosystem over a five year span.

Many people (up to 80 percent according to

Conservation Northwest) commented that they did want to see grizzly bears physically returned to the region. However, many residents in North Central Washington, especially orchardists and ranchers (who owned fruit trees and livestock that would draw in grizzly bears) were opposed, as were regional county commissions in Chelan and Okanogan County.

Another concern was how far these bears could roam. According to the U.S. Fish and Wildlife Service, a male grizzly bear has a home range of 200 to 500 miles. Even under best case scenarios maps at one public meeting showed the potential range of transplanted grizzlies in the far northern reaches of the Cascades going all the way to Snoqualmie Pass and Interstate 90. With hordes of hikers and campers in the Central Cascades recreating in the Alpine Lakes Wilderness and adjacent National Forest lands, it seems clear grizzly bear interactions with humans (to include attacks) would be likely to occur as they have in Montana and Wyoming in recent years.

On July 7, during a roundtable meeting with local government officials and stakeholders in Omak, Secretary of the Interior David Bernhardt announced his agency was abandoning plans to reintroduce grizzly bears into the North Cascades. US Representative Dan Newhouse from Pasco attended this meeting. In a press release he applauded the decision stating,

"Homeowners, farmers, ranchers, and small business owners in our rural communities were loud and clear: We do not want grizzly bears in North Central Washington. I have long advocated that local voices must be heard by the federal government on this issue, and I am enormously grateful to Secretary Bernhardt for not only listening to our concerns and opinions, but for delivering this news in person, right here in North Central Washington."

Others, however, expressed disappointment. Chase Gunnell, Communications Director for Conservation Northwest, supported the reintroduction of grizzlies into Washington State. In response to Secretary Bernhardt's announcement he said,

"Despite today's news from the Trump Administration's Secretary of the Interior, we believe grizzly bears will eventually be restored to the wild backcountry of the North Cascades, their home for thousands of years, as action is legally required under the Endangered Species Act and federal grizzly bear recovery plans, and public support for restoring this native species remains strong."

As for the grizzly bears, for now, they'll have to get to the North Cascades on their own four legs. However, depending on who comes out on top as President in November, and what may or may not happen in the courts if lawsuits are filed, this issue could be on the table again soon.

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