

## Gov. Inslee extends face covering requirement for businesses statewide

OLYMPIA - Gov. Jay Inslee and Sec. of Health John Wiesman last week announced a statewide requirement for businesses to require face coverings of all employees and customers.

Under this proclamation, businesses may not serve any customer, services or goods, if they do not comply with the state-wide face covering order.

The extension comes in response to growing case

counts in counties across the state, and after last week's proclamation mandating the same requirement of businesses in Yakima County.

"We're doing this because of a spike in cases of COVID-19 all over the state," Inslee said. "The better we can protect ourselves from the virus, the better we can avoid repeating some of the painful measures we had to take in the spring to shut-down the economy."

## Pateros school board discusses fall opening options

Alternative learning experience included

BY MIKE MALTAIS  
STAFF WRITER

PATEROS - The Pateros school board of directors discussed options to reopen school on Sept 1, following guidance from the state Office of the Superintendent of Public Instruction at its regular meeting held by Zoom on June 29.

The state Office of Superintendent of Public Instruction (OSPI) Chris Reykdal released a 58-page District Planning Guide for Washington K-12 schools to reopen this fall, following feedback from more than 120 representatives from across

Washington State, including school superintendents, teachers, families, students, and business and other community leaders. The guidance takes into account public health requirements from the Washington Department of Health (DOH), as well as recommendations from educators and school systems that have successfully reopened in other parts of the world.

OSPI staff members served on a Reopening Washington Schools Workgroup that met virtually on May 13 and again on June 2 to help plan the reopening of Washington's schools in the fall of 2020.

School superintendent Greg Goodnight shared his ideas for an Alternative Learning Experience (ALE)

SEE OPENING ON PAGE 2



Courtesy okangancounty-fairgrounds Facebook  
Okanogan County Fair



Courtesy ncwfair.org  
NCW Fair



Virtual Sale



Courtesy chelancountyfair.com  
Chelan County Fair

## Tri-county fairs pull the plug on 2020

Virtual shows and sales proposed

BY MIKE MALTAIS  
STAFF WRITER

QUAD CITIES - Several flagships of the North Central Washington fall entertainment season will remain in port this year with recent announcements that the North Central Washington Fair in Waterville, the Chelan County Fair in Cashmere, and the Okanogan County Fair in Okanogan have been either canceled or so recommended due to the coronavirus pandemic.

As of July 3, Okanogan County was in Phase 2 of the state's Safe Start Washington four-phase reopening program. Chelan and Douglas counties remained in modified Phase 1-1.5 status. Phase 1 bans all gatherings while

Phase 2 restricts gatherings of no more than five persons outside a family group. Phase 3 allows up to 50 people in a gathering but only Phase 4 permits unlimited numbers.

North Central Washington Fair

The North Central Washington Fair (NCWF) was first out of the chute with its cancellation alert which appeared on the NCWF Facebook site on June 10.

"It is with great disappointment that we announce the North Central Washington Fair will not take place this year," the posting said adding that Fair staff, Board and Douglas County Commissioners did their best to find a plan that would work. "All possible avenues or changes were explored but none could solve the problems created by Washington's Safe Start reopening plan."

NCWF staff went to work on plans to organize a virtual livestock sale and now have

Virtual Livestock Sale Rules and an Animal Registration Form on the Fair website, ncwfair.org. Participants must be residents of Douglas or Chelan counties or previous NCWF entrants. The registration deadline for the virtual livestock auction is July 15.

Rusty Finch in his ninth year as Ag teacher and FFA advisor for Cashmere High School has more than three dozen students preparing NCW Fair livestock this year.

"We're just going forward," said Finch who was weighing and shearing sheep when contacted last Friday, July 3. "We have 27 kids showing pigs, another 10 with lambs, and four with goats."

While Finch concedes that a virtual show would not rise to the level of the real thing, still "there are enough people who want meat in their freezer" to produce profitable results for his students.

"We have lots of support," Finch said.

Chelan County Fair

In a June 11 announcement on its Facebook page the Chelan County Fair (CCF) officials advised that the CCF has been postponed for the 2020 season.

"All possible avenues or changes were explored but none could meet the requirements outlined in Washington's Safe Start reopening plan," the announcement said. "With Chelan County only just now getting into a 1.5 phase it became obvious that our county may not even move to Phase 4 until after our Fair."

CCF officials are busy on an alternate plan to accommodate youngsters who purchased fair animals.

"At the very least we will have some form of livestock sale...to help these kids get their livestock projects completed and the animals sold." The CCF posting said. "Details of the potential showing

SEE FAIRS ON PAGE 2

## Housing needs survey underway in Okanogan County

SUBMITTED BY POINTS CONSULTING

OKANOGAN - Okanogan County is working with Points Consulting (PC) to conduct a Housing Needs Study. This study will help regional leaders better understand the current and future housing needs of our communities. The project is funded through a Washington Commerce grant and being conducted under the supervision of a five person Steering Committee.

Okanogan County offers a unique and attractive quality of life that has both sustained its existing population and attracted new-comers from



Scan this QR code to go directly to the survey

across the Pacific Northwest. These factors have helped contribute to housing cost and availability challenges for businesses and households across the region. Roughly one in four households in Okanogan County are cost-burdened according to the US Department of Housing and Urban Development, meaning that they pay 30%+ of household income toward housing.

Community members who wish to provide their perspectives and input are welcome to complete this web-based survey, which will only take 5-10 minutes: <https://cutt.ly/OkanoganCountyHousingNeedsSurvey>

## Economic Injury Disaster Loans now available

Drought-related losses targeted

BY MIKE MALTAIS  
STAFF WRITER

QUAD CITIES - Okanogan and Douglas counties are among eight counties in the state where small non-farm businesses can now apply for low-interest Economic Injury Disaster Loans from the U.S. Small Business Administration (SBA). The loans are designed to offset losses from reduced revenues as a result of drought.

"SBA eligibility covers both the economic impacts on businesses dependent on farmers and ranchers that

have suffered agricultural production losses caused by the disasters and businesses directly impacted by the disasters," said Tanya N. Garfield, Director of SBA's Disaster Field Operations Center-West. "Eligibility for these loans is based on the financial impact of the disasters only and not on any actual property damage."

The loans for up to \$2 million carry a 3.75 percent interest rate for businesses and 2.75 percent for a maximum 30-year term for private nonprofit organizations of any size to help meet financial obligations and operating expenses which could have been met had the disasters not occurred.

The loans "are available to small businesses and most private nonprofit organizations without the financial ability to offset the adverse impact without hardship," Garfield said.

U.S. Secretary of Agriculture Sonny Perdue officially declared the disasters on June 8 and June 11.

"Businesses primarily engaged in farming or ranching are not eligible for SBA disaster assistance," said an SBA media release. "Agricultural enterprises should contact the Farm Services Agency about the U.S. Department of Agriculture assistance made available by the Secretary's declaration. However, in drought disasters nurseries

are eligible for SBA disaster assistance."

Applicants may apply online, receive additional disaster assistance information and download applications at <https://disasterloanassistance.sba.gov/>. Applicants may also call SBA's Customer Service Center at (800) 659-2955 or email [customerservice@sba.gov](mailto:customerservice@sba.gov) for more information on SBA disaster assistance. Individuals who are deaf or hard of hearing may call (800) 877-8339. Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

## Second Harvest truck makes third food bank visit



The first day of July was a busy one during the Second Harvest/Kraft Foods Mobile Pantry's third visit to Brewster in four months. Clients were already waiting when volunteers began handing out food items at 11 a.m. and continued through the early afternoon.



Mike Maltais/QCH

The Brewster Food Bank had plenty of volunteers who unloaded, sorted, packaged, and delivered boxes and bags to waiting vehicles. The distribution was designed to conform with current state COVID-19 guidelines and fulfill the motto written on the side of the Mobile Pantry: End Hunger - One Mile at a Time.

**SHOP LOCAL**

**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery

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# Conklin Landing welcomes July Fourth visitors



Mike Maltais/QCH

**Conklin Landing RV Park that opened to visitors last summer has become a popular stopover and destination for many RV campers touring North Central Washington.**

# Logic and accuracy test to be done July 21

OKANOGAN - In accordance with RCW 29A.12.130 and WAC 434-335, a Logic and Accuracy test will be conducted on the Okanogan County vote counting equipment. The test will be held in the Okanogan County Auditors Office at 2 p.m., Tuesday, July 21.

of ballots will be run through the vote tabulating equipment. The test is designed to check the ballot tabulating and precinct programming. A test deck will be scanned and resolved at the time of the Logic and Accuracy Test. The test is open to the public.

# OPENING

CONTINUED FROM PAGE 1

to accommodate those parents who choose distance learning at home for their children.

"If approved, the Pateros Alternative School (PAS) would be available for full-time or part-time online educators primarily to students that live within the school district," said a meeting recap from Executive Assistant Linda Ehlenbach. "Proposed curriculum options will be posted on the website (pateros.org) for review.

Goodnight said he is hoping for new guidelines reducing distancing to three rather than six feet per the American Pediatrics Association.

In other business the board approved the hire of Jimmie Rogers, Jr. as the new K-12 music/band teacher. The board also approved the fall coaching staff:

Junior High Girls Basketball: Tom Asmussen and Jessica Simmons  
Junior High Football: Erik Romero and Brandon Butler  
High School Volleyball: Chloe Piechalski and Melanie Williams  
High School Football: Marcus Stennes and Shane Kelly  
High School Soccer: Jesse Villalobos  
High School Cheer: Erika Varrelman

"The district also has plans for social distancing

# Douglas County, Regional Port form partnership to assist small businesses in Douglas County

SUBMITTED BY CHELAN DOUGLAS REGIONAL PORT AUTHORITY

EAST WENATCHEE - The Douglas County Commissioners have allocated \$1 million dollars from a Federal CARES Act grant to support small businesses in Douglas County. These federally funded dollars, made possible under the recent CARES Act, are expressly intended to provide relief resulting from the impacts of COVID-19. The Chelan Douglas Regional Port Authority has agreed to administer a Douglas County Small Business Grant Program on behalf of the county at no cost.

businesses." The Federal CARES Act relief funds are limited to COVID-19 related issues and expenses, and these monies must be spent by October 31st, 2020.

The grant program is open to any small business throughout Douglas County with 20 full-time employees or less. The business must have a Washington State Unified Business Identifying (UBI) number, and been in business for a period of six months. Businesses can apply for up to a \$10,000 grant.

Douglas County Commission Chair Dan Sutton said "Small businesses throughout Douglas County have been dramatically impacted by the COVID-19 pandemic. The County Commissioners wanted to prioritize our Federal CARES Act grant towards supporting small

"The Regional Port would like to thank the Douglas County Commissioners for prioritizing small business grants with the Federal CARES Act grant. Providing meaningful financial support to the small business is critical to getting our economy going again," said CDRPA Board President Rory Turner.

About the CDRPA: The Chelan Dou-

glas Regional Port Authority is the first of its kind in Washington by functionally consolidating two county-wide port districts into one operating entity. With the mission to "Work Together to Enhance the Economic Vitality of North Central Washington", the CDRPA acts as the principal economic development agency for Chelan & Douglas Counties. For more information, please visit www.cdrpa.org or follow us on Facebook.

Applications can be found at www.cdrpa.org.

The Regional Port plans on processing grant requests as soon as applications are received. Approximately 100 small business grants are projected to be awarded.

For more information contact: Douglas County Dan Sutton, Commissioner (509) 745-8537 dsutton@co.douglas.wa.us or Regional Port Authority Jim Kuntz, CEO (509)884-4700 Jim@cdrpa.org

# Okanogan County Burn Ban now in effect

OKANOGAN - On July 3, at 12:01 a.m. (midnight) Okanogan County's Burn Ban went into effect and will continue to be enforced until official notice is made rescinding it by the County Commissioners.

Combustible materials may include, but are not limited to, outdoor burning of yard waste, non-emergent agricultural burning, charcoal barbecues, exploding gun targets and bullet tracer rounds. The use of gas fired barbecues and propane fire pits is allowed. (No charcoal barbecues allowed.)

lands or within the Colville Reservation and in the incorporated cities/towns.

Most cities/towns follow Okanogan County on implementing a burn ban, two follow Mt. Tolman, one does not allow burning at all and a few have set dates. Contact your city/town halls for the most accurate Burn Restrictions.

- DNR 1-800-323-BURN(2876) https://fortress.wa.gov/dnr/protection/fire-danger/
- U.S. Forest Service Tonasket Ranger District 509-486-2186
- U.S. Forest Service Methow Valley Ranger District 509-996-4003 https://www.fs.usda.gov/detail/okawen/alerts-notices/?cid=fsbdev3\_053600
- Colville Confederated Tribes (Mt. Tolman) 509-634-3100 https://www.colvilletribes.com/mt-tolman-fire-control

This burn ban is county-wide, affecting all private and county properties in the un-incorporated areas of the county, including DNR assessed properties.

This burn ban does not apply to silvicultural burning on lands regulated solely by DNR's outdoor burning rules and regulations, or on U.S. Forest Service protected

DNR, U.S. Forest Service and the Colville Tribes may have similar burn bans in effect and citizens of the county are strongly encouraged to contact them for burn restrictions.

# NCRL seeks Board of Trustees member

WENATCHEE -- North Central Regional Library is seeking applications for a Douglas County representative for its Board of Trustees.

A passion for libraries and the role they play in society, are encouraged to apply.

Application forms are available on the county website http://www.douglascountywa.net/docs/default-source/bcc/board-application-form.pdf?sfvrsn=16. Applications should be emailed to NCRL's Executive Assistant Tim Dillman at tdillman@ncrl.org.

Douglas County residents with a variety of skill sets, including but not limited to, communication, public relations, budgeting, policy review, and library science, as well as anyone with

The seven-member board is responsible for the development of library policies and procedures and advises the county commission on matters relating to the library. The volunteer board meets monthly in Wenatchee.

For more information about the library board, please call Executive Director Barbara Walters at 509-679-5550.

# Chelan, Entiat rivers open for summer Chinook on July 16

SUBMITTED BY WASHINGTON DEPARTMENT OF FISH AND WILDLIFE

**Effective date:** One hour before official sunrise July 16 to one hour after official sunset on Oct. 15, 2020.

from the mouth (railroad bridge) Chelan County PUD safety barrier below the powerhouse and the

of 38,000 to 65,000. At this updated run size there are more surplus hatchery fish available for harvest. The TAC is comprised of representatives from Washington, Oregon, Idaho, NOAA, and the Treaty Tribes and are responsible for developing pre-season and in-season run forecasts that salmon seasons are based on.

**Action:** Opens Chinook seasons.

**Species affected:** Salmon. **Location:** Chelan River:

**Entiat River:** from the mouth (railroad bridge) to the boundary markers located approximately 1,500 feet upstream of the upper Roaring Creek Road Bridge (immediately downstream of the Entiat National Fish Hatchery).

**Rule:** Salmon daily limit is 6; up to 2 adult hatchery Chinook may be retained. Min. size is 12". Release sockeye, coho, and wild adult Chinook.

**Reason for action:** The U.S. v Oregon Technical Advisory Committee (TAC) updated the summer Chinook run from a pre-season value

The summer Chinook run will be closely monitored and updated by TAC weekly. The season could change or close quickly if necessary.

**Additional information:** Barbed hooks are allowed. **Information contact:** Ephrata regional office, 509-754-4624, or email TeamEphrata@dfw.wa.gov.

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**FAIRS**  
CONTINUED FROM PAGE 1  
and auction will be sent out through our Facebook page and website (chelancountyfair.co) once the plan is finalized."  
**Okanogan County Fair**  
The Okanogan Fair Advisory Committee (FAC) met

in virtual session last Monday, June 29, and voted to recommend to the Okanogan County Commissioners that the fair not be held this year. In its place fair officials propose a two-day event where youngsters could show and sell their livestock, a quantity that includes 162 pigs, 68 sheep, and 65 steers register for the fair so far.  
District 2 Commissioner Andy Hover said he would discuss the FAC recommendation with fellow commissioners Jim DeTro and Chris Branch at the next regular commissioners' meeting on Tuesday, June 30, for a decision in early this month. While several members of the community sent letters and voiced support to hold the fair as scheduled, Hover reminded the FAC that violating Safe Start mandates could threaten the financial support the county receives from the state.  
One school that will not see any Okanogan County Fair entries this year, virtual or otherwise, is Pateros. Ag instructor and FFA advisor Lyle Blackburn said he went out on a limb earlier to caution his students of the possibility that the coronavirus pandemic that interrupted their school year might do the same to the fair. Apparently, Blackburn's advice was telling.  
"I don't have a single student that is grooming livestock for the fair this year," Blackburn said.

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# Who is running for Governor?



Dr. Cairo D Almeida



Don L. Rivers



Gene Hart



Omari Tahir Garrett

By BILL FORHAN  
PUBLISHER

With a little over 3 weeks before the primary election. It is unclear who is running. The deadline for filing was May 15. The Secretary of State's office lists 37 candidates have filed although one has apparently dropped out as it has been lined out on the list.

Most media are reporting that Jay Inslee is the only Democrat(ic) candidate running, but SOS lists 5 who listed Democrat(ic) Party as their preference. We are attempting to contact the other four Democrat(ic) candidates but one has no contact information other than a snail mail address. Here is what we have been able to discover through an Internet search:

Dr. Cairo D Almeida is President of Government Employees Local 1121. According to his website Dr. Almeida's vision is, "Help the homeless get their basic needs met and provide the veterans and foster parents with more psychological support so they can exist and function within a society that does not understand how it feels to be different. Use the Affordable House Care

Act (AHCA) to give the people an opportunity to recreate the middle class. Develop ways to improve the current infrastructure and put an end to the use of fossil fuel era. Support the use of new technology to create more jobs that takes into account women, LGBTQ, WOMXN, LatinX, people of color and other minorities. This vast and diverse society will help us achieve the green dream state for others to emulate. Eliminate all for profit jails and detention centers. Free bus pass to student that go to school at least part-time. Expand the light rail to every county and city that has 10,000 people or more. Put an end to the use of fossil fuel.

Omari Tahir Garrett is a long time Seattle Activist. He ran for Seattle City Council in 2015. He spent 21 months in prison for punching Seattle Mayor Paul Shell in the face with a megaphone in 2001. Among Garrett's causes over the years is he calls for returning all land taken from the native peoples by colonialists. He says the American gun culture must be eliminated and he says without justice there can be no peace.

Don L. Rivers has never

held public office. His statement from his campaign website says, "I am here for you, the people. Never have I waited on an elected seat to be a voice for the people. Regardless of cultural beliefs or political point of views. I have worked with Republicans, Democrats and Independents on local and Federal Levels. I will be taking with me to Olympia, the 3 L's; Listen, Learn and Lead. Having the understanding that we have to work together and preserve our democracy. It has been an honor for me to serve across this world from Africa to Gaza Strip and beyond, as an Ambassador For Peace and Social Justice. I have over 40 years of experience working effectively across the aisle with elected officials. We Washingtonians have to recognize the world is watching us, we have set examples by embracing new beginnings. I will make sure that the voters in Eastern Washington know that their next Governor is working for them. It has always been necessary and compulsory for me to help the voiceless. Supplementary to giving a voice to all the people, my motivation to run for Governor is to

break down practiced tribalism, while prioritizing the voice of the people in every county and in every city here at home. We will work on resolving severe issues, reminding us, to find value in a effective Government. After all, the most significant words of the United States Constitution is. "We The People".

Gene Hart has not held political office. He is a civil service employee and veteran from Bremerton. In his statement published in the Kitsap County voters pamphlet his statement is as follows: "Many activists and a state-sponsored working group are working on healthcare reform, here in Washington, our home. Coming to The People's

desk for signature first, as Washington State Governor, I would most likely sign that reform, given my sense of it, as the next step for healthcare as an unalienable right.

We need our Robust Economy, rural and urban, to pay for our programs. Before, it was only good, fair reduced taxes for The Great Majority, followed by education, our state's Paramount Duty, as mandated by our Washington State Constitution and Target Zero transportation deaths and transportation major injuries before this decade's end. Our pandemical tsunami has changed the lay of the land.

Now We all require that rural and urban Robust Economy and good, fair revenue, yes Fair Taxes, family wage jobs, thriving independent, employee-owned businesses et cetera. In my mind, it really is Full Mobilization, All Hands, Non-Profits, Profits and Government needed, urged, coached and inspired. As Governor, Washington our home, I will establish a Kitchen Cabinet concept in Office of the Governor to educate and move our People, our economy our society, Onward. We already have top quality, volunteers waiting in the wings.

This is our home. We want, We deserve more.

Putting People First, Keeping People First. It short, I want the good, better and best angels of our nature, fully mobilized, not the ugly, worst and flawed earth angels of our nature. My apology for long-winded polemic, but you did press the on button and it worked.

The only limits to our realizations of tomorrows will be our doubts of today. Let us move forward with strong and active faith. Adapted from FDR's last undelivered Warm Springs address. For more info, access Realistically, none of these candidates stand a chance of defeating two term Governor, Jay Inslee, in the August 14 primary. But if you are a Democrat or even a Republican who cannot stomach voting for Inslee or President Trump these are some options you could select.

There are sixteen candidates who declared to be Independents, minority party candidates or stated they had no party preference. They also don't stand a chance of getting elected and will most likely be eliminated in the August 4 primary.

We will cover the 15 Republicans in the race next week and the other 16 candidates the week before the primary.

## Newhouse applauds local appointment to EPA Rural Communities advisory board

*Crowder of West Richland to serve on Farm, Ranch, and Rural Communities Committee*

SUBMITTED BY ELIZABETH DANIELS, OFFICE OF REP. NEWHOUSE (R-WA)

WASHINGTON, D.C. – On June 17, Rep. Newhouse (R-WA) released the following statement after Michael Crowder, President-elect of the National Association of Conservation Districts and General Manager of Barker Ranch in West Richland, was appointed to the Environmental Protection Agency (EPA) Farm, Ranch, and Rural Communities Committee <<https://www.epa.gov/faca/frcc>> (FRRCC):

"Decisions from EPA have significant impacts on the rural communities

and agriculture industry of Central Washington," said Rep. Newhouse. "Michael Crowder has a unique and extensive understanding of how farmers, ranchers, and other conservationists in our district have been making strides for clean air and water, effective land use, and an overall healthier environment. I am proud he will be representing the voices of Central Washington, and I applaud Administrator Wheeler for reinvigorating this important Committee for rural areas across our country."

Michael Crowder was recommended by Rep. Newhouse to serve on the FRRCC. Established in 2008, the FRRCC provides independent policy advice, information, and recommendations to the EPA administrator on a range of environmental issues and policies that are of importance to agriculture and rural communities.

"The EPA makes important decisions and regulations to protect our natural

resources, and - as the original conservationists - farmers, ranchers, and rural communities deserve a seat at the table," said Michael Crowder. "I am grateful for the opportunity to serve on this Committee, and I look forward to working with Administrator Wheeler and the other Committee members to ensure that Washington's communities are well-represented."

"One of my priorities for EPA has been to restore trust for our agency among agricultural stakeholders and rural communities," said EPA Administrator Andrew Wheeler. "President Trump has been clear about the Administration's commitment to agriculture and rural America, and as part of that commitment, I am excited to reinstate the Farm, Ranch, and Rural Communities Committee in 2020 with full membership. This committee will provide valuable input on how EPA's decisions impact rural

SEE BOARD ON PAGE 4

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## We're Here For You!

Amy Ellingson, M.D. Family Practice Habla Español	Jamie Descoteaux, ARNP Family Practice	Ty Witt, M.D. Gynecology	Rosie Dhillon, M.D. General Surgery
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### Services

<p><b>24-Hour Emergency Room</b></p> <ul style="list-style-type: none"> <li>Acute Care &amp; Swing Beds</li> <li>Primary &amp; Urgent Care</li> <li>Laboratory</li> <li>X-Ray, MRI, Mammograms, CT</li> <li>Ultrasound</li> <li>General Surgery</li> <li>Adult Chronic Care Management</li> <li>Family Planning</li> <li>Pediatric &amp; Well Child Care</li> <li>Annual Physical &amp; Wellness Checkup</li> <li>IV Therapy (Non-Chemotherapy)</li> </ul>	<ul style="list-style-type: none"> <li>Immunizations – Child to Adult</li> <li>Sports Physicals</li> <li>Allergy Shots</li> <li>Hormone Replacement Therapy</li> <li>Weight Loss Management</li> <li>Female Health &amp; Cancer Screening</li> <li>Health Education</li> <li>Gynecology</li> <li>Orthopedics</li> <li>Labor &amp; Industry Claims</li> <li>Endoscopy &amp; Colonoscopy</li> </ul>
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Same-Day Appointments Available

Accepting New Patients

COVID-19 Precautions in Effect

Our Family Cares About Yours!

509-689-2517	509-689-3749
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<p><b>THREE RIVERS HOSPITAL</b></p> <p>507 HOSPITAL WAY, BREWSTER WWW.THREERIVERSHOSPITAL.NET</p>	<p><b>THREE RIVERS FAMILY MEDICINE</b></p> <p>415 HOSPITAL WAY, BREWSTER WWW.BREWSTERCLINIC.ORG</p>
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## Don't forget to renew your subscriptions this summer!

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### Wenatchee Business Journal Subscription Rates for 12 months

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<input type="checkbox"/> RECORD	<input type="checkbox"/> ECHO	<input type="checkbox"/> HERALD	<input type="checkbox"/> MIRROR
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Print only - \$40 per year

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Print only out of state - \$52 per year

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Address: \_\_\_\_\_

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Credit Card number: \_\_\_\_\_ Paying by check?

Exp: \_\_\_\_\_  Visa  Mastercard  Discover  AMEX  Check enclosed:

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Attn: Circulation  
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Chelan, WA 98816  
**OR CALL with your Card #**  
509-293-6780  
FAX: 509-682-4209  
**EMAIL:**  
circulation@lakechelanmirror.com

DEATH NOTICES

Arturo Aguilar

Arturo Aguilar, 67, of Brewster, Washington passed away on July 1, 2020.

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

BOARD

CONTINUED FROM PAGE 3

America, and I look forward to receiving the committee's recommendations."

Background: To build a broad and balanced representation of perspectives for the FRRCC, EPA selected 33 members to represent a variety of relevant sectors from across the U.S., including agricultural stakeholders and allied industries; academia; state, local, and tribal government; and nongovernmental organizations. In selecting committee members, EPA reviewed the quality of applications received between November 7 and December 31, 2019 for nearly 150 nominations, and considered qualifications such as: whether candidates have experience in agricultural issues of relevance to EPA programs, are actively

engaged in agricultural production, have related leadership experience, demonstrated ability to examine and analyze complex environmental issues with objectivity and integrity, have experience working on issues where building consensus is necessary, and are able to volunteer time to the committee's activities.

The committee had no current members at the time of solicitation; therefore, these 33 nominees will constitute a brand new committee, and will each serve two or three year terms beginning on June 15, 2020. The new members of the FRRCC hail from twenty-four states and one territory in all ten U.S. EPA Regions, with six of the Members working in multiple states or at a national capacity. The Committee expects to meet approximately twice a year beginning in late Summer of 2020.

LETTERS TO THE EDITOR

Leadership is missing in action

The leadership of the District 2 Okanogan County Commissioner seems to be missing in action. I am specifically concerned about the lack of an updated comprehensive land use plan that does not address the future needs of this district. Is the lack of supportive agreement with the county COVID-19 plan an oversight or a political statement? I want leadership who makes clear their commitment to the well-being of this county.

In 2016, the commission-

ers passed a Comprehensive Plan for land use--this plan ignored many local, state, and federal regulations. After threat of law suit, the commissioners agreed to revise the plan after the 2016 election--four years ago. Stakeholders held off the lawsuit while the county created a plan that was to meet regulatory requirements. Where is that plan? The internal process to produce a plan is inexplicably slow--or deliberately unwilling to comply. In 2020, the commissioners were

forced to place a moratorium on subdivisions in the Methow Valley. This was a result of the inadequate 2016 plan. Leadership is missing in action.

It was infuriating and frightening to learn that the Community Health Director had been the recipient of personal threats because of contact tracing regarding the COVID-19 pandemic. I live in an area where the numbers of cases is still rising--this is personally impacting my life and my community. Where is the

commissioner's defense of, and support for: safe distancing, masks, quarantine, and contact tracing? Missing in action.

Community health is an issue of health for everyone, regardless of where you stand politically. Lives are literally at stake. I am looking forward to hearing these concerns discussed at upcoming candidate forums. The current District 2 County Commissioner is ineffective and absent.

I will be voting for Katie Haven.

Sincerely, Gail Brand Brewster

COMMUNITY BULLETIN BOARD

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/douglascountyvso

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - 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 14 Chicken Fettuccine, Steamed Broccoli, Spring Salad,

Fresh Fruit, Garlic Bread, Dessert

Wednesday, July 15 Baked Fish, Garden Rice, Carrots, Cabbage & Apple Slaw, Mixed Berries, WW Roll, Angel Food Cake

Thursday, July 16 Beef Stew, Garden Salad, Peaches, Biscuit, Dessert

July 10, 17

Brewster bus trips are back on schedule

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is July 10 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.

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.

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DOUGLAS COUNTY SHERIFF

- June 26 Non-injury accident at 2528 Monroe Ave. in Bridgeport. Fireworks at 17th Street and Fisk Avenue in Bridgeport. Suspicious incident at 112 First St. on Bridgeport Bar. June 27 Domestic disturbance at 1821 Raymond Ave. in Bridgeport. Non-injury accident at 526 11th St. in Bridgeport. Abdominal pain at 18 S. Mansfield Blvd. in Mansfield. June 28 Civil incident at 10 McCormack St. in Bridgeport.

- Ave. on Bridgeport Bar. Bridgeport. Agency assistance at Davis Avenue and Berry Street in Bridgeport. Traffic offense at State Route 173, milepost 10 on Bridgeport Bar. 911 at 886 Highland Orchard Rd. in Bridgeport. July 2 CPS/APS at 700 Fairview Ave., No. 8A in Bridgeport. CPS/APS at 18 Seventh St. in Bridgeport. Agency assistance at 108 Arden Ave. in Bridgeport. Noise at 700 Fairview Ave. in Bridgeport. June 30 CPS/APS at 335 E. Railroad Ave. in Mansfield. CPS/APS at 529 Osprey Dr. in Bridgeport. Parking/abandoned vehicle at 611 Columbia Ave. in Bridgeport. July 1 911 at State Route 173, milepost 6 area of Bridgeport Bar. Agency assistance at 26 McCormack St. in Bridgeport. Scam at 117 Edson St. on Bridgeport Bar. Alarm at 610 17th St. in

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 Archaeological 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. The next meeting of the Commission is scheduled for 1:30 p.m. July 13, at the District's East Wenatchee office. The District Office is closed to the public in response to the COVID-19 guidance from Governor Inslee. To comply with the Open Public Meetings act, a conference phone line number will be provided at the top of the Draft Agenda posted on our website under Latest News the Friday before the meeting.

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 New to the area? On Vacation? These churches welcome you! BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL 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 Sunday 10 a.m., 11 a.m. & 6 p.m. Wednesday 7 p.m. Adult Prayer & Bible Study and King's Kids 509-689-2420 • 412 W. Hanson "With men this is impossible; but with God all things are possible." ~ Matthew 19:26 To place your Church information in the Church Guide call Ruth at 682-2213 or email: ruthk@lakechelanmirror.com

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<b>Administrative</b>	<b>Announcements</b>	<b>Employment</b>
Publisher's notice	Lost & Found	Help Wanted

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Deadline is Noon on Friday

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**HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE**

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**HAPPY BIRTHDAY CONGRATULATIONS!**

**WILL YOU MARRY ME?**

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**Manson School District** located on the beautiful shores of Lake Chelan is seeking applicants for the following position.

- Elementary School Head Cook

Detailed job description and online application process are available at: <https://www.manson.org/Page/609>, EOE. Question please call Lorrie (509) 687-3140

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**CROSSWORD PUZZLE**

**THEME: SUMMER OLYMPICS ACROSS**

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- 4 (2.8 oz.) Potatoes au Gratin
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1. Stockpile 6. More of the same  
9. One of Los Lobos  
13. Orion's brightest spot  
14. A pop 15. Spur on  
16. Another name for a jack  
17. Between E and NE  
18. For all to see  
19. \* Location of the first Summer Olympics  
21. \* test 23. Utmost degree  
24. Allen Ginsberg's poem  
25. Do this for cardio  
28. Chesterfield, e.g.  
30. Like "Extra!" news 35. Off-ramp  
37. Barbequed slab  
39. Right-hand page  
40. Infamous Roman tyrant  
41. Pandora's box contents  
43. Socially inept one  
44. Parachute material  
46. And others 47. Kill a dragon  
48. Prior to the present, prefix  
50. Every which way  
52. Swear words 53. Burst of wind  
55. High affair  
57. \*Non-permanent addition to Olympic event roster  
60. \*Most decorated Olympian  
63. Desire 64. Tom and Jerry, e.g.  
66. Relating to hair  
68. Skip the big wedding  
69. Inquire 70. Key material  
71. Bears' hands 72. House vote  
73. Chain of hills

**DOWN**

1. Biblical boat  
2. Chinese dynasty (1368-1644)  
3. Lab culture  
4. \*Number of events in a heptathlon

**Employment**

Full and Part-time  
Bedmaker, Laundry and Housekeeping

The Enzian Inn is hiring for full and part-time Housekeeping Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

**Brewster School District**

is accepting applications for a special education para-educator to work 7 hours per day. Benefits are offered. Minimum \$16.63 per hour.

- High School Diploma
- Experience working with children
- Knowledge of Sign Language
- Knowledge of working with Deaf or Hard of Hearing Students
- Complete the Fundamental Course of Study (14 hours)
- Must meet one of Title 1 requirements listed below

1. AA Degree or
2. 2 years of college course work documented with transcripts. 72 credits
3. Pass the ETS paraprofessional test (given at the school)

Starting Date: As soon as qualified applicant is found.

Closing Date: Open until filled.

Applications are available on the district's website [www.brewsterbears.org](http://www.brewsterbears.org) or by contacting the district office at 689-3418.

**Employment**

**OCCUPATIONAL THERAPIST Full-time**

Three Rivers Hospital is seeking a full-time Occupational Therapist. This position practices in the hospital and/ or clinic setting for inpatient and/ or outpatient care. Includes oversight of the hospital swing bed program. A bachelor's degree in Occupational Therapy from an accredited/ AOTA approved OT program is required, and studies were accredited by the APTA. Current WA State OT license. Two years' work experience preferred. Basic computer skills. BLS required. Must have strong communication and interpersonal skills.

Interested Candidates may apply in person or by mailing their resume to:  
Three Rivers Hospital  
Human Resources Dept.  
PO Box 577  
Brewster, WA 98812  
(509) 689-2517  
[www.threerivershospital.net](http://www.threerivershospital.net)  
opportunity @trhospital.net  
EOE

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**Free estimates**  
33 years experience  
Call **509-679-2469**  
Bus license  
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**For Sale**

**Antiques & Collectibles**

**Get cold hard cash for your Antiques and Collectibles by putting them in our classifieds.**

Place your ad with pictures online 24/7 at [NCWMarket.com](http://NCWMarket.com) Just register and pay online and you are done.

Your ad will appear online and in the newspaper for one low price.

Deadline Monday at Noon for all papers:

**Lake Chelan Mirror  
Quad City Herald 682-2213**  
or call  
**Leavenworth Echo  
Cashmere Record 548-5286**

**CLEAR IT OUT!**

Are your basement, attic, garage and closets overflowing with stuff? Get rid of the clutter by advertising your items in the Classifieds.

• Place your ad 24/7 at [ncwmarket.com](http://ncwmarket.com)  
• Email: [heraldads@qcherald.com](mailto:heraldads@qcherald.com)  
• Call 689-2507

**Furniture**

**NCW Media Newspapers**  
We have excess office furniture available. Items left are 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, A wood credenza and a free 4' x 4' white board. All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

**Garage & Yard Sale**



**CLEAR SOME SPACE WITH A**  
Fill your pockets with CASH \$\$ AD  
Let others know what items you are selling!

Go online now to Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Print only?  
Deadline Monday at Noon for all papers

Lake Chelan Mirror  
Quad City Herald  
Call 682-2213

Leavenworth  
Cashmere  
Call 548-5286

Your ad will appear online and in the newspapers for one low price.

Huge Yard Sale  
Friday & Saturday, July 10-11, 8 a.m. to 3 p.m.  
A variety of items, household, craft, sewing, decorating, Christmas and general stuff.  
427 Orchard St  
Leavenworth

**Real Estate**

**Orchards & Farms**



We have buyers for your Pear, Apple and Cherry Orchards!  
509-669-4500  
[information@nwi.net](mailto:information@nwi.net)

**Rentals**

**Leavenworth Home for Rent**  
3 Bedroom, 2 Bath, great area with mountain view. \$2000 per month.  
Call Mike, 509-699-3063

**Vehicles**

**Automobiles**

For sale: Fix or for parts: 2002 FORD Explorer XLT 4.0L V6 4WD, pewter. Engine runs, has dents in passenger side doors, but other body parts are good. High mileage, charging, heater core, springs problems, 2 auto windows broken. W/ title. 509-571-5302. \$900 OBO

**Legals**

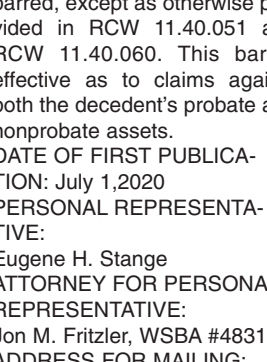
**Public Notices**

**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](http://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

**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. Fritzler, 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

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**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of RICHARD W. FOSS, Deceased No. 20-4-00181-04 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: June 24, 2020 Personal Representative: Wallace A. Robertson Attorney for the Personal Representative: David J. Bentsen Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 20-4-00181-04 WALLACE A. ROBERTSON Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Quad City Herald June 24, July 1 and 8, 2020. #344



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# How sweet do you like your iced tea?

"How sweet it is!" is a quote from the late comedian Jackie Gleason.

How sweet do you like your iced tea? Drinking tea over ice during the heat of the summer months is refreshing. Most places serve iced tea unsweetened and poured over a tall glass with a straw. You can drink it as is, or add the amount and type of sweetener you prefer. In the South, they serve "Sweet Tea", a version of iced tea that is sweetened while hot and before adding cold water and ice.

I used to make "Sun Tea" by placing tea bags in cold water and setting them out in the sun to steep. This practice has been called risky because the water gets warm but not hot, definitely below 100 degrees. That's warm enough to encourage yeast and bacteria to multiply, like letting homemade bread rise to allow the yeast to multiply. When you pour boiling water over tea, most bacteria don't survive.

You can also brew tea with cold water, in the refrigerator overnight. This method helps bring out the more subtle flavors of green teas and white teas.

When it comes to sweeteners, you have quite a few choices: liquid or powdered, natural or artificial, plain sugar or sugar alternative. Liquid sweeteners like honey, agave, molasses or simple syrups like those used to flavor lattes and other coffee drinks can also be used in teas. Powdered sweeteners include cane sugar, coconut sugar and various sugar substitutes.

When reaching for a packet of sweetener for your glass of iced tea, which color do you grab? White, pink, blue, yellow, or green? White packets contain cane or beet sugar, while colored packets contain non-caloric sweeteners. Pink packets have the sweetener saccharine,



known as Sweet'N Low®, yellow packets contain sucralose or Splenda®, and blue packets have aspartame or NutraSweet®.

Green packets contain stevia, one of the newest calorie-free sweeteners. Stevia comes from a plant native to South America in the crysanthemum family and related to ragweed. Originally approved as a dietary supplement to improve blood pressure and diabetes control, stevia was approved for use as a food additive in 2008 and is marketed as the sweetener Truvia®. Stevia is also sold blended with other non-caloric sweeteners.

Sugar substitutes have been used for decades as food additives and are considered safe. You'd think that switching from using sugar to a non-caloric sweetener would help you lose weight and control your blood sugar, but that has not been consistently the case.

Non-caloric sugar substitutes help reduce cavities, but in certain people they can trigger increased blood sugar, just like regular sugar. One study showed that after meals including a food or drink sweetened with non-caloric sweeteners, the blood sugar of participants rose higher than expected and dropped back to normal levels much more slowly, a pattern called glucose intolerance associated with an increased risk of becoming diabetic.

Xylitol is a low-calorie sweetener extracted from natural sources such as corn. Because of its protective effect on tooth enamel, xylitol is added to sugarless gum and mints and is marketed as a sugar substitute for baking. Xylitol may be a dentist's

friend but it's a dog owner's nightmare.

Xylitol is deadly to dogs, causing very low blood sugar, liver damage, and liver failure. Xylitol triggers a dog's pancreas to pump out insulin. Without sugar to balance that extra insulin, their blood sugar drops so low they have seizures. There is no safe dose; even a small amount of xylitol can kill a dog.

Iced tea sometimes tastes bitter. During brewing, agitating the leaves of tea releases tannins into the water, turning it bitter. Luckily, there are several ways to avoid the astringent "pucker" of tannins in your iced tea.

Three ways to make a melon glass of ice tea:

**1. Don't dunk.**  
Avoid agitating your tea bag or tea ball when brewing hot or iced tea. Dunking your tea bag up and down in your cup encourages tannins to leach into the brew, making it bitter.

**2. Choose a special blend.**

Teas and teabags formulated especially for making iced tea are available from companies like Luzianne® and Lipton®.

**3. Add a pinch of baking soda.**

I was amazed at how this took the "bite" out of my ice tea! Decrease the bitterness of your ice tea by adding a pinch of baking SODA (not baking powder) to your tea bags right BEFORE you add any boiling water. This also helps your ice tea brew up clear instead of cloudy.

*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 tips on how to take your medicine safely @2020 Louise Achey*

## THE WASHINGTON OUTDOORS REPORT

### Salmon opportunities and public lands cash

By JOHN KRUSE – WWW.NORTHWESTERNOOTDOORS.COM AND WWW.AMERICAOOTDOORSRADIO.COM

**Sockeye Salmon**  
Sockeye fishing opened on the Columbia River from the Highway 395 Bridge in Pasco to the Highway 17 Bridge in Bridgeport on July 1 and with a two fish limit angler interest is high.

Some 200,000 sockeye had passed over Bonneville Dam as of July 1. This is indeed a good run compared to last year's paltry returns but still about 8 percent below the 10-year average. Although the season is open now for Upper Columbia River anglers the best fishing won't happen for another week or two. As of July 1, only 22,580 sockeye had made it over Priest Rapids Dam.

The initial hot spot for this fishery will be just below Wanapum Dam south of Vantage though some anglers are already having good success above Rocky Reach Dam near Wenatchee. As the month progresses the hot spots will be just below Wells Dam south of Pateros, and in the Brewster Pool below the mouth of the Okanogan River. If you don't have a boat there are some opportunities to catch a fish from shore just above Rocky Reach Dam. However, trolling for sockeye is the best way to go.

Traditionally, trolling a bare red hook behind a flasher is what most people use to get bites from sockeye salmon. In recent years though, offerings like a Mack's Lure Cha Cha Sockeye Squidder with a small squid body below a mylar spinner in hot pink, red or orange have become go to offerings for many anglers



Courtesy John Kruse  
**Bob Loomis and I caught these sockeye fishing the Columbia River near Brewster a few seasons back.**

to include Bob Loomis with Mack's Lure who helped design them. Loomis also recommends baiting the hook with a small amount of coon shrimp. The photo accompanying this article is proof that this works.

It's still too early to know if Lake Wenatchee will be open for sockeye fishing this year. Biologists like to see at least 27,000 sockeye heading to the lake before they open a season and it will be hard to get an idea as to how many fish are making the turn from the Columbia into the Wenatchee River until the middle of July.

Meanwhile, sockeye fishing remains closed below the Hwy395 bridge in Pasco to protect endangered Snake River sockeye salmon. As of July 1, only 88 sockeye had crossed Ice Harbor Dam on the Snake River east of Pasco.

**Shad**  
It's been another strong run and for the second year in a row we are on pace to have over six million shad go over the fish ladder at Bonneville Dam again.

For the next week or so a great place to fish for these sporty fish is on both the Washington and Oregon shores below John Day Dam where there is plenty of room to spread out.

**Brewster Salmon Derby Cancelled**  
Even though summer

Chinook salmon fishing is opening on much of the Columbia River this month, the popular Brewster Salmon Derby has been cancelled. It wasn't a lack of salmon that did this event in though. Posting on Facebook, organizers said, "Covid-19 state and county mandated rules make it virtually impossible for us to safely hold a derby this year."

**More money to counties from federal lands**

The U.S. Department of the Interior announced this week that counties in Washington State will receive 24.1 million dollars from this year's Payment in Lieu of Taxes (PILT) program. These funds are allocated every year to individual counties, compensating them for the tax-exempt federal lands that lie within their boundaries. These lands include national forests, fish and wildlife refuges, national parks and Bureau of Land Management land.

This year counties are seeing a million dollar increase in the funds they are receiving across Washington State. The approximate funds received by each county in our region are:

- Chelan County - \$3,244,000 (\$150,000 more than last year)
- Douglas County - \$164,600 (\$20,000 more than 2019)