AN NCW MEDIA PUBLICATION.

**Brewster and Pateros** 2020 Scholarships winners

See page 2

JUNE 24, 2020 • VOLUME 118, No. 26

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

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## Crocker, Burke named **Bridgeport school Employees of the Year**

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - While the coronavirus pandemic put a damper on many aspects of everyday life, it could not tarnish some of the outstanding work delivered by members of the Bridgeport School District staff. Two of those, Denise Crocker, and Craig Burke, have been recognized as Employees of the Year.

The COVID-19 emergency closure included this year's Okanogan County Excellence banquet, but Bridgeport School Superintendent Scott Sattler reached out to local media to recognize the accomplishments of both staffers.

Crocker, a paraprofessional at Bridgeport Middle School is this year's Classified Employee of the Year.

"Denise does it all at the middle school and clearly loves the job," said Sattler. "She works closely with our Special Education Department to provide instructional support for small groups, one-on-one instruction, helps modify entering the building in materials, collects student data, and monitors hallways

and the cafeteria." Sattler describes Crocker as kind, patient, a great listener, and the friendly face students see when first



**Denise Crocker** 

Courtesy Bridgeport School



**Craig Burke** 

the morning. She is also on hand at the crosswalk at the end of the day to look out for students' safety.

"In a moment's notice, De-

SEE EMPLOYEES ON PAGE 2

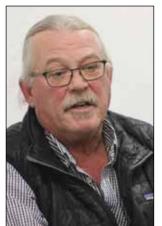
# Bridgeport approves six-year TIP, reviews zoning amendments

#### Downtown Revitalization discussed

By MIKE MALTAIS STAFF WRITER

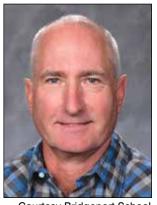
BRIDGEPORT - City council members aired two public hearings during its regular monthly meeting held by virtual conference on Wednesday, June 17, the first on the city's sixyear State Transportation Improvement Plan (STIP) and the second concerning zoning amendments to Chapter 17 of the Bridgeport Municipal Code.

Among Chapter 17 BMC amendments presented by city planner Kurt Danison was RV parking in front yards, with front yard described as that area between the front of the structure and the property line. The residence zoning. The pur-



Mike Maltais/QCH **City planner Kurt Danison** 

amendment added "front yard" to "public street, alley, right-of-way" as to parking duration. The amendment stipulated that RVs whether licensed or unlicensed may not park in a front yard for more than 60 hours. Other RV parking modifications were added for single family



Courtesy Bridgeport School

**Planning Commission** appointee Ray Allstot

pose of the amendment is to add requirements in those cases where an RV is being used as a residence while parked on the property. Another amendment ad-

dressed off-street parking for single family and multifamily dwellings.

"Off street parking facilities shall be located on the



Courtesy www.linkedin.com SCJ Alliance Senior **Planner Rachel Granrath** 

same lot as the building they are required to serve,' said Danison. "Off-street parking within the front yard shall be limited to the minimum required for the permitted use."

As the code now stands a single-family residence is

SEE TIP ON PAGE 4

# Pateros wins AWC Municipal Excellence Award

#### One of five honored

By MIKE MALTAIS STAFF WRITER

PATEROS - The new downtown pump station and well house not only serves

as well. The Association of Washington Cities (AWC) selected Pateros as one of five winners of its Municipal Excellence Awards in recognition of putting creative ideas to use in a community.

When the city of Pateros discovered that the most feasible location for as both a functional facility a pump station needed for and a multi-use community wildfire defense was the asset, it is an award winner same site already slated



Mike Maltais/QCH

Final touches were applied to the pump station exterior last October.

the project was designed to successfully meet both needs," said an AWC media release. "Now a raised walkway, green space, and community pavilion share space with a reliable water source backed by an emer-

gency generator." The site also features landscaping that facilitates improved stormwater collection and sanitary control to reduce water supply contaminants.

Construction on the pump station began in May 2019 as a piece of the city's \$7.2 million Infrastructure Project that originated in 2014 and

for a public green space is scheduled for completion linking a waterfront park this year. City Administrawith the business district, tor Jord Wilson said the \$1,491,730.86 construction cost of the pump station came from multiple funding sources including:

> Opportunity Community Development Block Grant (CDBG) from the Washington Department of Commerce.

• \$921,884.32 Economic

• \$371.790.68 Rural Development Loan.

• \$106,700 Washington **State Direct Appropriations** grant.

• \$91,355.86 Federal Emergency Management Agency (FEMA) Hazard Mitigation

SEE AWARD ON PAGE 4

# Hawley, Budrow tapped for law enforcement working group

By MIKE MALTAIS STAFF WRITER

OKANOGAN COUNTY - Okanogan County Sheriff Tony Hawley and Twisp Police Chief Paul Budrow have been selected to serve with eight fellow law enforcement officials from the Fourth Congressional District on a new working group formed earlier this month by Rep. Dan Newhouse (R-WA).

The Central Washington Law Enforcement Working Group (CWLEWG) is designed to build upon local and community level efforts to improve policing and discuss pending federal legislation, a media release from Newhouse's office said. Hawley and Budrow are serving on the Working Group with:

Kennewick Police Chief Ken Hohenburg

Union Gap Police Chief Greg Cobb

Moses Lake Police Chief Kevin Fuhr Othello Police Chief Phil

Schenke Yakima Police Chief Matt

Murray

Shawn Boyle Sunnyside Police Chief Al

Escalera Pasco Police Chief Ken

During their first meeting



Courtesy www.townoftwisp

Twisp Police Chief Paul Budrow



Courtesy okanogansheriff.org Okanogan County Sheriff **Tony Hawley** 

Yakima Police Captain the law enforcement officers discussed steps their departments are taking to increase community involvement in policing, outreach to minor-

SEE LAW ON PAGE 4

# Workmen installed one of the final lamp posts near the pump station last December.

# Pateros council addresses meter software, property development

By MIKE MALTAIS

STAFF WRITER

PATEROS – City council members met by virtual conference on Monday, June 15, and approved two resolutions, one regarding water meter software and the other a property development extension agreement.

The city approved a software license agreement with Vision Municipal Solutions, LLC, of Spokane for software

needed to navigate the new administrator Jord Wilson COVID-19 crisis. automated meter reading system that will be installed during the water improvement project.

The city also approved an amendment to the development extension agreement with Rock Garden Holdings, Inc., owner of city lots 56 through 63, block 7, Pateros replat No. 3, specific to the time limitations in the con-

tract. In other city business, city

reported that the furniture for the Pateros Mall – 120 chairs and 30 tables - purchased with funds from a CARES Act grant, has been ordered.

The Pateros Brewster Long Term Recovery Organization (PBLTRO) has received a \$5,000 Pandemic Assistance Program grant that will be used to purchase gift cards from local businesses and given to community members in need because of the

A street chip seal project through the state Transportation Improvement Board (TIB) is still in line for funding, said Wilson who recently participated online in the

agency's annual training. "Several programs including the Small City Sidewalk Program have been cut for 2021," said Wilson. "We are still authorized to move for-

SEE **SOFTWARE** ON PAGE 2



# **During this difficult time** support your neighbors

Most local businesses offer curbside service or delivery



## **INSIDE THIS WEEK**

Obituaries/Death Notices.... 4

Classified Index Classifieds/Puzzles ...... 5-6



P.O. Box 37 Brewster, WA 98812-0037 509-689-2507 www.qcherald.com

#### CORRECTION



A shower of confetti envelops Bears' senior Cynthia Sanchez as she passes a group of supporters, during the parade honoring Brewster graduates down Main Street on June 12. She was miss identified in the June 17 issue of the QCH.

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

## **EMPLOYEES**

CONTINUED FROM PAGE 1

nise is the one who steps in to help and support, without hesitation," said Sattler. "Denise is there when you need her, a great colleague and puts students first in all she does."

Burke, the Certified Employee of the Year, is a P.E. teacher at Bridgeport Elementary School.

"Craig is a hard-working teacher that loves what he does," said Sattler. "He value of physical fitness and emphasizes that every student is unique with their own strengths.'

Sattler said Burke is alevery turn as he teaches a tler said of Burke.

variety of sports and games over the course of a year.

"Craig is a great teamplayer, always willing to help staff and students in the building however he can," said Sattler. "When he isn't teaching his class, you can find him helping by covering classes, providing recess supervision, monitoring students during end-of-the-day pickup and other activities.

Sattler said that during the construction process, Burke was without a classteaches his students the room but seamlessly adapted to the changes without complaint and still provided his students with an outstanding P.E. experience.

"He is a positive role modways challenging his stu- el for students and help dents to do their best at bring joy to their day," Sat-

# to construction documents.

sidewalk project; however, I will not be surprised if the project is put on hold."

project bid process was held report that manganese levels up by the Washington State in the waters continues to Department of Transportation decline.

due to franchise issues related

the public and we anticipate more time.'

Wilson also had good news Wilson said the final water for city water users with a

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### 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 lcmeditor@amail.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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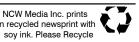
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Association Member





Pateros High School Class of 2020

Pateros Class of 2020 gains honors, recognition By MIKE MALTAIS STAFF WRITER

PATEROS - The Pateros High School senior Class of 2020 held its commencement ceremony on Friday. June 12. The following Pateros seniors were recognized for special achievement

Honors Program Kaitlynd Rose Russell -

Valedictorian Ivan Ceniceros - Saluta-

GPA High Honors (3.8-4.0) Kaitlynd Rose Russell GPA Honors (3.0-3.79

Ivan Ceniceros GPA Superintendent's List (3.75-4.0)

Ivan Ceniceros Kaitlynd Rose Russell GPA Principal's List (3.5-

Erich Joseph Foster Ethan Alexander Freels Katherine Solis-Carreon Ethan Jacob Wall WVC Graduate with AA

Degree **Ivan Ceniceros** Marvely Hernandez

P.E.A. Citizenship Award Ivan Ceniceros Audy Jennifer Alcaraz

Scholarships:

John Taylor Athletic Memorial Scholarship – Ivan Ceniceros

Jolee Worsham Markham

Scholarship-Lizbeth Gomez Four graduates, Ethan Wall, Jessica Contreras Burnett, Scott Moore, Jr., and Erich Foster have fam-

uated Pateros High School. Wall's mother, Kristin Stennes Wall (Class of 1990), grandfather Keith Stennes (Class of 1963), great-grandmother, Minnie Lee Miller Stevens (Class of 1930), and

ily members who also grad-

great-grandfather, Kermit Stennes (Class of 1931), preceded him at Pateros High School.

Burnett's mother, Jennifer Burnett (Class of 2000), grandfather, Troy Burnett (Class of 1981), and greatgrandmother, Marilyn Reed Burnett (Class of 1956) were also Pateros High School graduates.

Moore's father, Scott Moore, graduated Pateros High School in 1992.

Foster's mother, Susan Varrelman, graduated Pateros High School in 1984.

## Brewster grads pull down \$450,000-plus in scholarships

By MIKE MALTAIS Staff writer

**BREWSTER** - Members of the Brewster High School graduating class of 2020 were awarded more than \$450,000 in scholarships. several in excess of \$10,000, to pursue continuing edu-

Mason Kelly will spend the next four years at Whitworth University in Spokane thanks to a four-year

full ride scholarship worth \$100,000. Brooklynne Boesel will

attend Western Washington University on a \$40,000 volleyball scholarship.

Cynthia Sanchez was awarded a \$28,000 scholarship to attend Whitworth University.

Sports stars Corey Jarrell and Connor Ashworth both received athletic scholarships. Jarrell will play baseball at the University of Washington and Ashworth will do likewise at Spokane

Falls Community College. Kelsey Ochoa received an Army Tuition Assistance Scholarship for \$16,000, but the real eye-popper was Ochoa's Post 9/11 Full Ride Scholarship for a cool quar-

ter mil - \$250,000. **Brewster High School** Class of 2020 Scholarships\*

**Outstanding Seniors:** Art – Emily Esquivel English – Daniela Angel Social Studies - Daniela

Agriculture Education -Javier Rosario

Courtesy Brewster School District

# **Kelsey Ochoa**

Graphic Design - Ubaldo

Arellano Business Education/ Leadership & Innovation -

Daniela Angel Family & Consumer Science – Gabriel Garcia Foreign Language - Dan-

iela Angel Physical Education - Ubaldo Arellano Science – Daniela Angel

Whitehouse Math – Ashley Esquivel Music - Rodolfo Madrid

Special Services – Javier

League Scholar Athletes:

Samantha Emigh Karina Martinez Mason Kelly Ubaldo Arellano Corey Jarrell Cynthia Sanchez

12 Sport Athlete Blan-

kets Samantha Emigh Ubaldo Arellano Kelsey Ochoa (\*Courtesy BHS Principal



#### Scholarship Students name **Amount** V.M. "Bud" & Ruth Priest Ubaldo Arellano \$ 500.00 Memorial Scholarship V.M. "Bud" & Ruth Priest Yovana Perez \$500.00 Memorial Scholarship Pamela Anderson Gabriel Garcia \$ 500.00 **Memorial Scholarship** Centennial Scholarship Karina Martinez \$ 500.00 J & M Kirk Memorial Ubaldo Arellano \$ 500.00 Scholarshin **Gary Knowlton** \$ 500.00 Miriam Tinoco Cuin Scholarship Ray & Tulla Warner Karina Martinez \$ 1,000.00 Scholarship Okanogan Masonic Lodge #169 - Herbert & Elizabeth \$ 2,800.00 **WSU Experience** \$1,000.00 Daniela Angel Scholarship Whitworth University \$ 28,000.00 Cvnthia Sanchez Scholarship Eastern University Cynthia Sanchez \$ 1,000.00 **Wildcat Tuition** Gabriel Garcia \$ 500.00 Scholarship **CWU Early Scholar** \$ 1,000,00 Gabriel Garcia Scholarship Gabriel Garcia College Bound Scholarship **Primeros v Primeras** Heidiy Trejo-Roman \$ 533.70 College Bound Club **Primeros y Primeras** Fatima Reynoso \$ 506.54 College Bound Club Primeros v Primeras \$ 479.88 Yovana Perez **College Bound Club Primeros y Primeras** \$ 479.88 College Bound Club **Brewster World Language** Heidiy Trejo-Roman \$ 500.00 **Brewster World Language** \$ 500.00 Yovana Perez **Brewster World Language** Fatima Revnoso \$ 500.00 \$4,770.00 College Bound Scholarship Daniela Angel George Washington \$ 2,100.00 Josefine Martinez **Gary Goble Scholarship** Ubaldo Arellano \$500.00 **EWU Deans Scholarship** Karina Martinez \$8,000.00 **Brewster World Language** \$ 500.00 Daniela Angel **College Bound Scholarship** Karina Maritnez \$ 1,000.00 **Army Tuition Assistance** \$ 16,000.00 Kelsey Ochoa Scholarship Post 9/11 Full Ride Kelsev Ochoa \$250,000.00 Scholarship **Whitworth University** \$100,000.00 Mason Kelly Scholarship (all four years) Western Washington University Volleyball \$40,000.00 Brooklynne Boese Scholarship **Judy Kirk Evans** Yovanna Perez \$ 1,000.00 Scholarship **Jack and Marie Kirk** \$1,000.00 Heidiy Trejo-Roman Scholarship Spokane Falls Community College Baseball Conner Ashworth Scholarship Eastern Washington University Scholarship Carlos Garcia University of Washington Baseball Scholarship Corey Jarrell \$466,670.00

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#### DOUGLAS COUNTY PUD

By Douglas County PUD

EAST WENATCHEE - Douglas County PUD Commissioners Molly Simpson, Ronald E. Skagen and Aaron J. Viebrock executed the following actions during the June 8, Commission meeting held at the District's East Wenatchee office:

Declared a 2014 Dodge Ram 5500 Truck surplus and authorized trade-in of vehicle. The vehicle has reached the end of its service life and is eligible for replacement. (20-093)

Authorized acceptance of work and final payment to KVA Electric, Inc. under contract 19-10-D, install circuit switcher and foundations at Terry Substation. All work is complete and determined to meet bid specifications.

Approved a call for bids under bid document 20-10-D, supply and deliver Western Red Cedar poles. Necessary for the Chelan Falls to Rocky Reach Transmission Line rebuild project.

Authorized land use permit 311B-02, Philip and Suzanne Marks. The permit is for continued use of Project lands previously permitted for exist-

ing landscaping, lawn and boat dock. (20-096)

Authorized land use permit 1030E1-02, J&J Enterprises. The permit is for continued use of Project lands previously permitted for soft fruit production, irrigation pump access and pump installation. (20-097)

Heard a report on the Douglas County Community Network. The network currently has 5,727 end users.

Rescheduled the August 24, Commission Meeting to August 31. It will be held at 1:30 p.m. in the Bridgeport

The next meeting of the Commission is scheduled for 1:30 p.m. June 22, 2020 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.

May 26 meeting Douglas County PUD Commissionand Aaron J. Viebrock executed the (20-092)

June 11

port.

following actions during the May 26, Commission meeting held at the District's East Wenatchee office:

Approved an increase to the authorized amount of the Legal Services Agreement with Morgan Lewis. This agreement will not exceed \$300,000.

Declared a 2014 Dodge Ram 5500 Truck surplus and authorized trade-in of vehicle. The vehicle has reached the end of its service life and is eligible for replacement. (20-089)

Authorized negotiation of a professional service agreement with Hatch Ltd. under RFQ 20-08-D, professional engineering services for safety and design of the hydrogen Electrolyzer project.(20-090)

Approved a professional service agreement with HDR Engineering, Inc. under RFQ 19-30-W, consulting engineering services at hatchery facilities. The two-year agreement will not exceed \$775,550. 20-091)

Authorized land use permit 311G-02, Terry and Michelle Roalson. The permit is for continued use of Project lands previously permitted for existers Molly Simpson, Ronald E. Skagen ing landscaping, bulkhead and stairs.

## Local water test scam

By Chelan Douglas HEALTH DISTRICT

not public health representatives. E A They appear to WENATCHEE be promoting a - Chelan-Dougcompany called las Health Dis-"Apolloteck trict (CDHD) International", which sells water received a message regarding a filtration systems. potential scam that Public health repinvolves two male individu- resentatives do not go

als who introduce them- door-to-door promoting selves as "U.S. Public Health expensive water processing Service" representatives. systems.

These individuals are

## Estafa de Prueba de Agua Local

EAST WENATCHEE – El del departamento de salud Distrito De Salud De los Condados de Chelan y Douglas (CDHD por sus siglas en inglés) recibió un mensaje de una posible estafa que implica a dos individuos masculinos que se introducen como representantes de "Servicios de Salud Pública de los Estados Unidos". Estos individuos no son representadores

pública. Ellos aparentan ser personas que promocionan una compañía que se llama "Apolloteck Internacional" la cual vende sistemas de filtración de agua.

Representantes de salud pública no van de puerta a puerta promocionando sistemas costosos de filtración de agua.

### DOUGLAS COUNTY SHERIFF REPORT

#### June 5

Extra Patrol at 811 Jefferson Ave. in Bridgeport.

Animal problem at 116 Fir Ave. on Bridgeport Bar.

Vehicle prowl at 2400 Tacoma Ave., No. 7 in Bridgeport. Noise at 16 Sheldon St. in Mansfield

Fireworks at 1819 Fairview Ave. in Bridgeport.

#### June 6

Noise at Fourth Street and Columbia Avenue in Bridgeport.

Noise at 11 Moe Rd. on Bridgeport Bar. Noise at 108 Arden Ave. area

on Bridgeport Bar. Noise at 929 Maple St., No. 44 in Bridgeport.

Noise at 929 Maple St., No. 44 in Bridgeport.

Littering at State Route 173. milepost 4 area in Bridge-

Disturbance at 1827 Tacoma Ave. in Bridgeport.

Traffic offense at 108 Arden Ave. on Bridgeport Bar. Psychiatric incident at 1435

Tacoma Ave. in Bridgeport. Noise at the 1600 block of Fisk Ave. in Bridgeport.

#### June 8

Non-injury accident at 929 Maple St., No. 27 in Bridge-

Scam at 2400 Tacoma Ave., No. 4 in Bridgeport.

Non-injury accident at 13355 State Route 17 in Bridge-

Agency assistance at 1505 Columbia Ave. in Bridge-

port. roperty incident at 1111 Douglas Ave. in Bridge-

Welfare check at 314 19th St. in Bridgeport.

port.

Property incident at the 200 block of Railroad Ave. in Mansfield.

Non-injury accident at 1511 Foster Ave. in Bridge-

Welfare check at 700 Fairview Ave., No. 6B in Bridgeport.

#### June 10

Fraud/forgery at 1969 Rd. E N.E. in Mansfield. Public assistance at 637 State Route 173 on Bridgeport

Bar. Traffic offense at Bridgeport

Hill Road, milepost 11 in Bridgeport.

Overdose/poison at 1118 Foster Ave. in Bridgeport. Disturbance across the street from 115 Pine St. in Bridge-

Malicious mischief at Foursquare Church, 1300 Foster Ave. in Bridgeport.

Off road vehicle at Berryman Park, 2100 Fisk Ave. in Bridgeport. Public assistance at 1435

Tacoma Ave. in Bridgeport. Agency assistance at 410 23rd St. in Bridgeport.

#### June 12

Public assistance at 28 Wilmot St. in Mansfield.

Welfare check at 1705 Raymond Ave. in Bridgeport.

#### June 13 Burglary at 2528 Monroe Ave.

in Bridgeport. Burglary at 635 State Route

173 on Bridgeport Bar. Agency assistance at State Route 17 and Half Sun Way

in Brewster. Suspicious incident at 2366 N. Division Rd. in Mansfield. Noise at 929 Maple St., No. 135 in Bridgeport.

Noise at 607 21st. St. in Bridgeport.

#### June 14

Noise at 607 21st. Ave. in Bridgeport.

Court order violation at 2400 Foster Creek Ave. in Bridgeport.

#### June 15

Fall at 929 Maple St., No. 95 in Bridgeport. Unconscious at 980 High-

land Orchard Rd. in Bridgeport. Runaway at 1222 Fairview

Ave., No. 1 in Bridgeport. Trespass at 801 Jefferson Ave. in Bridgeport.

Civil incident at 10 McCormack St. in Bridgeport. Domestic disturbance at 1435 Tacoma Ave. in Bridgeport.

#### June 16

Sex offense at Mansfield. Parking/abandoned vehicle at 2525 Bridgeport Hill Rd. in Bridgeport.

Agency assistance at 2400 Tacoma Ave., No. 26 in Bridgeport.

#### June 17

Scam at 1946 Tacoma Ave. in Bridgeport.

Miscellaneous at 17 Street and Columbia Avenue in Bridgeport.

# **Supreme Court DACA Decision**

**Newhouse Statement on** 

SUBMITTED BY ELIZABETH Daniels, office of Rep. New-HOUSE (R-WA)

WASHINGTON, D.C. - On June 18 Rep. Newhouse (R-WA) released the following statement after the U.S. Supreme Court issued a 5-4 decision<https:// www.supremecourt.gov/ opinions/19pdf/18-587\_5ifl.pdf> to uphold the Deferred Action for Childhood Arrivals (DACA) program:

"I join Dreamers in Central Washington and across the country in breathing a deep sigh of relief in response to the Supreme Court's decision on DACA. These young people came to our country as children due to no fault of their own, and they continue to work, learn, and enrich our communities. They are our friends, healthcare providers, teachers, veterans, law enforcement officers, and our neighbors - they have never known any other

However, I strongly support delivering legal certainty to DACA provides them relief from imme-

diate action, Congress still has the responsibility to provide a truly permanent legislative solution as President Trump called for three vears ago. We cannot continue to leave the fate of Dreamers before the courts or in the balance between Administrations.

Both chambers of Congress have failed to reach a bipartisan agreement on a permanent fix for DACA recipients that strengthens our national security and allows these young people to continue contributing to our society. I continue to work to develop legislation that will do just that, and I urge my colleagues to join me in these discussions. We must provide lasting certainty for Dreamers, once and for all."

There are over 17,000 DACA recipients in Washington state, with one third of them residing in the 4th Congressional District. Rep. Newhouse represents more DACA recipients than any other Republican Member of Congress. The average Dreamer came to this country at the age of 6 and is now 26. They speak English and recipients, and while this decision are as culturally American as any native-born citizen.

# North Central Educational Service District announces call for presenters

SUBMITTED BY NORTH CENTRAL EDUCATIONAL

SERVICE DISTRICT

Email:

Credit Card number:

WENATCHEE - The North Central Educaexperts who wish to presSTEM Summit. The event technology, engineering is scheduled for August and mathematics taught 11-21 and will be held by experts and specialists

virtually for the first time. in their fields. The STEM Summit will tional Service District highlight multiple profes- are asked to choose from (NCESD) is now accepting sional learning opportuniproposals from content ties for teachers and edu-

t forset to renew

Wenatchee

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Interested presenters the following options:

• STEM 101: These cational staff members are 50-minute sessions.

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•Local arts & entertainment

of a program, software, lessons and content. app, etc. this will be a content area. Exposure to ideas, theories, or building awareness and definitions.

• STEM 201: These are 1-hour 50-minute sessions. These sessions will be a deeper dive than STEM 101. Almost 2 hours learn a new task, theory,

Strawberries

Interested presenters sions are welcome to propose topics and ideas.

The 2020 virtual STEM Summit will still feature over 60 breakout sessions offered morning and afternoon. New additions this year include a track focused on Early Learnof workshop time - great ing and a Teacher Acadfor beginning steps to emy hosted by the Chelan County PUD. A total of

Raspberries

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To Place Your Orders Call

ent at the fourth-annual in the areas of science, Great for an overview or begin to create class 39 Clock hours will be offered to purchase.

> "This event is offered low-level dive into any that prefer longer ses- to provide teachers and educational staff members from throughout North Central Washington with innovative STEM educational tools and resources, curriculum updates, and information on a variety of STEM-related topics. Due to COVID-19, the STEM Summit will maximize technology and host this event virtually for the first time. The NCESD works hard to remain on the cutting edge of education and we're eager to hear from content experts who would like to be part of this event for educators," explained

> > Services at the NCESD. Interested presenters are encouraged to apply at http://www.ncesd.org/ service/stem/stemsummit/

> > Pete Phillips, Executive

Director of Technology

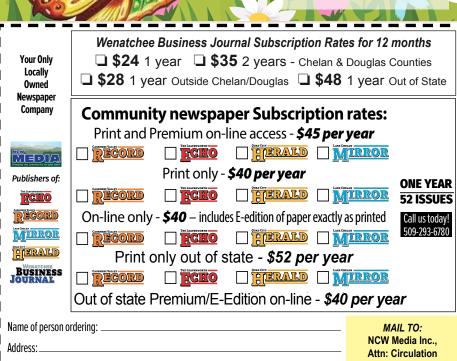
The North Central Educational Service District is a resource to the 29 districts within the four-county service area, providing professional and timely tools to meet the needs of individual schools and districts, and a reliable point of education-related information for the communities served. The NCESD is a respected resource to other ESDs throughout Washington State.

East Wenatchee 509.886.0700 During this challenging time, caring for our relatives, friends and neighbors takes on new meaning. Aging & Adult Care is here to support communities with services and resources. Please contact us at (509) 886-0700.



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#### COMMUNITY BULLETIN BOARD

#### Help available for **Douglas County** veterans

EAST WENATHCEE - 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 - In response to concern for the health of senior citizens regarding COVID-19. OCTN has established emergency measures which offers seniors a designated time in which they may arrive at their local Senior Center and pick up a meal to take home. We are asking all seniors interested in taking a meal home to please call their Senior Center to reserve a pick-up time. This service modification is in place thru March 26. The health threat

arrange for a meal pickup. The home-delivered meal program is not interrupted and is on its regular schedule.

related to the virus will be

re-evaluated at that time.

Call the Brewster Site Coor-

dinator at 509-689-2815 to

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-

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. Sug-

gested donation for those over age 60 is \$4. For those 60 and under the cost is

#### Tuesday, June 30

una Casserole, Peas & Carrots, Garden Salad, Tropical Fruit, WW Roll, Dessert

#### Wednesday, July 1

Biscuits & Gravy, Oven Brown Potatoes, Sliced Tomatoes, Orange Quarters, Blueberry

Thursday, July 2 Deluxe Cheeseburger, Potato Salad, Melons, Dessert

July 10, 17

#### **Brewster area** monthly bus trips to Omak and Wenatchee

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).

Venatchee: \$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.

#### LETTERS TO THE EDITOR

# **COVID-19: Please continue being vigilant**

most restrictive phase of the governor's "Safe Start" plan, but we've also seen an uptick in confirmed CO-VID-19 cases in Okanogan County. Other states, such as Florida, are seeing a significant surge of cases after reopening their economies. Despite other important issues currently dominating the national news cycle, COVID-19 is still very much a concern.

How can we keep a similar surge from happening in North Central Washington?

1. Wear masks. There's a lot of misinformation online and in the news about the effectiveness of any masks, but particularly cloth face coverings. The purpose of wearing a mask is to keep your germs from spreading as far into the air. Face coverings are more effective than only using your hand or elbow when coughing or sneezing. Masks provide

incoming bacteria, but their main purpose in this case is to protect others by containing your germs. This includes the most vulnerable members of our population, such as those living in nursing homes and long-term care facilities.

There has been some debate about the risk from asymptomatic or pre-symptomatic carriers. The general scientific consensus at this time is that the virus is most contagious about two days before symptoms appear. If you are not aware of being infected with CO-VID-19 and venture out into public without a mask, the risk of spreading the virus to others increases significantly.

2. Continue social distancing. Much like wearing a mask, social distancing limits the number of people you're exposed to and minimizes your risk of becom-

We have moved out of the you some protection against ing infected or spreading communities. the infection. This protects you, your families, and your community. Phase 2 of the governor's order permits gatherings of fewer than five people. High-risk community members should continue to isolate at home rather than attend in-person gatherings.

3. Continue recommended hygiene. This includes washing your hands often with warm water and soap for at least 20 seconds, using hand sanitizer with at least 60% alcohol, and routinely disinfecting surfaces in your homes, cars, and workplaces.

All these measures should be taken even if you don't have symptoms. We are all anxious to resume our normal, everyday lives, and it can be difficult to know which information to believe. However, one thing is always true: It never hurts to take precautions to protect our families and

The state Department of Health allowed Okanogan County to move into Phase 2 because our health officials made plans on how to keep safe social distancing, visitor restrictions and masking measures in place. To maintain this progress, it's crucial that we all continue to observe these guidelines.

We, the undersigned healthcare organizations, appreciate the effort our community members have made to protect themselves and each other from a highly contagious and unpredictable virus. We're in this together, and together we can maintain our community's health while strengthening our economy.

Three Rivers Hospital Mid-Valley Hospital Family Health Centers Okanogan County Public Health

North Valley Hospital Confluence Health

CONTINUED FROM PAGE 1

allowed two off-street parking spaces in the front yard; all other parking needs to be in the rear or side yard. The intent behind the amendment is to give the city authority to prohibit front yards from becoming parking lots.

New amendments were also proposed to the BMC regulating outdoor mobile vendors.

Rachel Granrath, senior planner for SCJ Alliance Consulting Services in Spokane, updated council mem-

bers on the public survey results with respect to the Bridgeport Community Revitalization Plan along the State Route 173 corridor running through the downtown business district.

SCJ received 196 responses to the 14-question survey, 77 percent of those from Bridgeport residents, Granrath said. Among the details revealed was that 439 citizens live in but work outside the study area; 103 live outside but work inside the study area; and seven both live and work in the study area.

Granrath said that as SCJ proceeds with the study it will continue with commit-

tee meetings, interview and survey business owners, compile inventory additions and compile a Tree Sculpture Brochure. Conditions permitting, a downtown street fair is planned for Saturday, August 29.

Bridgeport park hosts Sue and Randy Stanley reported that the Marina park opened for self-contained units on May 6, and remaining facilities like Conklin Landing opened on Memorial Day. Sue Stanley said that revenues to date, including July reservations, total \$31.230 for the Marina, and \$18,685 for Conklin Landing.

city approved the six-year STIP and approved a Memorandum of Agreement (MOA) with the Wenatchee Kennel Club to perform pit bull testing and certifications. Mayor Janet Conklin said she has been negotiating with WKC for a pit bull procedure.

"They are showing up again," said Conklin last Thursday, June 18, of the pit bull population. "We will have to get serious."

Council members appointed Ryan Allstot, a teacher with the Bridgeport School District, to serve on the Planning Commission together with Danison, Dan Under Action Items the Peterson, and Leslie Robb.

## DEATH NOTICES

## Brian D. Morey

An audio phone-in funeral service for Brian D. Morey, will be held Saturday, June 27 at 10 A.M. The phone number is: 205-825-9607. He passed away May 20, at his home

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

# in Brewster.

# qcherald.com

CONTINUED FROM PAGE 1

Grant Program for backup electrical generation. As is often the case the

pump station was not built where originally planned.

"It was planned to go on the driller hit bad water at that site," said Wilson. "We had several backup locations identified but the Department of Health (DOH) would not approve them."

Wilson said a municipal well site must be a minimum of 100 feet radius and 200 feet from the water to control contamination issues.

"Pateros is pretty limited on potential municipal well Park and the mall business

sites that meets DOH sanitary requirements," Wilson said.

The downtown pump station is the second of two and under normal operation pumps about 1,000 gallons per minute (gpm) with the well capable of providing close to 2,500 gpm. Under extreme demand the two

than 2.000 gpm.

community had numerous planning sessions with a WSU planning team following the 2014 Carlton Complex fires," said Wilson. "These meetings were well attended and developed a downtown plan to add green space and increase connectivity between Memorial

district."

In 2017 the city decided to locate a pump station in that planned space.

"The city used this planning effort as a guide to meet the needs of the downtown business community while providing a reliable source of water for the city,' city did not feel a pump downtown was desirable, the end result produces a multifunctional space and greatly enhances downtown

Pateros.' Pateros was among 25 applicants for the AWC award. The annual competition is open to any Washington city or town. Other 2020 winners included:

· Lacey Veterans Services Hub.

 Anacortes Fiber Installation into Active Water

• The Hangar at Town Square in Kenmore.

 Pasco African American Historic Properties.

Founded in 1933, AWC is Industrial Way, however stations can produce more said Wilson. "Although the a private, nonprofit, nonpartisan corporation that "The Pateros business station in the center of represents Washington cities and towns.

"This year's projects demonstrate some of the ways that Washington's city leaders are applying innovative solutions to their diverse needs," said Peter B. King, AWC CEO. "I hope these will be a source of ideas and inspiration throughout the state."

ity communities, and crime children, students, and families, the media release said.

"They also discussed the recent increase in crime, provided the opportunity to such as domestic violence, weigh in on the proposed inaugural meeting Rep. Neburglary, and driving under changes and assist in providthe influence, resulting from ing Congressman Newhouse the stay-at-home order," the with feedback about how

release said.

In an email to The Quad last Friday, June 19, Hawley wrote that he welcomed the invitation to contribute to prevention activities with the CWLEWG and found the first meeting to be "very informative."

"I greatly appreciate being

changes could impact our ideals inherent in our naability to provide for public safety," wrote Hawley. "This working group will provide an opportunity for law enforcement at the local level to provide a perspective to Congressman Newhouse through direct conversation."

Following the CWLRWG whouse said:

"Restoring peace and delivering justice for all are

tion's founding that I fully support, and it starts by engaging with our local communities."

Rep. Newhouse said he formed the group in response to recent national events.

ing Group will open a line dialogue as Congress con-

affect the way our officers work to enforce the rule of law," said Newhouse. "I am grateful for the work of our police officers and sheriffs as they respond to the increase in crimes we have seen as a result of our response to COVID-19, and I applaud "I am hopeful this Work- their defense of Central Washington's First Amendof thoughtful, respectful ment rights as witnessed at peaceful protests throughsiders legislation that will out our communities."

Over the last few years the state legislature modified regulations relating to police use of force including Initiative 940, passed in 2018, that lowered the barriers for prosecuting officers who use deadly force and mandatef additional de-escalation, mental health and first aid training. In 2019 the state House of Representatives passed HB 1064 to further clarify and strengthen I-940.

### 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.



# Y CHURCH

New to the area? On Vacation? These churches welcome you!

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#### **B**REWSTER 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. 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

"With men this is impossible; but with God all things are possible." 509-689-2420 • 412 W. Hanson

- 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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#### 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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#### **Announcements**

**Lost & Found** 

**LOST AND FOUND** can be placed in our local newspaper and online for ONE week for FREE.

Limit 30 words

Leavenworth/Cashmere 509-548-5286 Lake Chelan Mirror

509-682-2213

Quad City Herald 509-689-2507

Deadline is Noon on Friday

#### **Happy Ads**

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

24/7 at www.NCWMarket.com

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**HAPPY ANNIVERSARY** Only \$15 for 30 days includes 3 photos

Chelan-Brewster 682-2213 or Leavenworth-Cashmere 548-5286





Fill in the blank squares in the grid, making sure that every

#### **Employment**

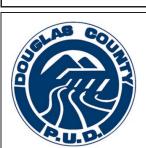
Find the Best Qualified **Local Employee** in our Classifieds Ads.

Place your ad online 24/7 at and pay online.

Print only? Deadline is Monday by

Lake Chelan Mirror **Quad City Herald** 683-2213 Leavenworth Echo Cashmere Record

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**Douglas County PUD** has an opening for:

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

pictures online 24/7 at NCWMarket.com online and you are done.

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682-2213 or call

Leavenworth Echo **Cashmere Record** 548-5286

# **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

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

Place your ad with Just register and pay

Your ad will appear

Deadline Monday at

**Lake Chelan Mirror Quad City Herald** 

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Lake Chelan Mirror Quad City Herald Call 682-2213

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#### Real Estate

**Orchards & Farms** 



We have buyers for your Pear, Apple and Cherry Orchards! 509-669-4500 information@nwi.net

### **Rentals**

# MORNING SUN PARK

**APARTMENTS** 345 Madeline Road,

Manson 1 bedroom apartment

\$478.00 2 bedroom apartment

\$573.00 3 bedroom apartment

\$660.00 4 bedroom apartment \$736.00

5 bedroom apartment \$812.00

Must have earned a minimum of \$3,000.00 in the last 12 months in agricultural income

to qualify Ex: Packing shed, orchard, vineyard, some truck driver positions or forklift call to inquire

Must qualify by income Rent amount is based on income level Waiting list applies

Apply today at: **Housing Authority of Chelan County** 1555 S Methow Street, Wenatchee (509) 663-7421 (TDD Equipped)

This institution is an equal opportunity provider and employer.



#### Rentals

1 bedroom senior apartment

#### Lake Chelan Community **Apartments**

509 E. Gibson Ave, Chelan Senior Housing (62 and older)

- Rent based on income (if eligible)
- Newly remodeled Close to medical
- facilities & stores On site new laundry
- facility No application fee

#### **Housing Authority of Chelan County**

1555 S. Methow Street, Wenatchee (509) 663-7421 (TDD equipped)

This institution is an equal opportunity provider and employer.



#### **AGRICULTURAL WORKER HOUSING** Rent based on income! Immediate Opening for

a 3 bedroom. Chelan Bluff 1135 S. Bradley Street,

Chelan One adult household member must earn a minimum of \$4,582.50 per year in agricultural income, be

retired from working

in agriculture or be disabled from working in agriculture to qualify. Call for other

#### requirements. **Housing Authority of Chelan County &**

The City of Wenatchee 1555 S. Methow Street, Wenatchee (509) 663-7421

(TDD EQUIPPED)

This agency is an equal

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

## Wanted to Rent

Want to rent: furnished room with kitchen, bath and laundry privileges for elderly gentleman with a large, friendly service dog. Call Larry 509-548-7220, if no answer, please leave a message.

### **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, auto windows broken. W/ title. 509-571-5302. \$900 OBO

See MORE **CLASSIFIEDS & PUBLIC NOTICES on Page 6** 

#### MARKET.COM row, column and 3-by-3 box includes all digits 1 through 9. CLASSIFIED ADS DOWN THEME: THE 4TH OF JULY CROSSWORD PUZZLE 1. Without a date

CROSSWORD

OMAHA STEAKS + 4 MORE BURGERS FREE

INTRODUCTORY PRICE: \$7999 4 (5 oz.) Butcher's Cut Filet Mignon 4 (4 oz.) Boneless Pork Chops 4 (4 oz.) Omaha Steaks Burgers 4 (3 oz.) Gourmet Jumbo Franks 4 (2.8 oz ) Potatoes au Gratin 4 (4 oz.) Caramel Apple Tartlets Omaha Steaks Seasoning Packet

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NCW

20. Same as pleaded 21. "Well-\_\_\_ machine" 22. \*Abigail Adams \_\_\_\_ 23. \*Preferred cooking device on the 4th 25. They play dead 29. Tiller's tiller

18. \*King of Great Britain when

America won independence

33. Dwarf buffalo 34. Smart ones? the hills and far away" 36. 37. Penicillin holder, e.g. 38. Part of both levorotary

30. Santa's reindeer

and levorotatory 39. \*Like 4th of July 41. Choler 42. Egg dishes 44. Actress Close 46. \*Jefferson was three and

Washington was 47. Medal of Honor word 49. Castle material 51. \*Roman Candles and Fountains, e.g.

Administration 63. Job for a body shop

55. Manuscript sheet 56. Dirty money 57. Dire fate 58. Type of wrench 59. Charitable contribution 61. Dad's lads 60. Genesis twin 62. General Services

2. \*American Revolutionary War spy, Nathan 3. Miscellany 4. Type of local tax 5. French composer of "GymnopEdies" fame 7. Prefix for half 6. Steer clear 8. \*U. S. personified 9. Steak choice 10. Power system 11. Former times 13. Saffron-flavored rice dish 14. Stares 19. Decorates with gold leaf

27. Grieve 28. \*Many retailers hold one for the 4th of July 29. Sign of a saint 31. \*\_\_\_ of Liberty 32. Rooster's girlfriend 35. \*13 of these at the start

26. Remove from Pinterest board

22. Negative conjunction

24. "Superman" star

23. Jewish folklore creature

25. Machu Picchu country

37. Give a green light 39. \*What contestants did at Nathan's Hot Dog Eating Contest 40. Ends of shoe laces 43. "\_\_\_\_ a high note" 45. What river did to bank

51. \*It should never touch ground 52. Official flower of the Kentucky 53. Riddle without solution 54. Obscenity 55. Like The Beatles

47. Viola da Gamba, pl. 48. Wafting pleasantness 49. Aria, e.g. 50. Comrade in arms

#### Trucks & Vans

Chelan School District has declared surplus a 1952 Willys Jeep, nose runs, and my eyes 1/4 ton, M-38 with 78 inch itch from my allergies. snowplow. Runs. Needs Claritin® has worked some TLC. \$2,500. Call for me in the past, but Brad at 509-682-2005.

Legals

**Public Notices** 

**SUPERIOR COURT OF** WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate

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 ate with an allergic reacwould be barred by any other- tion: stuffy or runny nose, wise applicable statute of limita- itchy eyes, and sinus prestions, 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 mast cells. This is why stated below a copy of the claim antihistamines work best and filing the original of the claim if you take them at least with the Court in which the pro- 1 hour BEFORE being bate proceedings were com-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 pro-**RCW** 11.40.020(1)(c); or (2) four how much drowsiness it 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  $Too\ Many$ 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 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

Published in the Quad City Herald June 24, July 1 and 8, 2020. #344

Wenatchee, WA 98807



Try the pet section on NCWMarket.com



Our Classifieds Can Help!



Call now to place an ad (509) 293-6780 (509) 682-2213 ext. 6531

# What antihistamine is best for me

Q: Every summer, my this year is different. I tried Allegra®, but it's not helping, either. What other antihistamine could I try?

Antihistamines work by keeping histamine locked away inside your body. Histamine is a compound that triggers inflammation. Histamine is stored in specialized cells in your body called mast cells. When you encounter something you're allergic to, these storage cells open up, releasing the stored histamine into your bloodstream. The freed histamine triggers the symptoms we associ-

sure. Antihistamines work by keeping histamine tucked away safely inside your exposed to whatever sets off your allergies.

Which antihistamine should you choose? That depends on which one works best for you and



can cause.

There are 2 main categories of antihistamine medicines to choose from: sedating ones and non-sedating ones. The sedating antihistamines are older drugs that often cause drowsiness. They also can help dry up a runny nose and watery eyes. Newer antihistamines cause less drowsiness but are less helpful at drying up a runny nose.

Some antihistamines relieve allergy symptoms better with some people than with others. Many people have to try more than one before they find the one that works best for their allergy symptoms while causing the least drowsiness.

How important to you is avoiding drowsiness? Older antihistamines cause at least some drowsiness in most people. If this is a concern for you, start with the newer antihistamines because they cost little to no drowsiness.

One of the best antihistamines is loratadine, also known as Claritin® or Alavert®. It's taken

only once a day and rarely causes drowsiness. If loratadine doesn't relieve your symptoms, you could try the non-sedating antihistamine Allegra® or fexofenadine, available in either twice a day or once a day versions.

If those don't work for you, try cetirizine (Zyrtec®) or Xyzal®. Cetirizine is transformed in your body to levocetirizine, which is Xyzal®, making them basically the same medicine. They are taken once daily, and they can cause drowsiness but only in about 10% of people.

If Claritin®, Allegra®, Zyrtec® or Zyzal® aren't giving you enough relief, try one of the older sedating antihistamines. The most powerful is Benadryl®, also known as diphenhydramine. It helps with more severe allergic symptoms but will cause drowsiness in most people. You can buy double-strength diphenhydramine as a sleeping pill without a prescription as Tylenol PM® or Sominex II. Benadryl® should be taken 3 to 4 times a day for best results. Some people take it just at night and use a less sedating antihistamine for allergy relief during the day.

There are several older antihistamines still available, including chlorpheniramine, brompheniramine, and triprolidine. Triprolidine causes less drowsiness than the other older antihistamines and seems to have more drying action as well. Surgeons used to take it to keep from having their nose drip while performing procedures. It's only available as Actifed®, which contains both triprolidine and the original version of Sudafed®. I prefer using it over the others because it relieves my runny nose, watery eyes, and my stuffy

nose at the same time. 5 Tips on Choosing an Antihistamine:

1. Don't Wait.

Antihistamines work best if they are taken BE-FORE you come in contact with what you are allergic to. Don't wait until your nose stuffs up, and your eyes start itching.

2. Choose not to snooze. Select non-sedating antihistamines like loratadine (Claritin®) or fexofenadine (Allegra®), or minimally sedating ones like cetirizine (Zyrtec®) or Zyzal®, especially if you have to drive or use machinery.

3. Don't give up. If your first antihistamine choice doesn't help you, try another one. It's not unusual to get very little relief from one antihistamine, then good results with a different one.

4. Consider a combo.

For additional relief, add a nasal spray or decongestant to your antihistamine. Flonase® nasal spray or my own favorite, triprolidine/pseudoephedrine (Actifed®) tablets are excellent choices for runny and stuffy nose symptoms.

5. Avoid Sudafed PE® and generic phenylephrine.

If you have high blood pressure, avoid taking decongestants. If you need relief from nasal congestion, I strongly recommend the original versions of Sudafed® over the ones currently available in the cough and cold medicine section. Bring photo identification to purchase it from the pharmacy.

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 The Medication-*Insider.com* for daily tips on how to take your medicine safely. ® 2020 Louise

#### THE WASHINGTON OUTDOORS REPORT

# *Hikers*

By John Kruse, The WASHINGTON OUTDOOR REPORT

Robin DeMario with the Okanogan-Wenatchee National Forest sounded the alarm recently about crowded conditions on 7 North Wenatchee Avenue, 8-Mile Road south of Leavenworth. This road leads to two popular trailheads for 8-Mile Lake and to Stuart and Colchuck Lakes. The latter trailhead is a favored pathway into the Enchantments. Earlier this month video was released showing vehicles parked on both sides of the road for much of its length because the trailhead parking lots were full. It got to the point emergency vehicles could not get through to the

> Parking is not allowed along the roadway and the Forest Service is issuing tickets to the owners of vehicles that do so. Visitors are also reminded not to park in designated spots for overnight camping permit holders. Officials with the U.S. Forest Service say visitor use in this area has increased dramatically over the last decade and both the trailheads and adjacent parking areas are "well beyond their capacity" putting a strain on the limited parking and toilet facilities available.

trailheads.

#### **Camping Equipment For Rent**

Washington State Parks is partnering with Arrive Outdoors to provide rental equipment for your next camping trip. For a low daily rate, you can rent everything you need for a weekend getaway (tent, sleeping bag, sleeping pad, stove, cooler, camp chairs) for one, two or four people. There are plenty of related accessories available for rent too. Sarah Yearout with Washington State Parks says this program is perfect for those who live in cramped spaces and don't have the room to store camping gear. It's also a great way to introduce individuals to camping for the first time for a low price. http://

arriveoutdoors.com **Fishing Reports** Fish Lake - Chelan County - Nadine West at the Cove Resort says the fishing has been very good when the wind isn't blowing too hard. Anglers have been catching

a lot of perch right off the

RIGHT: Lily pads and basalt cliffs define the views at Downs Lake.

Courtesy J. Kruse

dock over the last couple of weeks. However, the perch are starting to move into deeper water so fishing from a boat might be a better way to target them in the weeks ahead. Trout fishing has also been good. West says the average trout are fat and measure 12 to 14-inches long. In addition to this. large triploid trout were planted in Fish Lake and a five-plus pounder was recently caught by a lucky angler.

Little Pend Oreille Lakes - Stevens County - The staff at the Beaver Lodge Resort say crappie are being caught in good numbers out of Gillette Lake. The hot bait has been marshmallows and worms. A few folks are also catching trout there

Downs Lake - Lincoln County - I paddled around this lily pad rich lake in a kayak last week. The scenery was beautiful and the weather was nice but the fishing was slow with only one pan-sized rainbow trout to show for my efforts. That doesn't mean the fish aren't here though. Downs Lake typically fishes well in the summer for trout, perch and largemouth bass and is worth a visit. Lake access (for a small fee) is available through Downs

Lake Resort. Potholes Reservoir - Grant County - Pete Fisher at MarDon Resort reports walleye fishing is good. They are shallow and in the weeds in 2 to 15 feet of water so you'll want to fish tight along the weed lines to get strikes. The bass bite is also good with 2 to 4-pound fish being taken in the usual hot spots. Crappie and bluegill are being caught off the MarDon Resort dock and also back in the sand dunes area of the reservoir. As for the rainbow trout, anglers have been reeling those in near the State Park and some of them are pretty big (2 to 5 pounds)

#### **Limit Out Marine Shoot Out (bass tournament)**

Finally, if you are a competitive bass angler the Limit Out Marine Shoot Out (bass tournament) is taking place on Potholes Reservoir and MarDon Resort on July 11 and 12. Details are available at http://bigbasstrail.com





