

Hentges NCESD Teacher of Year

By MIKE MALTAIS
STAFF WRITER

BREWSTER – Middle School teacher Jacqueline Hentges has been selected at the 2021 Teacher of the Year for the North Central Educational Service District (NCESD) serving Okanogan, Douglas, Chelan, and Grant counties.



Courtesy ncesd.org
Jacqueline Hentges

Hentges is in her 25th year as a physical education and science teacher at Brewster Middle School and currently teaches seventh and eighth grade science. She holds a master's degree in Teaching from Whitworth College together with Bachelor of Arts degrees in physical education and biology. Along with her teaching duties, Hentges serves as head coach for middle school volleyball as well as track and field, is the advisor for middle school ASB and Leadership Team. Her mission to teach comes from close to home.

"I am fortunate to be from a family of great teachers," said Hentges in a NCESD media release announcing her selection. "My grandmother was highly regarded in the classroom and as a reading specialist and my mother is the biggest influence on my teaching."

Hentges was nominated for the NCESD award by middle school principal Greg Austin.

"It involved a lengthy application process of written essays and letters of recom-

mendation," said Hentges who wears a number of hats in related school and community activities. When she is not coordinating referee assignments for the Okanogan County Volleyball Referee Association, she officiates at matches herself. She also serves as the current president of the district's Education Association.

Hentges has been an elected member of the Bridgeport City Council for the past two decades and for about half of that time has also been in charge of the Bridgeport public swimming pool. She said one of her favorite pastimes is traveling, something she did more frequently during earlier years when she was a member of Campus Crusade for Christ.

"All nine Washington State ESDs select a regional Teacher of the Year, who go on to compete for state honors," said the NCESD media release. "The State winner serves as a spokesperson and representative of teachers at the local, state and national levels."

Brewster awards water project contract to Apollo, Inc.

4th of July fireworks display cancelled

By MIKE MALTAIS
STAFF WRITER

Brewster – A temporary sidewalk dining exemption, well house project bid, and fireworks cancellation were among topics discussed at the regular monthly meeting of the city council held virtually via Zoom last Wednesday, June 10.

The city approved the temporary sidewalk dining exemption allowed under Phase 2 of the state's restart plan.

"Right now, nobody is allowed on city sidewalks," said Mayor Art Smyth before calling for a vote on the temporary exemption. At the suggestion of city legal counsel, Chuck Zimmerman, the added use of off-street parking areas was also approved as a friendly gesture to allow restaurants to accommodate more diners under COVID-19 compliance guidelines.

Engineer Michelle Johnson with city consulting engineers J-U-B Engineers in Spokane advised the city that the lowest of four well project bidders, Apollo, Inc. of Kennewick, submitted a bid of \$3,029,116.59

that, while the lowest was still above the engineers' estimate of \$2.9 million. Johnson said a couple of factors contributed to the higher bid figures.

"The funding agencies added some requirements," said Johnson, "and we are seeing some increases in the supply chain due to the COVID-19 interruptions."

Johnson said J-U-B recommended awarding all four project schedules which include:

- Construction of a new well house at the lower reservoir site.
- A new well at the State Way property.
- A well house at the State Way property.
- Shorten the sewer line on the State Way property.

Zimmerman recommended that the city award the bid to Apollo subject and contingent to final review by the engineers and the funding agency. Council approved the motion.

The city, though reluctantly, also officially voted to cancel this year's Fourth of July fireworks display.

In other business the city approved Ordinance 932, a Bond Anticipation Note to prepare the city to apply for the requisite bond necessary for the upcoming water construction projects.



Mike Maltais/QCH

A shower of confetti envelops Bears' senior Citlali Pamatz as she passes a group of supporters.

Pomp overcomes circumstances at Brewster, Pateros graduations



Pateros Class of 2020 graduates gather at their cars and following the turning of the tassel ceremony release an array of purple and gold balloons.



Pateros graduate Lea Malar decorates a wicked set of wheels during the gallery drive.



Pateros School Board chairperson Grace Larsen presents Ramiro Ambriz with his drive-by diploma.

By MIKE MALTAIS
STAFF WRITER

BREWSTER/PATEROS – There was plenty of pomp despite the circumstances in Brewster and Pateros last Friday, June 12, as the Classes of 2020 combined virtual presentations with parades to help honor and recognize the graduating seniors as they topped off their high school careers.

Even though the county had just been approved to enter Phase 2 of the state's Safe Start phases, distancing restrictions still mandated limited close-quarter participation to immediate family members. After the completion of virtual ceremonies, graduates piled into vehicles decked out for the occasion and followed escorts of police and fire vehicles through the streets



The Brewster 2020 Class of Quarantine is escorted down Main Street.



Manny and Martin Hurtado, center, holding sign, joined the crew at The Armory to honor the parade of Brewster graduates down Main Street.

of their respective cities to of cheering friends and the applause and accolades families.

Brewster earmarks CARES Act funds for local businesses

By MIKE MALTAIS
STAFF WRITER

BREWSTER – City council members voted unanimously to approve a Department of Commerce CARES Act Interagency Agreement in tandem with an agreement with the Economic Alliance to assign a portion of CARES Act funds awarded to the city to the Economic Alliance.

Mayor Art Smyth said

that a portion of Brewster's COVID-19 relief package of \$70,500 CARES Act funds would be distributed through the Economic Alliance in \$1,500 grants to area small businesses.

In response to a question from Brewster Chamber of Commerce President Mike Mauk for clarification regarding how many grants would be given and to whom, city legal counsel Chuck Zimmerman ex-

plained that a total of 10 applications from small businesses within the Brewster city limits have met the guidelines for funds. Each will receive \$1,500 in grant funds to cover \$1,500 in losses for business interruptions caused by required coronavirus closures. A total of \$15,000 is earmarked for distribution.

"The Economic Alliance, at no cost to the city, will analyze, evaluate, and dis-

tribute those funds to each of those 10 businesses provided that they qualify," Zimmerman said.

As a further compliance measure city clerk/treasurer Misty Ruiz asked council members to repeal an earlier 2007 resolution that restricted the use of city general fund money to avoid the appearance that distributing the grant funds

SEE CARES ON PAGE 2

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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Simplified Summer food program to begin June 22

SUBMITTED BY BRIDGEPORT SCHOOL DISTRICT

BRIDGEPORT - The Bridgeport School District announces the sponsorship of the Simplified Summer Food Program for children. Meals will be made available at no charge to attending children 18 years of age and younger.

Meals will be served at the following location(s):

Site Name: Bridgeport Elementary School

Site Address: 1400 Tacoma Ave., Bridgeport, WA 98813

Date of Service: June 22, through August 14

Meal Type/Time: Grab-N-Go Breakfast and Lunch 11:30 a.m.-12:30 p.m.

Contact: Scott Sattler

Phone Number: (509) 686-5656

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CARES

CONTINUED FROM PAGE 1

under discussion would violate the city's own policy. Zimmerman explained that the original resolution was enacted 13 years ago to create a policy to protect

the city council from funds requests that council members were not comfortable with supporting.

"These grants are not public funds," said Zimmerman. "They are pass-through allocations of funds that were provided to the city by the federal government for COVID-19."

CORRECTION

Brewster High School 2020 seniors Mikenna Kelpman and Brandon Hernandez were not included in the Salute to the 2020 seniors in the June 3 issue of the Quad City Herald. A corrected 2020 graduation section will be posted on the QCH website.

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.

Bridgeport HS Class of 2020 receive scholarships, awards

BY MIKE MALTAIS
STAFF WRITER



BRIDGEPORT - Now that commencement is behind the senior class of 2020 can now focus on the future as they embark on their chosen careers or institutions of higher education. The following roster of scholarships and awards will help get those adventures started. Listed in alphabetical order the BHS class of 2020 student honors include:

Alan Andrade
Four-year Science & Math Award

Camila Aparicio
2019-2020 Senior Scholar Athlete

Steven Bucio
Four-year Science & Math Award

Federico Colin
Washington Apple Education Foundation: Dennis & Lynette Bigness Scholarship - \$1,500,

AWC Center for Quality Communities Scholarship - \$1,500,

Dollars for Scholars General Scholarship - \$300,

Social Studies Student of the Year

Vo-Ag Student of the Year

Four-Year Science and Math Award

2019-2020 Student of the Year

Birdie Ekenbarger
Whitworth Scholarship (full tuition)

Shiner's Scholarship - \$2,500

Four-year Science & Math Award

Gage Fletcher
United States Air Force (education and training - GI Bill)

Carlos Flores
United States Air Force (education and training - GI Bill)

Four-year Science & Math Award

Esmeralda Garcia
Whitworth Scholarship (full

tuition)

Dollars for Scholars

Class of '61 Scholarship - \$250

Four-year Science & Math Award

Giselle Garcia
English Student of the Year

Four-year Science & Math Award

Nayelli Garcia
Eastern Washington University

Scholarship - \$1,000

Four-year Science & Math Award

Marisol Hernandez
Dollars for Scholars General

Scholarship - \$300

Whitworth University Scholarship

Four-year Science & Math Award

2019-2020 Senior Scholar Athlete

Jesus Herrera
Male Weight Training & Conditioning Student of the Year

Creative Writing Student of the Year

Alondra Jimenez
John Daniel Gebbers Memorial - \$1,250

Four-year Science & Math Award

Irene Jimenez Rocha
EWU Deans Scholarship - \$2,000

College Bound - \$500

Las Carretas Scholarship - \$500

Dollars for Scholars Class of '61 Scholarship

Art Student of the Year

2019-2020 Student of the Year

2019-2020 Senior Scholar Athlete

Four-year Science & Math Award

Salutatorian

Axel Martinez
United States Army (Nurse/medical training and education - GI Bill)

Four-year Science & Math Award

Catalina Martinez
Washington State Opportunity

Scholarship - \$22,500

University of Washington Grants and Scholarships - \$19,258

Jan Wood Memorial Scholarship - \$500

Dollars for Scholars Class of '61 Scholarship - \$250

McFadden Family Scholarship - \$200

Art Student of the Year

Math Student of the Year

Four-year Science & Math Award

2019-2020 Outstanding Senior Athlete

Liliana Medel
Arthur A. Schulte Jr. Scholarship - \$85,000

Deans' Scholar Award - \$22,000

UP Grant - \$11,000

Washington College Grant - \$10,963

Federal Pell Grant - \$6,345

Anchor Award - \$3,000

Undergrad Tuition Exemption - \$2,039

Federal Opportunity Grant - \$2,000

SPU Early Success Award - \$2,000

Federal SEOG Grant - \$1,050

CAMP Program UW - \$1,000

Washington State College Bound Scholarship - \$500

Falcon Bound Scholarship - \$479

Dollars for Scholars General Scholarship - \$300

Four-year Science & Math Award

2019-2020 Senior Scholar Athlete

Enrique Morales

United States Marine Corps (education and training GI Bill)

Four-year Science & Math Award

Issac Ochoa
United States Air Force (Air Traffic Controller training and education GI Bill)

Four-year Science & Math Award

Yareli Palacio
Music Student of the Year

Sergio Penaloza
Male PE Student of the Year

Erick Ruben Perez
Four-year Science & Math Award

Maria Rosas
Female PE Student of the Year

Four-year Science & Math Award

Gilberto Rodriguez Padilla
McFadden Family Scholarship - \$400

Dollars for Scholars General Scholarship - \$300

Science Student of the Year

Vo-Ag Student of the Year

Four-year Science & Math Award

2019-2020 Outstanding Senior Athlete

Valedictorian

Carlos Ruiz
United States Army (education and training GI Bill)

Four-year Science & Math Award

Julio Sanchez
United States Marine Corps (education and training GI Bill)

Four-year Science & Math Award

Ricardo Vazquez
Four-year Science & Math Award

Yohaira Velazquez
Dollars for Scholars Class of '61 Scholarship - \$250

Emely Xhurape
Four-year Science & Math Award

Berenice Zarate, Berenice

Washington Apple Education Foundation Scott Baker Technical Education Scholarship - \$4,000

Washington Apple Education Foundation North Valley Mechanical - \$1,500

Four-year Science & Math Award

Okanogan PUD to purchase Chicken Creek substation

June 11 meeting

SUBMITTED BY OKANOGAN COUNTY PUD

OKANOGAN - Okanogan County PUD commissioners approved the purchase of a new substation near Chicken Creek, which will serve the needs for additional services and provide better reliability for the south county.

The substation was built by Gebbers Farms, and their staff approached the PUD wanting to sell the substation. PUD staff performed financial and operational studies for acquiring the substation. The purchase agreement is for \$2.3 million, based on the actual cost of constructing the substation.

General Manager Steve Taylor said the district

could not build the substation for that low of a cost, and that it has already taken on about 2 megawatts of irrigation load off the Brewster substation, relieving circuit constraints.

The district will use a line of credit to purchase the substation. Because of the opportunities it opens for additional services, staff anticipate the substation will pay for itself.

In other business, the board:

- Heard that 14 of the 15 planned drive-up WiFi hotspots are active, with the final expected at any time. Together, the hotspots have seen 660 unique users. All hotspots have been used, most on a daily basis. The five most-used sites are the Wenatchee Valley College parking lot in Omak, Oroville substation, Okanogan Armory, Tonasket PUD office and Conconully hot spots.

- Heard from Taylor that the district is working through new guidance from the state on requirements regarding COVID-19 restrictions and impacts. Although public utilities were already waiving late fees, making payment arrangements and not disconnecting customers due to non-payment, the state has extended its requirements on these actions until July 28, along with new requirements. Some customers have been confused by state messaging, thinking that they won't have to pay their bills at all. Utilities across the state are trying to work with the state office to avoid damaging messaging and maintain local control for public utilities to best serve their unique communities. Okanogan PUD currently has 301 accounts that would be due for disconnect, for a total of \$54,600. LIHEAP funds are available to help low-income families.

- Heard from Taylor that staff will work on a 2020 budget revision, reflecting the suspension of the rate increase originally budgeted for April 1 and other revenue losses or added expenses due to COVID-19.

- Heard from Director of Power Resources and Broadband Services Ron Gadeberg that April retail power sales were almost ex-

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Kelpman triplets among Brewster Class of 2020 graduates

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The commencement of the Bears' Class of 2020 featured a special benchmark that is a first among Brewster High School graduating seniors: TRIPLETS. Michaun, Mikenna, and Kade Kelpman are the first ever triplets to graduate Brewster High School, according to their father, Trevor Kelpman.

During their high school careers, the Kelpman trio helped lead Bears' teams to a remarkable 16 state appearances in four sports, girls' basketball, boys' bas-

ketball, softball, and baseball. Along the way they were voted onto All-League teams on 18 different occasions. Individual statistics include:

Michaun Kelpman (Honor Society)

Basketball
Four-year varsity player and letterman, three-year starter

Four-year state qualifiers, three as CWB League champions.

First Team All-League 2019-2020. Honorable Mention 2018

Highlight: Michaun (19) and sister Mikenna (23) scored 42 of the 66 team points in the 2018 Regional



Mikenna, left, and Michaun Kelpman pose with school friend Hunter Smith, far left, mother Michelle, father Trevor, and the Kelpman's granddaughter Jordyn Britt during Senior Night ceremonies last February.



Kade Kelpman guards a Soap Lake opponent during a home basketball game earlier this year.

win against Mossy Rock.

Softball
Four-year varsity player and letterman, fifth year interrupted by COVID-19

CWB League champions and state qualifiers four years, fourth place in 2017

Twice District champions First Team All-League 2018-2019

Mikenna Kelpman (Honor Society/National Honor Society)

Basketball
Four-year varsity basketball letterman, three-year starter.

Four-year state qualifier, three as CWB League champion.

First Team All-League 2018-2019. Second Team 2017.

Softball
Four-year varsity player and letterman, fifth year interrupted by COVID-19

CWB League champions and state qualifiers four years, fourth place in 2017

Twice District champions First Team All-League



Kade Kelpman stands with his parents during 2020 Senior Night recognition.

2019. Second Team 2017-2018.

Highlight: Michaun (19) and sister Mikenna (23) scored 42 of the 66 team points in the 2018 Regional win against Mossy Rock

In addition to high school sports the Kelpman sisters are members of the Rodeo Club and plan to compete on the Rodeo Team at Central Washington University

Kade Kelpman

Basketball
Four-year varsity letterman, three-year starter.

Four-year league champions

District champions 2020

Four-year state qualifiers. State champions 2020, third 2019, fourth 2018.

First Team All-League 2020. Second Team 2018-2019.

Team rebounding leader 2018-2019-2020 with nearly 800 rebounds.

Highlight: Winning state championship for team, school, and community.

Baseball

Five-year varsity letterman, fifth year interrupted by COVID-19.

Four-year league champions. District champions



Mikenna Kelpman (10), left, watches sister Michaun drive the hoop against Bridgeport.

2018.

Four-year state qualifiers, second in 2018, third in 2019.

First-Team All-League 2018-2019. Second Team 2016-2017.

One of the all-time winningest pitchers at BHS losing only one game started

on the mound.

Highlight: Striking out 11 of 12 batters in 2019 win over Okanogan.

Football

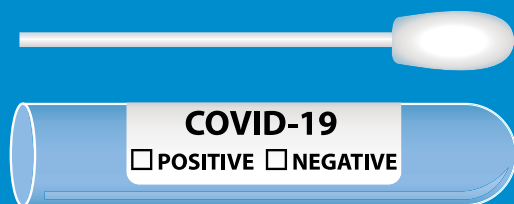
2017 varsity letterman as tight end and defensive end.

Kade plans to play baseball at Wenatchee Valley College

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PUD

CONTINUED FROM PAGE 2

actly as budgeted, only under by \$3,653. May wholesale sales were \$68,326 over budget. With a mild winter bringing low retail sales,

the overall year-to-date power sales revenue is still about \$1 million under budget.

• Heard from Gadeberg that telecom end users now total 3,252 and continue to be added. June followed the trend of the last few months of being the highest billing total for the district at just over \$274,000.

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OBITUARIES

Remembering Johnye Cruse, Artist

We had planned for a Johnye Cruse "Celebration of Life" party for June 20, 2020. Due to the Covid-19 response, we are not going to have that at this time. We appreciate all those who planned on attending but feel the risk of a large gathering is too great. In lieu of that celebration we the children of Johnye, would like to share our thoughts from our perspective concerning her most splendid life. Our Mom was a force to be reckoned with, she was our rock. At all times she was there for each of us, teaching us every aspect of life and then expecting us to repeat it well. We did not have to be the best, but did have to try our best.



She and our dad did not give us everything we wanted but taught us to work for what we wanted. Mom developed many strong character qualities in us that have served us well all through our lives. Whatever any of us wanted to do, she figured out what she could do to support us, and how she could improve anything about the process.

Mom did not spend much on her own clothes, she wore stretch pants and a sweat-shirt most of the time, often bought secondhand so we could have new. She didn't care as she knew who she was. She had the strongest self-image of anyone we know, and passed that great gift on to us.

Music was a big part of our lives, Dena in the band and Noel, April, & Rex in music in the Dynamics, a select 24-voice swing choir that really rocked. We won every Swing Choir Festival we attended. She sewed costumes for years of musical productions and hung wall paper into the night helping us build our sets.

She started the football booster club in the 60s, initiated Thursday night spaghetti feeds (I bet they are still going on) and was the official team statistician for years. If something needed doing, she got it done.

Several of us got into a year-round AAU swim team. Mom had us in the pool at 6:00 am six days a week all year round, year after year. Can you imagine the drive and dedication that took, not to mention she carted us all over the State many weekends for swim meets.

Mom was a fundraising genius. She did it with such resolve that infected the less motivated parents and turned them into champions. In 1970 April's Dynamic's group decided they wanted to tour Panama the following summer. Mom kicked fundraising into gear by making, packaging and selling hundreds of pounds of peanut brittle. Our rec-room had a summer kitchen and became peanut brittle central manufacturing. We went through two 100-lb bags of raw peanuts, hundreds of pounds of sugar, and hundreds of hours of conscripted

family labor. She then got it out to other families to sell, but really she sold most of it by setting a table up everywhere she could think of and with the force of her will compelling people to buy it. The Girl Scouts had nothing on our Mom.

Mom decided the Edmonds School District 15 needed a varsity swim team for one of her kids. For three years she lobbied the school board, who had zero funds to add another sport. She dragged us up to testify at board meetings. The third year she made it clear she would not be denied, and made them an offer they could not refuse. She proposed the District rent the pools for practice and swim meets with two teams per pool, and the parent boosters would raid the money for the coaches salaries (the biggest budget item) for 3 years and after that the District would pick up all costs. They agreed, if she could raise the money for six coaches to cover each high school team. I think they had to agree to get rid of her. Mom got busy and formed 6 separate booster clubs at each school and tasked them to raise their coach's salary, and they did it. That was in 1972 and it is still a varsity sport in that District.

In high school, if one of us went to our Union Building, most days you would find Mom at a table promoting or selling something related to us, her kids. These are just a few examples of what she did over and over again with 5 kids and all their activities of which she did not miss a single one.

Many of you know Mom was an only child and she did not like it. After Dena, her second child Royce Lynn died shortly after birth of multiple birth defects. She then suffered through several miscarriages. The doctors said her baby maker was broken, and she should not try to have more kids. Stopping a one female child was not a history she planned on repeating. She went on to have four more children.

No story of Mom would be

complete without including Dad - NM Cruse to others or just "Cruse". They met

shortly after the war and married in 1947. And had a love affair that spanned 53 years. They were very symbiotic and spent very few nights apart over those years. One would start a story, the other would interrupt to finish and they would argue over the details. They did not carry anything negative to the next day. Mom was the great woman behind her great man. Dad supported our family, so she could go all out supporting us kids.

Their lives in Washington were divided between 20 years raising kids in North Seattle and 45 years mostly in Pateros, WA. Connie being the youngest was the only kid still in school when they relocated, and graduated from Pateros High School. Mom supported Dad in his service on the City Council and for a term as Mayor. Mom became a part of the team that for years planned and operated the yearly town fair, Apple Pie Jamboree. Mom was an avid "Gramma Fro" fan at CoCo and Josh's

sporting events. The "fro" was a nickname that stuck to her because of her signature big perm ball of hair.

Mom began to paint and over time became an accomplished artist. Many of you have seen her Country Art painting and perhaps a few own a print or an original. Dad fell in with her work and became an expert at matting and framing.

Dad passed in 1999, and it was rough on Mom. They were almost the same person. She just wanted to go and be with him. It took nearly three years for her to come to the place of accepting that she was going to live for some time and she began to chart a new course.

Dena also a widow by that time developed a very close relationship with Mom. As Mom's health began to decline Dena stepped up the last 5+ years as her caregiver. Dena's labor of love over those years to our Mom, is something we other kids will never be able to repay. We are

so grateful for her service to Mom and our family. In caring so well for Mom, she allowed her to remain at home until her passing.

Mom trusted in the Lord Jesus Christ as her savior. We prayed with her just hours before her passing to commend her spirit to the Lord in the hope of the resurrection. We know that she is now in Glory reunited with dad and our Lord, who we trust to the saving of our souls.

Any stories of Johnye that anyone would like the family to have would be appreciated, and can be posted on Facebook page Johnye Cruse Memories or emailed to leap1@yahoo.com.

We, her children feel so grateful, so privileged to have had a Mom such as ours. Thanks Mom, for being who you were in your unique way, and for loving us beyond measure right until the end. We miss you every day, and will have to settle for our memories, until we meet again.

COMMUNITY BULLETIN BOARD

June 20

Bass Tournament

BREWSTER - The Okanogan County Bass Club and Mauk Fishing Stuff have teamed up to bring the Lure Safe Open Bass Tournament to Brewster on Saturday, June 20.

The one-day event, sponsored by Mauk is open to the public with pre-registration available by 3 p.m., June 19. Entry forms and information are available online at okanoganvalleybassclub.com, and contacts can be made at okanoganvalleybassclub@gmail.com or 509-322-2951.

Boats will blast off from the Brewster boat launch and can fish from Wells Dam to Chief Joseph Dam on the Columbia River and to Malott on the Okanogan River.

Help available for Douglas County veterans

EAST WENATCHEE - Sarah Simonson the Veterans

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

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 related to the virus will be re-evaluated at that time. Call the Brewster Site

Coordinator at 509-689-2815 to arrange for a meal pickup.

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, June 23

Salisbury Steak, Potatoes & Gravy, Buttered Corn, Carrot Raisin Salad, WW Roll, Peach Cobbler

Wednesday, June 24

Hearty Turkey Noodle Soup, Tossed Veggie Salad, Fresh Fruit Tray, WW Roll, Dessert

Thursday, June 25

Taco Salad, Spanish Rice, Mexican Style Slaw, Fruit Cup, Tortilla Chips, Spiced Carrot Cake

June 19, July 10

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 June 19, 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

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.

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



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

CLASSIFIEDS

Administrative

Publisher's notice

PUBLISHER'S NOTICE
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



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
or
Lake Chelan Mirror 509-682-2213
or
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
HAPPY BIRTHDAY
CONGRATULATIONS!
WILL YOU MARRY ME?
HAPPY ANNIVERSARY Only \$15 for 30 days includes 3 photos
Chelan-Brewster 682-2213 or
Leavenworth-Cashmere 548-5286

Employment

Help Wanted

Manson School District located on the beautiful shores of Lake Chelan is seeking applicants for the following position.
• 1.0 FTE Secondary Certificated Teacher with an ELA and SS endorsement
Detailed job description and online application process are available at: <https://www.manson.org/Page/609>, EOE. Question please call Lorrie (509) 687-3140

Lake Wenatchee Water District Small Works Roster
Lake Wenatchee Water District is now accepting applications from suppliers and/ or contractors to be included on the Utility's Small Works Roster. The following Roster of categories, not all inclusive, to contract, lease or purchase items or services consists of: Construction and Maintenance Services, to include Building Contractors, Snow Removal, Tree Trimming, Excavation, Materials, and Supplies. If interested, an application can be found on our website www.lakewenatchee.waterdistrict.org or request one by mailing: P. O. Box 2813, Leavenworth, WA. 98826 or calling 509-679-1353.

The Cascade School District is seeking qualified applicants for the following positions:
Cascade High School Assistant Volleyball Coach
Icicle River Middle School Head and Assistant Girls Soccer Coaches
Fast Track application process and information can be found on our website at: www.cascadesd.org EOE

NA-C Full-time/ Nights

Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, personal needs and treatment of each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required.
Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital
Human Resources Department
PO Box 577
Brewster, WA 98812 (509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
EOE

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad online 24/7 at www.NCWMarket.com It is easy, just register and pay online.
Print only? Deadline is Monday by Noon for all papers:
Lake Chelan Mirror
Quad City Herald 683-2213
Leavenworth Echo
Cashmere Record 548-5286
Your ad will appear online and in the newspapers for one low price!

Work Wanted

RB'S Custom Tractor Works
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Cell **509-679-2469**
Bus license
#602-781-946

qcherald.com



Douglas County PUD has an opening for:
On-Call Relief Fish Counter
\$21.40/ hour
Details at www.douglaspu.org

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 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

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

CLEAR SOME SPACE WITH A CASH \$\$ AD
Let others know what items you are selling!
Go online now to Place your ad 24/7 at www.NCWMarket.com
Print only-
Deadline Monday 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.

Orchards & Farms

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

Rentals
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 Paul 509-548-7220, if no answer, please leave a message.

Vehicles

Automobiles
For sale for parts: 2007 CHEVROLET Equinox LS AWD 3.4L V6, silver, 101k miles. Body and interior are in good condition, except for dent in rear bumper. Low mileage, runs fine. Has exhaust-gas leak, rust underneath. Requires repair to drive safely. W/ title. 509-571-5302. \$750 OBO
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

CROSSWORD PUZZLE

THEME: COCKTAILS AND MOCKTAILS
ACROSS
1. Angelou and Rudolph
6. Mason's load
9. Bobby Pickett's "Monster ____"
13. Infection from contaminated water or food
14. Formerly Cassius Clay
15. Slow, musically speaking
16. ____ Ste. Marie, Ontario
17. Bonding words
18. Like draft beer
19. "Cognac, orange liqueur, lemon juice
21. *Tropical cocktail favorite
23. Motion of approval
24. "Home of pisco sour
25. Smoker's residue 28. Big butte
30. "It has both white and dark rum
35. Popular BBQ side
37. Pea houses
39. "Hold your drink aloft in honor
40. "Downton Abbey" countess
41. Subject of 17th century Dutch mania
43. Cote d'Azur locale
44. Teatro alla Scala offering
46. Sushi selection
47. Kind of jeans fit
48. "She famously disliked the eponymous drink
50. Chesterfield or ulster
52. Bro's sib
53. Long and lean
55. Petting spot
57. Negroni and boulevardier ingredient
61. Time for the big bowl games
65. Unethical loaner's practice
66. Designed to guarantee equal rights
68. Cooler manufacturer
69. #38 Down, pl. 70. Atlantic catch
71. Musical ensemble 72. Rodeo Drive tree 73. It's of the beholder
74. Rosetta Stone, e.g.
DOWN
1. Difficult situation
2. Antioxidant-rich berry
3. Common contraction
4. Kind of wrench
5. TV's popular portmanteau
6. Let it down to relax?
7. ____ fashioned
8. D in LED 9. Take-out handout
10. Nay sayer 11. Sun, e.g.
12. Indigenous people of northeast Arizona
15. *Nespolino fruit
20. Highly skilled 22. Elbow rest
24. Portable lock 25. Fancy tie
26. Ski run 27. Sheik's bevy
29. "Whiskey ____
31. Charged particles
32. Flip side, pl.
33. Binary digits code
34. Things on a list
36. "Star Trek" speed
38. Fodder holder
42. Eloise's residence 45. Quiets
49. Otitis organ
51. *Popular mixer, pl.
54. Brother's daughter 56. Should 57. Turning point
58. World's largest continent
59. *To warm wine or cider and add spices
60. Junior ball
61. Green gemstone
62. Burn-soothing plant 63. Agitate
64. Yesteryear
67. *First name in cola and grenadine

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

	1	6		5					2
				7					9
						4	5	3	7
	3	2							4
	5								7
8							2	5	
3	2	1	8						
	8					2			
9				7			1	2	

SUDOKU

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Legals

Public Notices

NOTICE OF PUBLIC HEARING PATEROS SPECIAL CITY COUNCIL MEETING

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing via zoom updating the municipal code for the Pateros Mall use and regulations. Said, public hearing shall be held on Monday, June 22, at 1:00 p.m. via zoom, Pateros, Washington, at which time and place all interested persons may join virtually and be heard. Published in the Quad City Herald June 17, 2020. #

SUPERIOR COURT OF WASHINGTON FOR DOUGLAS COUNTY In the Matter of the Estate of RAY DEAN KOPE Deceased. No. 20-4-00030-09 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Administrator named below has been appointed as Administrator 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 Administrator's Resident Agent who is also the Administrator'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 Administrator 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 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: May 27, 2020 Administrator: Diana Kope Attorneys for the Administrator: Rani K. Sampson, WSBA# 37486 Address for Mailing or Service: Overcast Law Offices, NCW, PLLC Attn: Rani K. Sampson 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509) 663-5588 Court of probate proceeding and cause number: Douglas County Superior Court Cause Number: 20-4-00030-09 Presented by: OVERCAST LAW OFFICES - NCW, PLLC Published in the Quad City Herald May 27, June 3, and 10, 2020 #87790

NOTICE OF PUBLIC HEARING

PATEROS SPECIAL CITY COUNCIL Meeting

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing on the Six Year Street Plan for the City of Pateros. Said public hearing shall be held on Monday, June 22, at 1:00 p.m. via zoom, Pateros, Washington, at which time and place all interested persons may call and appear and be heard. Please call city hall at 923-2571 for Zoom information. Published in the Quad City Herald June 17, 2020. #252

WHAT'S HAPPENING
Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

Glucosamine for arthritis

Keith, an 86-year old retired basketball coach, and PE teacher, limped down our clinic hallway last week to see me. "Getting older sure isn't for sissies," he answered as I asked him how things were going for him.

"I had my left knee replaced five years ago, and now my right knee is going the same way. It's this darn arthritis." Settling his 7-foot seven-inch frame in the exam room chair, he asked me, "Would taking glucosamine help my knee? Is it safe to take with my other medicines?"

"Glucosamine helps relieve knee joint pain in 1 out of 3 people, helping them stay more active. Keeping active is the key thing because it's the best way to combat the pain and stiffness of arthritis. Glucosamine is a very safe supplement to take, even with other medicines. If I were in your shoes, I'd definitely give it a try."

Keith has lots of company. Osteoarthritis is the most common chronic joint disease, affecting at least one out of every 10 older adults in the United States. Osteoarthritis causes cartilage to deteriorate, creating joint



Dr. Louise
pain and stiffness. As it progresses, osteoarthritis causes the bones of your knee joint to move closer together. Imaging studies measuring the spacing of bones in your knee joint illustrate how as the spaces between the bones in the joint get smaller over time, the pain and stiffness of osteoarthritis get worse.

Glucosamine is a compound produced by your body. There are three primary forms, each having a different role in supporting your health. The only type of glucosamine proven to be helpful against osteoarthritis is glucosamine sulfate.

Glucosamine sulfate has been shown to slow down the progression of osteoarthritis by keeping the spaces inside knee joints from crowding closer together. One study compared people who took glucosamine for 1 to 3 years with a similar group that didn't. Those who took glucosamine sulfate were 60% less likely to need

a total knee replacement due to osteoarthritis than those not taking it.

Although glucosamine sulfate can slow down the progression of osteoarthritis, it can't stop it completely. It's best for mild to moderate arthritis pain and stiffness, and less effective in people who are older or are overweight.

Glucosamine sulfate works better on knee joints than your hip joints, wrists, or your back. Unlike other types of pain medicine, glucosamine sulfate takes about 4 to 8 weeks to take full effect and is most effective when taken daily. Tylenol® (acetaminophen) also helps arthritis pain and stiffness and can be safely taken daily along with glucosamine. For flare-ups, Aleve® (naproxen) or Motrin-IB (ibuprofen) are more useful but can cause bleeding or kidney problems.

The most effective dose of glucosamine sulfate seems to be 1500 mg a day, which can either be taken all at once or divided into two or three doses. Taking glucosamine sulfate is as effective as taking six tablets of Extra-Strength Tylenol®

every day. It can also be combined with other pain medicines for even more relief, like Tylenol® and anti-inflammatory medications like Aleve® (naproxen) or Motrin-IB (ibuprofen).

Here Are 5 Tips on Taking Glucosamine Successfully:

1. Take the "right stuff."
2. Avoid glucosamine hydrochloride, and take glucosamine sulfate. For best results, take a total of 500mg-1500mg per day in 2 or 3 divided doses.
2. Be patient. Allow 4 to 8 weeks for the full effect of glucosamine to take effect before giving up on it.
3. Use the powder formulation, not the tablets.

Crystalline glucosamine in a capsule or dissolved in water is more consistently effective than the tablet forms. The brand with the most favorable results is DONA crystalline powder. My patients have also reported dramatic results with VERY reasonably priced glucosamine crystalline powder from the company Bio-Alternatives, available online at www.bio-alternatives.net, or by calling 1-866-882-0213.

4. You can take glucosamine even if you are allergic to shellfish.

If you have a shellfish allergy, you can still take glucosamine safely. Shellfish allergies are to the meat, not to the shell, and glucosamine is processed from the shell.

5. If you take the blood thinner warfarin, tell your doctor.

If you take Coumadin® or warfarin, glucosamine can increase your level of blood thinner. I have used glucosamine sulfate in my patients taking warfarin for decades, with excellent results. I recommend starting glucosamine two weeks before their next blood test is scheduled. Depending on the outcome of the blood test, I adjust their dose of warfarin as needed.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. 2020 Louise Achey

THE WASHINGTON OUTDOORS REPORT

Oh Shad!

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Not to be confused with an oft-uttered curse phrase, "Oh shad!" is something you may hear an angler say repeatedly as they hook into these fish in quick fashion this month in the Columbia River Gorge.

The American shad isn't native to the Pacific Northwest. It is an Atlantic Ocean fish that spawns in several rivers along the east coast and was an important food fish for Americans in the 18th and 19th centuries. In 1871 Seth Green, a fish culturist, transported eight cans of shad fry to Sacramento, California by rail. More than 2/3 of the fish survived the seven-day trip and they were put into the Sacramento River. The stocking took and the Sacramento still hosts a healthy run of American Shad to this day. The shad, which are an ocean-going fish, also began spawning in Oregon's Umpqua River and in the Columbia River, where the strongest run of these fish return every year from mid-May through early-July.

The shad is a member of the herring family. On the Columbia River they commonly weigh between 1 and 4 pounds. They are scrappy fighters and fun for both adults and kids alike to catch from boats or from shore.

In the last few years jumbo runs of these prolific fish have returned to the Columbia River. Last year, over 7.5 million shad returned, a new record. This year's run looks to be healthy, if not record breaking. As of June 9th, over a million shad had passed over

Bonneville Dam. Fishing for shad is a simple affair. The main places to target them are on either side of the Columbia River below Bonneville Dam (very crowded) or the John Day Dam (less so).

Start off with a medium action rod between 6 ½ to 8 ½ feet long. A spinning reel with 12-pound monofilament is a good bet, not because the fish will break you off, but because the shoreline is rocky and your line will become damaged on the sharp edges. The lures to use are very simple. A shad dart is a uniquely shaped jig head that usually sits on a bare hook. Common colors to use are Chartreuse/Green, Green/White, Red/White or Chartreuse/Orange. Shad Killers, which look like crappie jigs and are made in Hermiston, Oregon also work very well. The size of jigs you'll want to use range from 1/8 to 1/16th or even 1/32 of an ounce.

Tie on the jig and a three-foot leader to a swivel. Above the swivel you'll want a sliding swivel with a ½ to ¾ ounce weight. Simply cast slightly upstream, reel slowly, making sure your weight and dart stay above bottom. As the line quarters towards you reel in rapidly to make sure you don't get hung up. If you are fishing from a boat plunking a weight on the bottom and fishing a small Dick Nite spoon can work wonders.

It's not uncommon to catch one to three dozen shad on a good day, especially when the dam counts show over 10,000 fish a day crossing over Bonneville Dam. As for what to do with them? There are three schools of thought here.

A lot of anglers will keep them for sturgeon

or crab bait. These oily fish work very well for both. Some anglers will eat them. Fried shad roe is considered a delicacy by some and baked shad or pressure cooked and canned shad is an option as well. I wouldn't recommend smoking them though. I ruined a Luhr Jensen smoker a few years ago when I tried to cook them this way. The smoker pan and everything inside was coated with shad oil and I was never able to remove the smell or awful taste that resulted from that experiment.

The third option? Just catch and release them. They really are a lot of fun to go after and for kids who have never caught anything bigger than trout or panfish, the sporty fight offered by a three to four-pound shad is one they'll remember for a long time.

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



Brent Cyphers from The Dalles caught several shad in the space of a few minutes fishing below John Day Dam earlier this month.

Don't forget to renew your subscriptions this spring

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