

Influenza B claims Okanogan County child

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – If area residents need a reminder to get their flu vaccinations, a recent announcement from Okanogan County Public Health (OCPH) provides a tragic confirmation of that message.

On Jan. 28 OCPH reported the first pediatric death from complications of Influenza B in Okanogan County and the fifth pediatric death in Washington in the 2019-2020 flu season.

“The flu strain currently circulating in our county and over the last several weeks is predominantly Influenza B, which has particularly hit our young people hard,” said OCPH Community Health Director Lauri Jones. “We

are deeply saddened for the family and their loss.”

A flu vaccination remains the best protection against the virus and citizens are encouraged to receive it.

“The flu virus is spread by droplets that carry the virus when people with the flu cough, sneeze, or talk,” said the OCPH advisory. “These droplets can infect you directly or through contact with contaminated surfaces or objects.”

People are advised to wash their hands frequently with soap and water, use an alcohol-based hand sanitizer, cover their coughs and sneezes, and remain home if sick.

Additional information about the flu is available on the Washington State Department of Health’s flu page at knockoutflu.org.



RCO grant applications due by May 1

By MIKE MALTAIS
STAFF WRITER

OLYMPIA – The Washington State Recreation and Conservation Office (RCO), the largest source of state funding for many Washington outdoor projects, will begin accepting grant applications in mid-February.

Grants for parks, trails, moorage and similar projects and funding to conserve farmland, forest and wildlife habitat is up for grabs. RCO is the only source of state funding for conserving working farms and forests.

RCO grant applications are due by May 1 and will not be available again until 2022.

To assist applicants, RCO is hosting a free online grants workshop from 9:30-11:30 a.m., Feb. 13. To register go to register.gotowebinar.com/register/7861584408363074563.

“These grant programs give cities, counties, tribes, land trusts, state agencies and others the ability to improve their communities,” said RCO Director Kaleen Cottingham. “The grants also contribute to Washington’s outdoor economy.”

Projects eligible for funding include:

- **Boating** - Development and renovation of guest moorage facilities for boats 26 feet and longer, and

acquisition and development of facilities for non-motorized boats such as kayaks and canoes.

- **Parks** - Acquisition and development of parks, ball fields, sports courts, outdoor swimming pools and waterfront access areas for the public.
- **Trails** - Acquisition and development of trails.
- **Farmland Preservation** - Conservation of valuable farmland.
- **Forestland Preservation** - Conservation of forestland to ensure they remain available for timber production in the future.
- **Wildlife Habitat Conservation** - Conservation of significant natural areas and habitat for plants and animals, including areas along streams and other waterways.

Last year the City of Bridgeport with the help of RCO funding completed a project in conjunction with Douglas County PUD to develop an RV park at Conklin Landing. The new park has provided a significant attraction for campers and revenue stream for the city. Bridgeport has no plans to apply for RCO funding this year.

Sources at the cities of Brewster and Pateros advised that neither municipality has an RCO application in the works.

WSPRC staff previews preliminary park recommendations

For Alta Lake, Bridgeport



WSPRC Project Planner Melinda Posner, seated in background, discussed parks preliminary recommendations with audience members at a public meeting in the Pateros Fire Hall. Standing at right is Central Lakes Area Manager Sharon Saelter.

By MIKE MALTAIS
STAFF WRITER

PATEROS – Following an ambitious itinerary of meetings with the public, city and tribal officials, workshops with school students and information booths at community events that commenced in May 2019. Parks personnel led by WSPRC Parks Planner Melinda Posner addressed a sparse gathering at the Pateros

Fire Hall last Wednesday, Jan. 29, to review the preliminary proposals for land classification, long-term boundary and management recommendations based on feedback gleaned from the meetings, events and comments to date.

Classification and Management Planning (CAMP) Stage 3

Stage 1 was designed to identify issues and concerns regarding park use. The

2019 process included:

- May 28 student workshop with Pateros High School freshmen, sophomores and juniors.
- May 29 student workshop with Bridgeport school sixth, seventh and eighth graders.
- May 30 WSPRC information booth at Bridgeport DAZE.
- June 12 Bridgeport public meeting.
- June 13 Meeting with Alta

Lake property owners.

• June 14 WSPRC booth at Cherries Jubilee in Brewster.

Bridgeport State Park located two miles east of Bridgeport on the north shore of Rufus Woods Lake was created in partnership with the U.S. Army Corps of Engineers (USACE) following completion of Chief Joseph Dam in 1955. The state renewed a 25-year lease of the site in 2015. The park features 750 total acres and 7,500 feet of shoreline.

Among the issues raised about Bridgeport State Park included use of the nine-hole golf course. The now-closed facility operated for years as the Lake Woods Golf Club until declining membership forced its closure two years ago. Other issues included marmot and geese management, barriers to local use, more camp and RV sites, improved beach access, and lack of an interpretive program.

Alta Lake State Park with its 174-acre campground and 4,000 feet of shoreline was gifted to WSPRC by the city of Pateros in 1951. Adjacent facilities include the Alta Lake Golf Course, Whistling Pines Resort, and other private property.

SEE PARK ON PAGE 2

Brewster School District constructions chugs along

Indoor track is ready

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The latest update from the Brewster school district about ongoing construction and renovation projects comes with good news.

Superintendent Eric Driessen reports that the public use has begun at the middle school as community members wanting access to the new indoor walking track can sign out a key at the upstairs middle school office. Use of the large performance space can also be scheduled at the middle school office.

Renovations continue at the elementary school building scheduled to be completed later this summer.

“The east half of the elementary is being updated



The new middle school performance space has already hosted several events.

first, then the west half,” said Driessen. “The updates will include safety and security, new library, along with new technology and

energy efficiency just to name a few.”

Request for contract bids for the high school, track and more will go out in

July or August this year, Driessen said. That work is currently scheduled to be

SEE SCHOOL ON PAGE 3



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PARK

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Issues raised about Alta Lake State Park included restoration from the 2014 Carlton Complex wildfire, water quality, lake level management, trails development, outdated facilities, shoreline erosion, lack of shade, boating and public safety concerns, and relations with lake residents.

Stage 2 explored alternative approaches and included outreach events:

- Oct. 16 Bridgeport City Council and Planning Commission.
- Oct. 23 Alternatives open house in Brewster.
- Website-posted video of alternative proposals for electronic comment from the public.

Stage 3 is devoted to preparing preliminary recommendations and the Pateros meeting was part of that process.

Stage 4 will prepare final recommendations for submission to the seven-member Parks and Recreation Commission for approval.

Preliminary recommendations for Alta Lake State Park include:

- Expanded camping
- 1. Areas adjacent to existing camp loops.
- 2. Cabins for overnight accommodations.
- 3. Redevelopment of former hike/bike group camp.
- Trails restoration and expansion
- 1. Renovate existing cliff trail.
- 2. Explore a future Goat Mountain Loop with U.S. forest Service.
- 3. Renovate trail from boat launch to day-use area.
- 4. Possible development of multi-use trail for walkers, bikers, equestrians and ADA access around lake's east side.
- Long-term boundary considerations
- 1. Preserve golden eagle and western gray squirrel habitat on lake's west side.
- 2. Preserve wildlife corridor and habitat values on lake's east side.
- 3. Possible day-use and campground develop-

ment at lake's south end.

- Improved boating safety with signage about:

1. Boating rules.
 2. Operation times for motorized vs. nonmotorized craft.
 3. Direction of motorized boat traffic.
- Improved public safety with signage about:

1. Park boundary and turn-around area.
2. county road crossing cautions.
3. Transfer of maintenance, assets, lake level operations to other parties.

The Alta Lake State Park land classification and long-term boundary table featured in the site map includes three land classifications comprised of nearly 220 acres. Long-term boundary designations apply to six classifications encompassing 202-plus acres.

Preliminary recommendations for Bridgeport State Park include:

- Golf course revision:
- 1. Expanding camping, group camp, trails.
- 2. Programmable space for interpretive events.
- Trails expansion
- 1. Connect to existing Corps of Engineers-managed trails.
- 2. Expand river trails.
- 3. Expand trails to northern park boundary.
- 4. Potential trail segment through undeveloped northwest shrub-steppe landscape.
- Added and improved RV sites.
- Improved day-use and swim area access.
- Continued coordination with Colville Confederated Tribes
- Management consistent with USACE lease agreement.

The Preliminary Recommendations video is available for viewing and comment online at bit.ly/AltaBridgeport. Public comment will be taken through Feb. 13. Comments can also be submitted by email to Posner at Melinda.posner@parks.wa.gov.

The WSPRC will address the final parks recommendations at a March 12 meeting at Campbell's on the Lake in Chelan.

SUBMITTED BY
OKANOGAN COUNTY NOXIOUS
WEED CONTROL BOARD

OMAK - The Okanogan County Noxious Weed Control Board will be holding a Recertification Class on Feb. 20, at the *Omak Theater*, 108 N. Main St, Omak. The concession stand will be open, come and enjoy an information filled day.

It's not necessary to pre-register for this free class since there is plenty of seating. Parking is on the street, please be considerate of

local businesses.

The class will be from 9 a.m. to 4 p.m.

9-9:10 a.m. - **Anna Lyon, Okanogan Noxious Weed Control Board**

Welcome Turn off or put on silent all electronic devices. If you need to use your cell phone please go outside.

9:10-10 a.m. - **Hanna Tomlinson, NRCS Nespelem Invasive Biology Hypotheses**

10-10:50 a.m. - **Mary Fee, WSNWCB**
Legislative update and the 2020 Noxious Weed List
10:50-11:10 a.m. - **Break**

11:10 a.m.-12 p.m. - **Kendall Corn, Lakeland Restoration**

Lake and River Draw-down Use of Herbicides for Aquatic Plant Management
12-1:30 p.m. - **Lunch, on your own**

1:30-2:20 p.m. - **Drew Lyon, WSU Pullman**

Biology and Management of Rush Skeletonweed and Smooth Scouringrush
2:20-3:10 p.m. - **Jerry Ellis, Wilbur Ellis**

Planning for Spring Weed Control
3:10-4 p.m. - **Larry Hud-**

son, OCNWCB Assistant Manager

How Well do YOU know YOUR Weed Control - Integrated Noxious Weed Control Quiz

Covering all aspects of Integrated Noxious Weed Control

There will be no charge for the class; credits will be available.

For more information please call the Okanogan County Noxious Weed Office at 422-7165, or stop by the office, 1234 2nd Ave South, Okanogan.

DOUGLAS COUNTY PUD COMMISSION

SUBMITTED BY
DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Ronald E. Skagen, Molly Simpson and Aaron J. Viebrock executed the following actions during the January 27 Commission meeting held at the District's East Wenatchee office:

Continued collecting public comment on the proposed Electric Rate. General Manager Gary Ivory addressed misconceptions that have been heard during the process of talking to customers, the risks associated with different customer classes and the costs related to borrowing money for the East embankment repair. Twenty people attended the public comment portion of the meeting with eight making a comment. Commis-

sioners thanked the public for attending and approved the rate adjustments to the Customer Service Policies. Rate adjustments linked here. (20-018)

Approved a call for bids under bid document 20-02-D, reconductor and rebuild the Rocky Reach to Chelan Falls No. 1 - 115 KV Line.

Authorized acceptance of work and final payment to KRCI under contract 16-32-W, 2017-2018 heavy equipment services for the Wells Hydroelectric Project. All work is complete and determined to meet bid specifications.

Approved acceptance of work and final payment to KRCI under contract 16-33-W, 2017-2018 Forebay debris removal services for the Wells Hydroelectric Project. All work is complete and determined to meet bid specifications.

Awarded contract 19-35-W, air compressor addition for the Wells Hydroelectric Project to Rodgers Machinery Company, Inc. the lowest responsive bidder.

Authorized a call for bids under bid document 20-03-W, rehabilitate Unit 3 trashracks at the Wells Hydroelectric Project. Work would include cleaning and coating one set of fifteen (15) trashracks for installation in the intakes of Unit 3.

Rejected bids under bid document 19-29-W, 2020 hatchery well and pump maintenance. The bid exceeded the engineer's estimate by more than the amount allowable under state law.

Approved a call for bids under bid document 20-05-W, hatchery well and pump maintenance. The District has a need for certain scheduled and un-

scheduled maintenance and refurbishment work on the wells and pumps located at its hatchery mitigation facilities.

Declared 2002 GMC C8500 truck with tank surplus and authorized the District to sell equipment at public auction. They have reached the end of their useful life and are no longer useful for hatchery purposes. (20-026)

Authorized approval of land use permit 486B-02, Jeanne and Winston Warne. This Land Use Permit is for an existing dock, lawn area and residential landscaping on District property.

Approved IPTV transport rights agreements with KXLY-TV. These agreements are required by most networks to receive and transport the signal over the Douglas County Community Network.

Icicle Fund welcomes applications for Conservation, History and Arts (CHA CHA) Artist-in-Residence programs

Methow River Artist-in-Residence April 24-26

SUBMITTED BY ICICLE FUND
METHOW RIVER/WENATCHEE RIVER - As part of its 20th anniversary celebration, the Icicle Fund

is hosting two Artist-In-Residence events to celebrate the Conservation, History and Arts (CHA) of North Central Washington

at the Methow River (April 24-26) and the Wenatchee River (September 25-27). "As we celebrate 20 years of supporting non-profits in NCW, we want to honor, celebrate and record the unique environmental aspects of each location, inspired by revisiting past work created by poet William Stafford in the Methow (1993) or Watershed Artists in the Wenatchee (2001)," says Executive Director Christine J. Morgan.

A sense of place is central to the Icicle Fund's mission. Over the past 20 years, the Fund has worked collaboratively to nurture artistic expression and imagination, an understanding of our past, and appreciation and love for our natural landscapes. Through this culture of respect, trust, and collaboration, individuals and organizations thrive, and the conservation, history and arts of North Central Washington is not only cared for, but flourishes. To date, the Fund has invested more than \$40 million in over 100 organizations in North Central Washington.

This is how the Artist-In-Residence program will

work: Up to 16 artists across disciplines will be selected for each Cha Cha event. Artists will visit up to ten locations during the week-end. They will document their surroundings through visual arts, writings, music, performing arts and other creative mediums, with the opportunity to draw from changed conditions of the environment as illustrated by poet William Stafford and Watershed Artists. After the residency, a travelling exhibit will be scheduled to showcase the work produced by participating artists. Morgan elaborates, "By displaying the artwork created during the 2020 projects, perhaps in conjunction with artwork produced during the 1993 and 2001 events, we will tell the story of our three priority areas: Conservation, History and Art (CHA) of NCW."

ICICLE FUND CHA-CHA ARTISTS-IN-RESIDENCE EVENTS

Methow River Artists-In-Residence

Up to seven sites will be revisited from the 1993 Methow Valley William Stafford Methow River Poems project **Dates:** April 24-26, 2020 from Friday 10:00am-Sunday at 2:00 p.m.

Application open January 20 - February 15

Selected Artists announced March 10

Wenatchee River Artists-In-Residence

Up to 10 sites will be revisited from the 2001 Wenatchee Valley Watershed Art project

Dates: September 25-27, 2020 from Friday 10:00 a.m. -Sunday at 2:00 p.m.

Application open May 15 - June 30 Selected Artists announced July 24

Participating artists must be practicing artists and reside in Chelan, Douglas, Okanogan or Grant counties. Artists will not receive compensation, but will be supported with lunches, as well as transportation stipends and lodging as available. Participating artists must provide their own art supplies, breakfasts and dinners.

More information and application available at iciclefund.org/cha-cha

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By SEN. BRAD HAWKINS

OLYMPIA - I'm excited to share that my Washington apple license plate legislation, Senate Bill 6032, described in last week's email newsletter received a public hearing in the Senate Transportation Committee last week.

Strong support for apple license plate bill

I'm pleased to report that the hearing went very well. Several people testified in favor of the bill, including officials with the Washington Apple Commission and Washington Apple Education Foundation. Now that the Transportation Committee has held its public hearing on the bill, the next step is for the committee to approve the measure to advance it further through the legislative process. The deadline for the Transportation Committee to pass bills in its committee is February 11. If the bill successfully



Courtesy Brian Zylstra, Senior Information Officer
State Senator Brad Hawkins (third from left) met last week with, from left, Okanogan County Sheriff Tony Hawley, Wenatchee Policy Chief Steve Crown, Douglas County Undersheriff Tyler Callie, Douglas County Sheriff Kevin Morris, and Chelan County Sheriff Brian Burnett during the third week of the Legislative session.

advances out of its committee, the next step would be a potential vote on the Senate floor by all the members.

Watch the SB 6032 bill hearing on TVW

Our state and its citizens are fortunate to have TVW, Television Washington, connected throughout our State Capitol to provide access to committee hearings, legislative debate, and bill signings. You can watch the Senate Transportation Committee's public hearing on SB 6032 by clicking this link to view TVW's coverage. To view interviews with representatives from our apple industry about the Cosmic Crisp and specialty license plate proposal, click this link - Apple Industry Interview Video.

To watch the SB 6032 bill hearing, including my testimony and our local panel, please click on this TVW link. Thank you to our local officials on a job well done!

Signatures required to demonstrate support

As part of the process, the Department of Licensing requires a collection of signatures showing at least 3,500 people have interest in the plate. The Washington Apple Commission is collecting signatures.



Courtesy Brian Zylstra, Senior Information Officer
From left: Todd Fryhover, President of the Washington Apple Commission; Toni Lynn Adams, Communication Outreach Coordinator of the Washington Apple Commission; and Jennifer Witherbee, Executive Director of the Washington Apple Education Foundation.



Rep. Keith Goehner's legislative update

Constitutional rights, clean energy, water rights and low carbon fuel standards

Dear Friends and Neighbors,

Monday, (Jan. 27) put us at a quarter of the way through the legislative session. In 15 days we have seen almost 1600 bills introduced - 863 in the House. Keep in mind, those are just bills introduced this year. Bills introduced last year are also considered alive or eligible to be brought up for public hearings, debate, floor action, etc. While most the bills will not see the light of day, it gives you an idea of the volume of legislation being introduced.

Constitutional rights

Week two of the legislative session featured a number of gun bills up for a public hearing in the House Civil Rights and Judiciary Committee.

Many of you are strong supporters of the Second Amendment and interested in the gun legislation that has been introduced this session. I also have concerns that many of these bills may violate our constitutional rights.

I have included the agendas for last week's meetings below so you know what was introduced. While the public hearings were last week, it is not too late to share any concerns, comments or questions about the bills. You can call or email the chair and members of the committee. You can find committee information including members and contact information here.

It should be noted that

these are just the House bills. The Senate has the same (companion) or similar bills as well.

Clean energy

I recently introduced legislation that builds on the clean energy theme of Central Washington. House Bill 2825 would provide a tax incentive for those who use oil-free hydroelectric turbines. Oil-free turbines are used in Europe. With the proper incentive, this emerging technology has the potential to enhance our clean energy hydropower system. The bill has strong bipartisan support. I am hopeful for a public hearing in the House Finance Committee in the near future.

Water rights

I have also introduced legislation, House Bill 2866, that would prohibit transfers of water rights out of their original water resource inventory area (WRIA). We want to ensure we are leaving enough water in our (WRIs) so we are not adversely impacting irrigation and agriculture along with rural economies by transferring or selling water rights.

The legislation would also provide more local control of water banking. The loss or purchase of water rights in Washington state has gained national attention. Last fall, The Seattle Times published the article: Wall Street spends millions to buy up Washington state water.

SEE GOEHRER ON PAGE 4

Millions of dollars in Earned Income Tax Credits go unclaimed each year

SUBMITTED BY WASHINGTON STATE DEPARTMENT OF COMMERCE

OLYMPIA - The Washington State Department of Commerce reminds anyone earning up to \$55,952 that they may be eligible to receive the federal Earned Income Tax Credit (EITC). To take advantage of this benefit, you must file a federal income tax return with the Internal Revenue Service (IRS) even if you owe no income tax or are not otherwise required to file a tax return. Last year the average EITC was \$2,205.

Many people are eligible for this tax benefit, but it often goes unclaimed. The IRS estimates 20% of those eligible either do not claim the benefit on their taxes or do not file a tax return at all. Seniors, individuals with low incomes, and non-English speaking taxpayers account for much of the unclaimed

credits because they don't realize they are eligible. The credit reduces the amount of taxes owed and results in a lump sum refund payment for most people who are eligible to claim it.

Gov. Jay Inslee proclaimed Jan. 31, 2020 as "Earned Income Tax Credit Awareness Day" in the state of Washington as part of a nationwide effort to spread the word about this under-used tax credit and provide information and resources to claim it. Read the Governor's proclamation.

"Together, the Earned Income Tax Credit and low-income Child Tax Credit (CTC) are among the strongest tools available to help move families out of poverty and promote work," Gov. Jay Inslee said. "We want to make sure that all Washingtonians are aware of this opportunity, as one in five

SEE TAX ON PAGE 4

Newhouse nominates Central Washington Students to U.S. Military Academies

SUBMITTED BY ELIZABETH DANIELS, REP. NEWHOUSE OFFICE

WASHINGTON, D.C. - Rep. Dan Newhouse (R-WA) announced that he has nominated 17 students across Central Washington for consideration to attend U.S. military academies including the U.S. Military Academy, U.S. Naval Academy, and U.S. Air Force Academy. The nominations follow an interview process

that included Rep. Newhouse's military service academy advisory board, and the final determination for admittance will be made by the respective academies. The honor of attending a service academy comes with the obligation and commitment to serve in the military for a minimum of five years upon graduation.

"Attending one of our nation's military academies is a prestigious and

once-in-a-lifetime opportunity for young people across the United States, and it is my honor to nominate these students from Central Washington," said Rep. Newhouse. "These young men and women have demonstrated their commitment, and I am inspired by their determination to serve and protect our country. A special thank you to my service academy advisory board who helped review

these extraordinary applicants. I wish them the best of luck as they continue through the service academy application process, and I cannot wait to see their bright futures unfold."

U.S. Naval Academy Nominees William Jennings of Winthrop

William Jennings is a senior at the Marine Military Academy. He is the son of Paul and Kate Jennings.

duce a live play, was scheduled to perform on Jan. 31, and Feb. 1.

SCHOOL

CONTINUED FROM PAGE 1

completed by the summer of 2022.

"Phasing for this project is a bit more complex," said Driessen. "Trying to

provide space to teach and use of the gym and food service for 950 students while updating the building will take a little longer to complete."

The middle school performance space has already hosted several events,

among them the Veterans Day assembly, the first move night last November, and a pair of music concerts last December.

The Missoula Children's theater, a traveling theatrical company who used Brewster students to pro-

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COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday

Brewster Senior Center Rummage Room

BREWSTER - Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 12:45 a.m. Tuesday through Thursday. Donations will be accepted during store hours at the back door for the Rummage Room. No children's clothing. They will take "small pieces of furniture and sometimes larger items."

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. All diners are welcome.

Tuesdays and Thursdays

S.A.I.L. classes

BREWSTER - S.A.I.L. (Stay Active and Independent for Life) classes are Tuesday and Thursday, 10-11 a.m. at the Brewster-Pateros-Bridgeport Senior Center.

Wednesdays

Brewster Senior Center Bingo

BREWSTER - Bingo is back at 10:15 a.m. every Wednesday morning at the Brewster-Pateros-Bridgeport Senior Center at 109 S. Bridge St. Cost is 25 cents per card.

Feb. 8

Okanogan County Democrats - monthly meeting

OMAK - The Okanogan Democrats will be holding their general monthly meeting at 12 Tribes Casino in Omak on Saturday, February 8, from 12:00-2:30 p.m. This meeting is open to all who are interested in the Democrat's work in our county.

Feb. 10

TOPS meeting

BREWSTER - TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m., 600 W. Indian Avenue. Preteens, teens, adults - male, female welcome. First meeting is free. TOPS Club, Inc. is an affordable, nonprofit, weight-loss support and wellness education organization. Learn about nutrition, portion control,

food planning, exercise, and motivation. For info: Joyce Anderson, Coordinator, (509) 922-8820, visit www.tops.org, call TOPS Headquarters, (800) 932-8677.

Feb. 11

Cancer Support Group

CHELAN - The Women's Wellness Group, cancer support group, meets the second Tuesday of each month with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m. For more information, contact Anne at 682-8718.

Feb. 12

Lilac Services for the Blind meetings

WENATCHEE - The Wenatchee Valley Chapter of the Lilac Services For the Blind meets every second Wednesday of the month at 4 Kittitas St. across the street from the bus station in Wenatchee, second floor, at noon. All with sight impairment are welcome. For information: Rae Hail, (509) 888-7597. On Mondays and Tuesdays call (509) 423-5178.

Feb. 14

VFW Auxiliary to meet

CHELAN - VFW Post #6853 Auxiliary meets the second Friday of the month at the Heritage Heights Assisted Living meeting room, 505 E. Highland Avenue, at 1 p.m. Anyone interested in joining can call Carol Palm-bush at (509) 682-5624.

Feb. 17

Compassionate Friends to meet

WENATCHEE - The Compassionate Friends is an organization offering friendship, understanding and hope to bereaved parents and their families. They are bereaved parents reaching out to bereaved parents. Anyone who has had a child or loved one die in their family is invited to their monthly meeting on Monday, Feb. 17, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street. For information: Carol, 509-860-3620.

Feb. 18

Help available for Douglas County veterans

BRIDGEPORT - Sarah Simonson the Veterans Service Officer for Douglas County, sets up an outreach/satel-

lite office in Bridgeport once a month on the third Tuesday of the month, in the town office's conference room 10 a.m. to 2 p.m. You can find her on Facebook at: <https://www.facebook.com/douglascountytvso>

Feb. 21, 24

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 Feb. 14. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc.

On the third Friday of each month, Feb. 21, 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.

FFA collecting aluminum
PATEROS - The Pateros FFA

has its aluminum collection receptacle prominently positioned in the parking lots across from Pateros Memorial Park for deposits of aluminum cans and like metal. It's part of the group's fundraising efforts along with barbecues at many city and school events.

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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: Monday at 5 p.m. Be sure and include Date, time, place and cost if any.

LIBRARY EVENTS AT PATEROS & BREWSTER

Feb. 7

Toddler story time

PATEROS - The Pateros Public Library Toddler Story Time is held every Friday at 11 a.m. Join other toddlers for story and craft time.

Feb. 8

Half Stitch - calling all crafters

PATEROS - Every Saturday at the Pateros Public Library at 11 a.m. bring your knitting, cross stitch, and meet other like minded individuals and show off your skills. This is a free event and beginners are welcome.

Feb. 11

ALTAS program

BREWSTER - Join us at the Brewster Library for our At The Library After School Program, every Tuesday, 3:45-5 p.m. It is geared towards children K-6th grades. Activities include crafts, STEM, games, snacks, and stories. For more, contact Rebecca Zion at (509) 689-4046 OR email brewster@ncrl.org.

Feb. 12

Toddlers & Waddlers Storytime

BREWSTER - Looking for an exciting way to start off the day for your little ones? Join us at the Brewster Public Library for rhymes, stories and playtime every Wednesday at 11 a.m. For more information, Rebecca Zion at (509) 689-4046, email brewster@ncrl.org

Feb. 12

ALTAS program

PATEROS - Every Wednesday, the Pateros Public Library will hold their Atlas (At the Library after School), at 3:30 p.m. for children Kindergarten through 6th grade. There will be Fun activities, Games, Arts & Crafts, Lego's, Stem and more.

Feb. 12, 26

Teens At The Library

BREWSTER - Join us for our Teens At The Library Program (TATL), geared towards teens ages 12 and up, every second and fourth Wednesday of the month at the Brewster Library, 5-6 p.m. Each meet-

ing we will host programs requested by teens. Activities include games, crafts, STEM, and special programs just for teens. For more, contact Rebecca Zion at 509-689-4046 or email brewster@ncrl.org.

About North Central Regional Library (NCRL): NCRL is a rural library district with 30 branch libraries, a couple of bookmobiles, and a mail order library serving five counties. Established in 1960, NCRL currently has a collection of more than 700,000 books and other materials. The library district maintains this wonderful collection and provides the staff for each branch. The mission of the North Central Regional Library is to promote reading and lifelong learning.



GOEHNER

CONTINUED FROM PAGE 3

Low carbon fuel standard passes House

Today, (Wednesday) the state House of Representatives passed the Low Carbon Fuel Standard (LCFS), House Bill 1110, aimed at reducing the carbon intensity of transportation fuels by authorizing the state Department of Ecology (DOE) to create a clean fuels program "by rule." The bill passed by a vote of 52-44, with all Republicans and five Democrats voting "no."

This bill would drive up the cost of gas and goods while doing very little to reduce greenhouse gas emissions. I opposed this bill for a number of reasons:

It could increase the cost of gas by 57 cents per gallon and diesel 63 cents per gallon, and not generate any new revenue for transportation infrastructure.

It puts a financial burden on those who can least afford it and impact rural families who have to drive long distances to work, school and medical appointments.

It would hurt our economy. The unintended consequences for businesses such as increased shipping costs would put us at a competitive disadvantage. The Puget Sound Regional Transportation Fuels Analysis Final Report states this would result in job loss in Washington.

Finally, voters in Washington state have defeated similar proposals at the ballot box.

Instead of Olympia ignoring the will of the voters again and passing a law that will negatively impact our rural families, greatly impact transportation costs and not improve our transportation system, let's find a solution that will work for all sides.

House Page

Last week I had the honor of sponsoring Giovanni Ro-

sario, a student at Cascade High School, as a page in the state House of Representatives. It was great to have him working on the Capitol campus.

Giovanny is the son of Alfredo Rosario and Ivonne Trujillo Martinez. He likes to ride bikes and talk politics with his teachers. Pages work on a culminating project and write a piece of legislation, then present the bill in a mock committee hearing to fellow pages.

Rep. Goehner with House Page Giovanni Rosario, Jan. 22, 2020.

If your son or daughter is interested in paging, please do not hesitate to contact my office or check out the website for more information: House page program.

To contact State Representative Keith Goehner, 12th Legislative District, Representative Keith Goehner.com, 122C Legislative Building, P.O. Box 40600, Olympia, WA 98504-0600, keith.goehner@leg.wa.gov, 360-786-7954, Toll-free: (800)

TAX

CONTINUED FROM PAGE 3

eligible taxpayers do not

claim or receive the credit they are due."

In 2019, 388,000 Washington residents applied for the credit, claiming \$856 million in refunds. This year, individuals can receive a tax refund of up to \$6,557 if they meet eligibility requirements.

"The earned income tax credit is a triple win for families, businesses, and communities," said Lisa Brown, director of the Department of Commerce. "EITC dollars strengthen family finances and also strengthen communities when those dollars flow into the local economy." Free tax preparation, oth-

er resources available

The Department of Commerce and Department of Social and Health Services partner with many local agencies and nonprofit organizations across the state to raise awareness about the Earned Income Tax Credit and free tax preparation services.

To learn more, visit <https://wa211.org/> or call the Washington Information Line by dialing 2-1-1 and ask for free tax preparation services. The IRS has a one-stop "EITC Central" website with information in multiple languages and alternative formats at www.eitc.irs.gov.

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Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

DEATH NOTICES/SERVICES

Rose Marie Sirek

Rose Marie Sirek, 71, of Methow, Wash., passed away on Jan. 21, 2020.

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

QUAD CITY CHURCH GUIDE

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

Brewster-Pateros wrestlers compete at Okanogan Invite

Kaitlin Garcia places first

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – Brewster High School Junior wrestler Kaitlin Garcia placed first in her 110-pound weight bracket to lead the Brewster/Pateros varsity wrestling team at the 16th annual Okanogan Invite at Okanogan High School last Saturday, Feb. 1.

Garcia, a four-year varsity veteran defeated two opponents to earn her medal and nine points for the combined team that placed ninth in the tournament with 82 points. Garcia scored a 2-0 fall over her Eastmont opponent in 46

seconds of the first round. The Lady Bear followed that with a 2-0 fall over Tonasket in 39 seconds of round two.

Brewster senior veteran Gabe Garcia finished in the crowded 160-pound bracket. Following two byes, Garcia defeated a Cascade opponent by an 18-8 major decision in the semifinal round to meet Seth Baugher of Oroville for the championship. Baugher won by a technical fall giving Garcia second place and 23 team points.

Brewster's Nate Hart scored a 15-6 major decision over a Tonasket opponent in the quarterfinal round to advance into the

semis. A loss by fall to another Tonasket wrestler dropped Hart in competition for third and fourth place against a third Tonasket Tiger. Hart lost by a fall but collected 14 team points along the way.

Pateros veteran Ramiero Ambriz battled through three opponents to take fourth in the 113-pound bracket. Following first-round bye, Ambriz defeated his Oroville opponent by an 11-8 decision, lost 12-2 to a Cascade wrestler and lost by a fall to Tonasket for fourth place and 13 team points.

Brewster freshman newcomer Marisa Medina lost



Mike Maltais/QCH

Pateros senior veteran Ramiero Ambriz, top, works toward an 11-8 decision over his Oroville opponent in the second round of 113-pound competition at the Okanogan Invite.



Brewster freshman AJ Garcia, top, scored a fall in 1.44 of the first round against this Tonasket Tiger but lost to Eastmont in his next match to finish out of the medal round.



Brewster freshman Marisa Medina, in red, tries to control her Tonasket opponent in the first round of 105-pound competition.

by falls to Tonasket, Cashmere and Liberty Bell but still placed fourth and added four team points.

Brewster senior veteran Rudolfo Madrid leveraged a first-round bye and second-round fall over a Cashmere opponent into the 220-pound quarterfinal bracket. Losses to two Lake Roosevelt grapplers gave Madrid fourth place and 15 team points.

Other Brewster-Pateros wrestlers who competed but failed to place included:

- Justice Serrano, 113 pounds, Brewster
- Everardo Martinez, 126 pounds, Brewster
- Danny Dowers, 132 pounds, Pateros
- AJ Garcia, 195 pounds, Brewster.

A dozen teams from 1B through 4A schools turned out for the Okanogan Invite. Team point scores included:

1. Tonasket247
2. Cascade160.5
3. Eastmont158
4. Oroville149.5
5. Omak115.5
6. Cashmere110
7. Okanogan96
8. Chelan89.5
9. Brewster/Pateros82
10. Liberty Bell70
11. Lake Roosevelt22
12. Republic4

Pateros was scheduled to host its home mixer on Monday, Feb. 3. As the final tournament of the regular season. The post-season schedule is not yet available.

Mustangs win, Fillies lose at Liberty Bell



Submitted photos
Bridgport's Edwin Bucio, 43, and Issac Ochoa, 25, fight for a rebound during a game at Liberty Bell on Jan. 31. The Mustangs won, 57-45.



Fillies Esmeralda Garcia, 15, Monica Trejo, 1, and Jenny Farias, 24, go after a rebound during Bridgeport's 80-29 loss to the Liberty Bell Lady Mountain Lions last Friday.



MiguelAngel Orozco, 53, pulls down a rebound against Liberty Bell.



Ricardo Vazquez, 33, left, plays keep-away from a Mountain Lion defender.



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Pateros basketball splits win-loss with Wilbur-Creston



Mike Maltais/ QCH

Nailli Hernandez drives for a bucket guarded by a Lady Wildcat.

By MIKE MALTAIS
STAFF WRITER

PATEROS – Behind the game-high 19 points of junior guard Aleeka Miller-Smith the Nannies varsity basketball team caged the visiting Wilbur-Creston Lady Wildcats, 56-38, in a non-league game Jan. 28.

The Nannies opened the first quarter with a nine-point, 17-8 lead largely on

the three-point shooting of Miller-Smith who sunk four of her five treys in the opening eight minutes. Pateros continued to score in double digits through all four quarters while holding their opponent to single digits in all but the final quarter. The Nannies led 27-16 at halftime and 38-22 by the end of the third.

Wilbur-Creston tried to force turnovers with a full-

court press defense but had little effect on the Nannie guards who often found an open player for a scoring opportunity. Freshman Laini Gallegos and junior Jillian Piechalski also scored in double figures for the Nannies with 15 and 11 points respectively.

The Lady Wildcats rallied in the final quarter with 16 points, but the Nannies dumped in 18 to in-



Jennifer Flores, 40, shoots for two with teammate Nailli Hernandez nearby.



Jillian Piechalski, 32, puts up two points close to the basket.

crease their lead down to the buzzer.

The Nannies split two road games between an easy 52-24 win at Cascade Christian Academy on Jan. 29, and a tough 34-28 loss to Central Washington 1B league-leading Riverside Christian on Jan. 31. Pateros, 5-2 in the CW1B currently sits in third place, two games behind Riverside and Moses Lake Christian, both 7-1.

Pateros: 17-10-11-18 56

Wilbur-Creston: 8-8-6-16 38

Nannies scoring
Aleeka Miller-Smith: 19
Laini Gallegos: 15
Jillian Piechalski: 11
Tea Asmussen: 6
Jennifer Flores: 3
Alley Piechalski: 2
Billygoats stumble

In a close game that saw the score tied several times, the Billygoats varsity basketball team faded in the second half to drop a 65-52 decision to the non-league Wildcats. Wilbur-Creston took a narrow 19-17 lead into the second quarter and still led by two points, 31-29 at halftime.

The Billygoats extracted some revenge on the road with a 47-31 win at Cascade Christian, Jan. 29, but had the brakes applied with their first league loss, 65-57, in their first meeting with undefeated Riverside Christian on Jan. 31. The Billygoats are 5-1 and second in the CW1B behind undefeated Riverside.

Both the Billygoats and



Aiden Hall has a clear path to the basket.

Nannies were scheduled to play Entiat on the road last Tuesday, Feb. 4, and will host Cascade Christian on Thursday, Feb. 6. Pateros will get another shot at RC

when the Crusaders come to town for a home game on Friday, Feb. 7. Game times are 6:30 p.m. for girls and 8 p.m. for boys.

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Calvin Blackburn makes a bucket



Ivan Cenicerros moves the ball against the wildcat defense.

Samperio, Plimpton make SFCC honor roll

By MIKE MALTAIS
STAFF WRITER

SPOKANE – Jose Samperio of Brewster and John Plimpton of Bridgeport are among 1,934 students at Spokane Falls Community College to make the honor roll for SFCC's 2019 fall quarter. The fall quarter which ended in December required a grade point average of 3.0 or better to qualify for honor roll status.

"SFCC is one of two community colleges within the Community Colleges of

Spokane district and serves about 8,400 students," said an SFCC media release. "It is renowned for its theater, music and fine arts as well as exceptional STEM programs."

More than half of SFCC graduates transfer to four-year colleges and universities, the release noted.

SFCC has campuses in west Spokane, Fairchild Air Force Base and Pullman.

Community Colleges of Spokane is a dynamic, 12,300-square-mile state community college district

that includes Spokane Community College, Spokane Falls Community College and six rural education sites, serving residents in Pend Oreille, Stevens, Whitman, Ferry and parts of Lincoln counties. They offer high-quality academic transfer, career-technical and eLearning degree and certificate programs; business and community training; and adult literacy programs throughout northeastern Washington, enrolling approximately 34,000 students a year.

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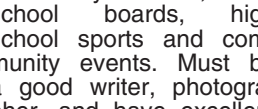
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PART-TIME FINANCE RECEPTIONIST/ CLERICAL ASSISTANT CITY OF CHELAN, WASHINGTON

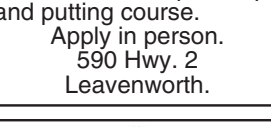
City of Chelan is accepting applications with resumes for a part-time (24 hours a week) Finance Receptionist/ Clerical Assistant. Hourly pay range: \$20.54- \$24.63. Application and resume deadline: Friday, February 14, 2020 or until filled.

Go to www.cityofchelan.us for additional information and employment application.

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The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.

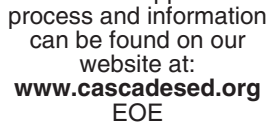
Apply in person. 590 Hwy. 2 Leavenworth.



The Cascade School District is seeking qualified applicants for the following position:

Icicle River Middle School Head Track Coach

Fast Track application process and information can be found on our website at: www.cascadesed.org EOE



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HELP WANTED



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PUZZLE SOLUTION

AMOK		GAP			FACT
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AKIN	NESS				ELIOT
ROOSEVELT					ELAN
	ANODE			BUM	
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RID	KEYPAD				REAL
ANOMY	OAF				METRO
NARC	HUSTLE				AMP
TREKKED					ORELSE
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ULNA					JEFFERSON
SPLIT	ANNA				TIRA
ATSEA	DUOS				ALAR
POISY					POLK

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Deadline Tuesday at noon for the paper **Quad City Herald**

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Deadline Monday at noon for the paper **Lake Chelan Mirror**

Leavenworth/ Cashmere

Deadline Tuesday at noon

Quad City Herald

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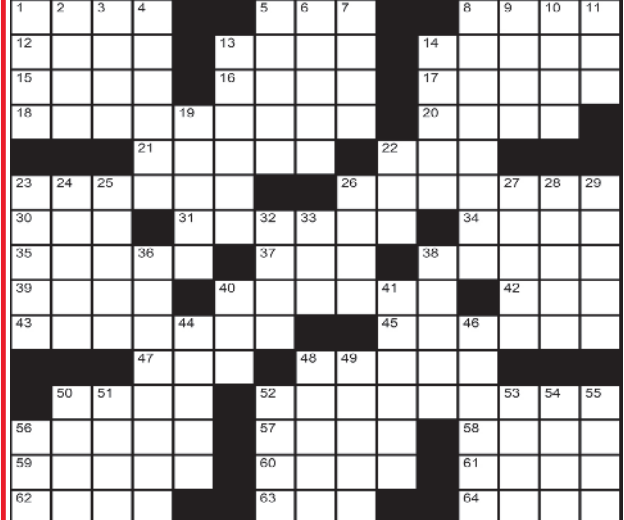
See PUBLIC NOTICES on Page 8



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



CROSSWORD PUZZLE



THEME: U.S. PRESIDENTS ACROSS

- Frenzled
- Between fathers and sons?
- Not fake news
- Black-tie occasion
- Pupil's place
- Whatchamacallit
- Similar
- Nessie's lake
- Poet T.S.
- "He called his residence the White House"
- Dashing style
- Opposite of cathode
- No-goodnik
- Same as Danzig
- Inside information, pl.
- Antonym of keep
- Data input device
- Madrid Club de F'tbol
- Anomie, alt. sp.
- Stupid person
- First M in MGM
- Narcotics agent, for short
- Jennifer Lopez' 2019 movie swindle
- Band aid
- Hiked the Inca Trail, e.g.
- Threat, two words
- Ht, e.g.
- "Fences" actress Davis
- Long forearm bone
- "His epitaph doesn't mention his presidency"
- Abzacabadra, e.g.
- "First Lady of the US for only one month"
- Milano moolah
- "Where JFK's "Honey Fitz" spent time"
- Two of a kind, pl.
- Winglike
- Ring-around-the-rosy flower
- "C"___ la vie!"
- Petri dish filler
- Kind of shark
- Assortment
- Dorothy Gale, e.g.
- Gordon Gekko: "___ is good"
- Bridal path
- "Hey, over here!"
- "He installed library at the White House"
- Marco Polo's destination
- "Oh ___!"
- Little squirt
- Conjure up
- "Faster!" to a horse
- Glorify
- "Announce presidential ___"
- "He established Yellowstone as 1st national park"
- 1/100 of a rial
- "I love you" or "J ___"
- "Only one to hold position in Executive and Judicial branches"
- Prenatal
- Orwell's animals' turf, pl.
- North face, e.g.
- "You had" or "you would"
- Baryshnikov's step
- "First president to campaign by telephone"
- Dixon of "The Walking Dead"
- Farm layer
- Body scrubbers
- Bear Down Under
- Hearing organ cover
- Second planet from the Sun
- ___ me, then who?"
- Machinating
- Not more
- Green gem
- Storage cylinder
- Face-to-face exam
- Police informer
- Tree juice

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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.

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PUBLIC NOTICES

CITY OF PATEROS
Notice of Application

NOTICE IS HEREBY GIVEN that the owners of the Pateros Trailer Court, Pateros, Washington has submitted an application for the preliminary approval of a Planned Development of 3 acres to the City of Pateros. The proposal entails development of Parcel No. 6550050007 into 19 individual lots ranging size from 3,228 to 12,953 square feet with approximately 30% of the site remaining as open space. The proposed PD is located at 3 Pederson Road in the northern end of Pateros just off US 97. The legal description of the property is A portion of the NW 1/4 of the NE 1/4, Section 36, Township 30 N., Range 23 E. City of Pateros, Washington.

Persons wishing to view project information may contact Pateros City Hall, 113 Lakeshore Way, between the hours of 9:00 AM and 5:00 PM Monday through Friday. Written comments must be submitted to the City of Pateros, P.O. Box 8, Pateros, WA 98846, no later than 4:30 PM, February 28, 2020 with verbal comments accepted at the City Council Public Hearing set for March 16, 2020 at Pateros City Hall. For further information contact Jord Wilson at (509) 923-2571.

Published in the Quad City Herald January 30 and February 5, 2020. #87141

IN THE SUPERIOR COURT OF WASHINGTON FOR OKANOGAN COUNTY
In Re of the Estate of:
Ronald C. Stalter, Deceased
Case No. 18-4-0010324
PROBATE NOTICE TO CREDITORS
(RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)©; or (2) four months after the date of the 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 the decedent's probate and nonprobate assets.
Date of first publication: January 23, 2020
Publication: The Quad City Herald, Brewster, WA
Personal Representative: Carol Sivak, PO Box 238, Maltott, WA 98829

Published in the Quad City Herald January 23, 30 and February 6, 2020. #67041

WDFW approves permit to farm sterile rainbow trout/steelhead in state waters

SUBMITTED BY WDFW

OLYMPIA – The Washington Department of Fish and Wildlife (WDFW) on Tuesday approved an application from Cooke Aquaculture to farm all-female, sterile (triploid) rainbow trout/steelhead in Puget Sound.

The five-year permit applies to existing net pens in Puget Sound where Cooke holds valid aquatic land leases with the Washington Department of Natural Resources. This includes four pens currently operating near Rich Passage and Skagit Bay, but may later extend to three other net pens owned by Cooke.

WDFW approved the permit following an extensive State Environmental Policy Act (SEPA) public comment period, which saw more than 3,500 comments submitted. WDFW created a detailed document addressing Cooke's proposal that also serves, in part, as a response to those comments. That document, and other related information, can be found at <https://wdfw.wa.gov/licenses/environmental/sepa/closed-final>.

"We heard from a huge number of stakeholders on this issue, and we appreciate everyone who took time to make their voice heard as part of this process," said WDFW Deputy Director Amy Windrope. "This permit was approved based on scientific review and is contingent on Cooke complying with strict provisions designed to minimize any risk to native fish species."

- Among those provisions:
- A comprehensive escape prevention, response, and report plan;
 - Biennial inspections of net-pen facilities by a WDFW-approved marine engineering firm, to check for structural integrity and permit compliance;
 - Immediate reports to WDFW of any escaped fish, as well as a unique marking identifying all commercial aquaculture fish;
 - Sampling and testing of smolts before being transferred to marine net pens, to ensure that they are free of disease;
 - Annual fish health evaluation reports; and
 - Tissue sampling for genetic analysis of broodstock by WDFW.

These are just some of the conditions required under the permit. In addition, Cooke will have to obtain a modification to their National Pollution Discharge Elimination System (NPDES) permits from the Washington Department of Ecology, and a transport permit from WDFW prior to any steelhead trout being moved into net pens.

For the full list, see the "mitigating provisions" section in the justification document at https://wdfw.wa.gov/sites/default/files/2020-01/marine_aquaculture_permit_justification.pdf

Cooke first submitted an application to raise steelhead trout in January 2019 in an effort to transition from farming Atlantic salmon in the company's existing Puget Sound net pens. The company submitted a completed SEPA checklist and supporting documentation to WDFW in July.

The Washington Department of Fish and Wildlife is the state agency tasked with preserving, protecting, and perpetuating fish, wildlife, and ecosystems, while providing sustainable fishing, hunting, and other recreation opportunities.

Anxious about the economy? New survey reveals your next steps

STATEPOINT - Economic analysts increasingly predict that the U.S. will soon experience a recession, and a recent survey by CFP Board/Morning Consult shows many Americans agree: 55 percent of respondents believe a recession will occur in the next year. Roughly three quarters of respondents said an economic downturn would affect their household, with more than a third projecting it would have a major impact.

Experts agree that developing and sticking with a prudent, long-term financial plan is key to protecting yourself against

market swings, and the survey findings underscored the value of partnering with a financial advisor before and during a recession. Sixty-seven percent of respondents who are working with a financial advisor said they would feel prepared if a recession began in the next 12 months, compared to 38 percent of those not working with an advisor. In addition, 77 percent of people working with an advisor said they are confident their advisor would successfully manage their finances through a down market.

A Certified Financial Planner (CFP) profes-

sional can help you bring all of the pieces of your financial life together and provide confidence that your finances can withstand the pressures of an economic downturn. Of the survey respondents who work with a CFP professional, 73 percent reported feeling more prepared for a potential recession now than they did in 2008, during the Great Recession.

Trained to give you a "big picture" view of financial solutions and develop a plan that is tailored to your specific goals and interests, a CFP professional will help you set long- and short-term

goals and will periodically review and adjust your financial plan as needed to ensure you stay on track to reach those goals. A CFP professional will also help you understand the implications of your financial choices, providing competent and ethical advice that supports sound financial decision-making and avoids impulsive actions. To find a CFP professional near you, visit www.letsmakeaplan.org.

Partnering with a financial advisor may be one of the most important steps you can take to protect yourself and your family from feeling the effects of a dramatic market decline.

Generic medicines are considered equivalent to their brand name counterparts, but they are not identical

Q: My insurance forced me to switch to a generic version of my medicine, but my symptoms started coming back. My doctor insists it's the exact same medicine, so why doesn't it work as well?

Generic medicines are considered equivalent to their brand name counterparts, but they are not identical. Although the Food And Drug Administration (FDA) requires all generic drugs meet the same standards as brand name products, they don't have to match them in every way.

Before they can sell a generic version of any medicine, its manufacturer must show the FDA that at each strength that the brand name comes in, their product contains the same amount of active ingredients. Generic medicines must also match the form and route of administration of the original or "innovator" medicine, whether it's a tablet, capsule, liquid or injection.

In addition, the manufacturing processes, quality control and testing for generics must meet the same standards as branded medicines. Surprisingly, many generics are made in the exact same facility as their branded versions.

Generic drug manufacturers must prove to the FDA that their generic is equivalent to the branded medicine by testing the blood of human volunteers who take each one at a time. If the levels in the blood from the generic and brand are similar, the FDA assumes the generic will work the same in your body.

The active ingredients of generics must be equivalent but the inactive ingredients don't have to be. Sometimes those differences change the way you absorb your medicine. Just like meatballs contain more than just meat, tablets and capsules can contain more than just their active ingredient. Diluents or fillers are added to provide bulk, as the active ingredient may only be a small amount of powder, with lactose, sucrose, kaolin, powdered starches and cellulose commonly used as fillers for tablets and capsules.

Food coloring may also be mixed into the powder, causing reactions in people who are sensitive to dyes. An adhesive compound called a "binder" is also added to help the powder press together into a tablet, like



adding an egg to a meatball recipe helps the meat and rice "stick" together when formed into a ball.

Generic manufacturers use less expensive versions of fillers, dyes and binders, allowable by the FDA as long as the active ingredient is the same concentration as the original medicine. Making generic versions of extended-release or long-acting forms is more complex than duplicating a simple tablet, making it trickier to get the generic versions to act the same as the original.

The FDA received complaints about one generic version of Wellbutrin® XL that caused headaches, nausea and a return of depressive symptoms in some people. After investigation, important differences showed up in how the generic was absorbed into the body and in October 2012 the FDA reversed its approval of generic Wellbutrin® XL, instructing

its manufacturer, Teva, to take it off the market.

Here are 4 Tips on How To Take Generic Medicines:

1. Check your pills BEFORE you leave the pharmacy.

Don't assume a different shape or color is "just another generic". Because generic medicines don't have to match the appearance of the branded version, the color or shape can change whenever your pharmacy uses a different manufacturer. Check for and challenge any changes in the shape or color of your medicine, to make sure you have the correct medicine in your pill bottle.

2. Ask Google. If you get your pills by mail, you can check what's in your pill bottle yourself.

In Google, type in the shape (round or oblong), color, and any markings you see on the pill. If there is a line across the tablet, type in the word "scored". Most of the time there's only one result plus a photo, but if you see more than one, check with your pharmacy FIRST before taking it.

3. Ask your doctor for

brand name only.

If you have a bad experience with a generic product, ask your doctor to document the problem and prescribe the brand you did well on, adding DO NOT SUBSTITUTE to the prescription. With documentation, an insurance company will usually cover the brand name product for you instead of the generic, though sometimes you will have a higher copayment.

4. Report it to the FDA.

If you notice a significant difference when switching to a generic medicine, ask your doctor to report it to the Med-Watch program that is run by the FDA, which tracks adverse events caused by medicines.

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

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