

HIGH SCHOOL SPORTS

Gold dollar legacy lives on for Brewster sports



COURTESY OF JENNIFER TOLLEFSON PHOTOGRAPHY

The 2013 state champion Brewster girls' varsity basketball players, wearing their gold dollar shoes, hold the gold ball trophy.

By MIKE MALTAIS
Ward Media Staff Reporter

BREWSTER - About 10 years ago, Karl Word had an idea.

The Brewster sports booster and former Bears play-by-play broadcaster was looking for a way to help the girls' varsity basketball team realize its dream to win the 2013 state basketball championship.

"We had jumped up to 1A, but we still had that same team," said Word. "Their

whole thing was gold ball, gold ball, that's all they talked about."

Gold dollar appears

Word said he was at the bank one day and was told by a teller that she had a brand-new roll of gold dollars. These were one-dollar Sacagawea gold-colored coins first minted in 2000.

"I bought them and thought: How cool! I'm going to give these to all the girls on the team to go toward the state championship," said Word.

The project then evolved.

Word organized team meals every night before each basketball game. All the girls painted their fingernails black except for the ring fingers which were painted gold.

"They walked onto the floor at district one night and all the opposing team players were looking at their matching fingernails and wondering. 'What is this about?'" said Word.

Team member Chandler Smith took the gold dollar one step further, Word recalled.

SEE SPORTS ON PAGE A3



COURTESY OF KARL WORD

A young Dakota Wyss, now playing basketball for Mt. Spokane, gives Word five gold dollars to distribute to future Brewster gold ball prospects.

BREWSTER Rehab of apartment complex receives support

By MIKE MALTAIS
Ward Media Staff Writer

BREWSTER - The Housing Authority of Okanogan County (HAOC) received a bump of support from the Board of Okanogan County Commissioners (BOCC) earlier this month by way of a letter of support for HAOC's proposed rehabilitation of an apartment complex in Brewster.

HAOC wants to rehab the Peachtree Place at 107 W. Griggs, a 30-unit project serving low-income seniors at or below 80 percent of the area median income.

"Both Peachtree and Elmwood Apartments have contributed and continues to contribute to the well-being of Okanogan County, providing much needed affordable housing to disadvantaged families and individuals," wrote the Commissioners.

The Commissioners acknowledged that both sites would benefit from needed work.

"The property, which is in good condition, has noticeable degrading assets and areas of improvement, such as in the areas of health, safety, and accessibility, including sidewalks, parking lot, perimeter fencing and building siding," wrote the Commissioners.

SEE APARTMENT ON PAGE A2

READING

Brewster library celebrates grand opening

By MIKE MALTAIS
Ward Media Staff Reporter

BREWSTER - The city library has been open to the public since mid-December, but last Saturday, Jan. 13, the updated facility celebrated its grand opening as the prototype location for North Central Washington Libraries' Reimagining Spaces Project.

The goal of the Reimagining Spaces Project is to ensure every library is safe, welcoming, and reflects the needs and personality of the local community. While library buildings are primarily owned and maintained by local communities, NCW Libraries provides everything else including staff, collections, technology, furniture and programs.

"Through this project, our Board of Trustees is investing \$10 million of capital reserves into community library spac-

es," said an NCW Libraries media release. "These funds are separate from the district's annual operating budget."

The Reimagining Spaces Project will occur in phases over the next several years. Community engagement and design work is currently underway in Curlew, Peshastin, Ephrata, and Soap Lake.

NCW Libraries is investing more than \$10 million in a multi-year project to redesign 29 of its community libraries making them safer, more accessible, welcoming spaces positioned to serve the diverse communities of North Central Washington for years to come.

The updated Brewster facility features new signage, entry, paint, artwork, furniture, a family zone, and quiet workspace among other improvements. These interior updates are only possibly through close community partnerships

with cities and building owners who support the project and maintain the buildings.

Visitors were treated to refreshments, face painting, a selfie station, and door prizes.

Brewster library upcoming events through the end of the month include:

Dungeons & Dragons & Libraries
Saturday, Jan. 20, at 2:30 p.m.

Virtual live events
Virtual Exploring Winter Hikes Around Central Washington with Washington Trails Association
Wednesday, Jan. 24, at 6 p.m.

Virtual live events
Library hours: Mon-Tue-Thu-Fri-Sat 10 a.m. to 6 p.m. Wed 2-6 p.m. Closed Sundays.

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MIKE MALTAIS/WARD MEDIA

Visitors check out the new digs at the updated Brewster library

Inside the Quad City Herald this week

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QUAD CITY HERALD

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Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!



5 THINGS TO DO This Week

Winter Fairies at Winterfest

Visit with the Winter Fairies during Lake Chelan Winterfest in Manson on January 19 and 20 from 4-7 p.m. at CR Sandidge Wines. "You can find them in front of C.R. Sandidge Wines with their fairy cart full of glow sticks, necklaces, and glow wands that they will be handing out," the event page states. "This fun family-friendly activity is provided by Lake Chelan Wine Blog." For more information visit moreto-manson.com.

Polar bear plunge

Take the plunge at the 6th Annual Viki Downey Polar Bear Plunge on Sunday, Jan. 21 at 1

p.m. at Manson Bay Park. Donations from the event will be used to provide free swim lessons at Manson Bay Park. "It will be a fun-filled event with a wide range of attire, everyone can participate and there will be a bonfire and coffee or hot chocolate for those going in," the event page states. "Come have fun." For more information and to donate visit lakechelanswim.com.

Sunday farmhouse community supper

Vin du Lac Winery in Chelan will host a Sunday Farmhouse Community Supper on Sunday, Jan. 21 from 6-7:30 p.m. "Join us at the table Sundays for a community farmhouse supper," the event page states. "Every

Sunday from 6-7:30 p.m., grab a seat for a one of a kind family-style dining experience. Meet new friends and old at the same table while enjoying a three-course dinner with a fresh menu each week." Dinners range from \$30-\$45 per person with wine pairings available. For more information or reservations email reservations@vindulac.com.

Knotty Knitters

The Chelan Library will host the Knotty Knitters group on Tuesday, Jan. 23 from 10 a.m. to 1 p.m. "Do you enjoy knitting or crocheting," the event page states. "Do you enjoy sharing your knowledge of yarn arts? Join the lovely group of women who have shared their passion for yarn over the years at Three Wild Sheep. Now meeting in the

Library's Community meeting room. Beginners are gladly welcome." For more information visit ncwlibraries.org.

Chelan Library Book Club

The Chelan Library will host the Chelan Library Book Club on Thursday, Jan. 25 from 3-4:30 p.m.

"Enjoy casual conversation about book," the event page states. "New to the area and interested in meeting others who like to talk about books? Join us for our Library book club as we discuss a new book each month." This month the book club is discussing the book The Huntress. For more information visit ncwlibraries.org.

FROM THE PUBLISHER

Championing local milestones and the importance of shopping local

In this week's edition of the Quad City Herald, nestled on page A4, lies a unique celebration of local business resilience and longevity - our 'Honor Roll of Business.' This feature is not just a list but a visual narrative showcasing businesses in descending order based on their years of service. It is an homage to their persistence and a symbol of their integral role in our community.



Terry Ward

ForWARD Thinking

But there's more to this feature than just acknowledgment. It underscores a crucial message: the importance of shopping local. Each business listed represents a decision by someone in our community to choose local over distant alternatives. This choice strengthens our local economy, fosters job creation, and nurtures the community's unique character.

Shopping local isn't just a catchphrase; it's a commitment to sustaining the vibrancy and health of our economy. When we choose local businesses, we're not just buying a product or a service; we're investing in our community's future.

Local businesses are more likely to recycle a much larger share of their revenue back into the local economy, enhancing the whole community's economic base.

The endurance of these businesses, highlighted in the Honor Roll of Business, also reflects their ability to build and maintain trust within our community. These are the enterprises that have weathered economic storms and adapted

to changing consumer needs while remaining steadfast in their commitment to our region.

These local businesses contribute much to the community. They sponsor local sports teams, support school events, and participate in charity drives. Their presence goes beyond the storefront; they are part of our community's fabric and are vital in shaping our local culture and identity.

As you peruse the listings on page A4, remember that each name is a call to action. It's a reminder to support those who have invested in our community, provide local jobs, and contribute to North Central Washington's unique charm. Your choice to shop local is a powerful tool in building a strong and sustainable community.

Ward Media is proud to highlight these local pillars. We believe that recognizing their milestones is as important as understanding the impact of our shopping choices. Together, we can ensure the prosperity and vibrancy of our local business community for years to come.

Lake Chelan Winterfest in Manson Jan. 19-21

By MIKE STEELE
Lake Chelan Chamber of Commerce

MANSON - The Lake Chelan Chamber of Commerce is excited to continue the fun of Lake Chelan Winterfest into next weekend in Manson. Festival-goers can taste local sparkling wines at the Bubble Brunch, dance to live music at the Ice Bar, Polar Bear Plunge into Lake Chelan, and so much more.

The full schedule for the weekend includes the following:

Friday, January 19
Daily: Winterfest Button Offers
3-6 p.m.: Kids Crafts & Cocoa
5 p.m.: Ice Bar Opens
5-7 p.m.: Live Music w/ Dani Bacon
7:30-9:30 p.m.: Live Music w/ Whiskey Trail

Saturday, January 20
11 a.m.-12:30 p.m.: Bubble Brunch Session 1
12 p.m.: Ice Bar Opens
12 p.m.-4 p.m.: Face Painting + Meet Elsa & Olaf
12 p.m.-4 p.m.: Mitten Walk
2-3:30 p.m.: Bubble Brunch

Session 2
2 -3:30 p.m.: Live Music w/ Owen Barnhart
4-5:45 p.m.: Live Music w/ The Skiffs
6 p.m.: Lighting of The Flames of Intention
6:30 p.m.: Fireworks at Manson Bay
7-9:30 p.m.: Live Music w/ Full Vinyl Jacket

Sunday, January 21
1 p.m.: Viki Downey Polar Bear Plunge
Tickets can be purchased online at lakechelawinterfest.com.

APARTMENT

CONTINUED FROM PAGE A1

HAOC acquired the Peachtree about a year ago and joins two other HAOC complexes in Brewster, the Vista Park Homes, a 25-unit complex at 509 S. Fourth Street, and the 46-unit Brewster Gardens at 309 S. Seventh Street.

The Commissioners' letter of support further requests that the Washington State Department of Commerce consider HAOC's grant application for project funding.

Mike Maltais: 360-333-8483 or michael@ward.media



MIKE MALTAIS/WARD MEDIA

Washington Federal Bank donates \$7,500 to Chelan Valley Housing Trust

Donation goes to building affordable homes in Chelan

By ELAINE COOPER
Chelan Valley Housing Trust

CHELAN - Chelan Valley

Housing Trust (CVHT) recently received a \$7,500 grant from Washington Federal Bank earmarked for the building Emerson Harbour Townhomes.

"We know how crucial affordable housing is to Chelan and love what Chelan Valley

Housing Trust is doing to make a difference in our community," reports Ken McLain, WaFd's Central Washington Regional President.

"Supporting the Chelan Valley Housing Trust is important to WaFd Bank because we want to see everyone

in the community thriving where we live and having access to affordable housing is crucial to that success," added April Wiggins, WaFd's Branch Manager.

CVHT is building these six 2-bedroom/1-bath homes located on Nixon and Emer-

son Streets in Chelan. These homes will be attainable for local wage earners making 120% Area Median Income or less, according to Scott Meyers, the trust's Executive Director. It is anticipated that homes will be finished this spring.

Chelan Valley Housing Trust's Mission is to develop stable and secure housing that is attainable to Chelan, Chelan Falls and Manson wage earners.

For more information or to donate visit www.chelanvalleyhousing.org

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QUAD CITY HERALD

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131 S. Apple Blossom Drive #109, Chelan, WA 98816
Phone: 509-689-2507

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

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Back Issues are available up to one year after publication for a small fee.

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Deadlines

Letters to the Editor: Noon, Friday
Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Display Advertising: 5 p.m., Thurs.
Legals: Noon, Friday
Classified Ads: Noon, Friday
Obituaries/Deaths: 4 p.m., Friday

Subscriptions

Okanogan/Douglas Counties (yearly) print \$40
Okanogan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52

The Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

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Corrections

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

Quad City Herald (USPS 241-920)

is published every Wednesday by Ward Media LLC

29 S. Wenatchee Avenue Ste. A
Wenatchee, WA 98801
Telephone: 509-731-4392.
Periodical postage paid at Brewster, Wash.

Postmaster:
Send address corrections to:
Quad City Herald,
131 S. Apple Blossom Drive #109, Chelan, WA 98816

Ward Media LLC prints on recycled newspaper with soy ink. Please Recycle

WARD MEDIA

SPORTS

CONTINUED FROM PAGE A1

“Chandler cut a circle out of the inside of her tennis shoe and inset that gold dollar,” said Word. “All those girls did that; every one of them wore shoes with the gold dollars in them.”

Blowout at state

How well did the gold dollar campaign work?

“We won the state championship that year, 73-41. That’s the largest point spread in a state championship game to this day,” said Word. “The

game was over by halftime. Our girls shell-shocked the other team, and Brewster was picked to get beat big time.”

Brewster led by more than 20 points by the half.

Specifically, the 28-1 Bears never trailed, beginning with Smith’s opening three-pointer to start the game. She ended with 26 points, 22 of those in the first half, was the game’s high-scorer, and voted tournament MVP. Teammates Becky Mae Taylor and Monica Landdeck added 13 and 12 points, respectively.

“Chandler and Monica both went on to have big college

careers,” said Word. “And both had gold dollars in their shoes all the way through their four years of college.”

Legacy lives on

Former Brewster student, Dakota Wyss, now a freshman playing basketball for the 3A Mt. Spokane High School Wildcats at Mead, handed Word an envelope with a note and five gold dollars in it when she was a youngster.

“I want you to give these to the players who you think will win the gold ball down the road when I get in school,” Wyss instructed.

“Dakota bought 23 dollars’ worth of gold coins out of her own pocket and gave them to all the varsity players at Mt. Spokane about a month ago,” said Word. “She explained to the coach the meaning behind it and the coach loved that she brought this to their program.”

Word said the tradition is going to continue at Mt. Spokane for at least four years.

“Hopefully Mt. Spokane will pick this up and run with it for awhile,” Word said.

The gold dollar campaign did not stop with the 2013 state basketball champions.

“I gave all the volleyball team gold dollars, too, and to some of the football teams,” said Word. “Some of the kids have multiple gold dollars.”

Word said he even gave the coins to families and fans. He recalled an occasion in 2013 when he was MC for Senior Night basketball.

“When I walked out onto the court the first thing I did was ask how many people in the audience had a gold dollar,” said Word.

To his amazement, most did.

“Dang near 90 percent of the audience stood up with

gold dollars in their hands,” said Word. “The kids were all holding their feet up in the air; it was phenomenal.”

And each one probably has a gold dollar story to tell.

Word’s latest project is to install a pickleball court on the park property he originally intended for a sand volleyball court.

“I still have a 99-year lease on the property,” said Word, “after that my days there are probably done.”

But the gold dollar endures.

Mike Maltais: 360-333-8483 or michael@ward.media

1st baby of the new year

By AGUSTIN BENEGAS
Lake Chelan Health Hospital

CHELAN - In 2024, the New Year’s baby, Mateo Eduardo Roa, made a prompt entrance on Wednesday, January 3, at Lake Chelan Health Hospital (LCHH). Born in one of the four Labor and Delivery Suites, Mateo, adorned in a custom blanket and hat with his name, joined the Roa and Gomez family at 2:41 p.m., measuring 21 inches and weighing 8 pounds 3 ounces.

Edith Gomez and Eduardo Roa, parents to three children, eagerly anticipated Mateo’s arrival at the new hospital, particularly noteworthy as their two other children were born in the former Lake Chelan Hospital.

Mateo’s siblings were excited to meet their new brother and curious about “how the baby was born,” remarked Edith.

Although residing in Omak, the couple maintained their connection with their Chelan-based doctor and chose the new hospital for Mateo’s birth. Notably, Lake Chelan Health Hospital witnesses the arrival of almost 100 newborns each year.

The family received warm congratulations and were presented with the New Year’s Baby Basket by Lisa Marshall, a dedicated Registered Nurse with seven years of service at LCHH, and OB Manager Julianna England. The New Year Baby Basket was generously donated by Hospital Guild B.



Mateo Eduardo Roa, the first baby of 2024 was born in the afternoon on January 3 to parents Edith Gomez and Eduardo Roa. The parents were excited to be the first baby of the year.

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County

January 5
02:19 Eluding, 8th St & Fairview Ave, Bridgeport
08:59 Cps Referral, 10 Douglas St, Rock Island
09:59 Assist Public, 21318 Us Hwy 97, Orondo
11:31 Miscellaneous, 1450 Douglas St, Rock Island
22:05 Stab/Gunshot, 416 Wash St, Waterville

January 6
08:47 Civil, 417 Columbia Ave, Bridgeport
12:25 Juvenile Problem, 12th St & Foster Ave, Bridgeport
14:52 Miscellaneous, 222 6th St, Bridgeport
16:35 Vehicle Prowl, 1346 Foster Ave# 1, Bridgeport
17:33 Parking/Abandon 21 Cambridge Ave, Rock Island
19:51 Harass/Threat, 85 Washburn Ave, Bridgeport

January 7
09:27 Animal Problem, 5591 Riverside Dr, Rock Island
15:26 Vehicle Prowl, 929 Maple St# 135, Bridgeport
20:46 Miscellaneous, 2500blk Bridgeport Hill Rd, Bridgeport

January 8
10:31 Cps Refer, 5661 Penn Ave, Rock Island
12:22 At/Atc, 1636 Fisk Ave# 4, Bridgeport
13:14 Animal Problem, 123 State Ave, Bridgeport
14:51 Vehicle Theft, 5570 Rock Island Rd, Rock Island

January 9
08:55 Suspicious, 1169 Rd 18 Ne, Mansfield
10:57 Extra Patrol, 108 Wash St, Waterville
11:37 Scam, 400 Fairview Ave, Bridgeport
13:40 Hazard, 5201 Rock Island Rd, Rock Island
14:22 Harass/Threat, 95 Spring Canyon Rd, Orondo
14:25 Traffic Offense, Mcneil Canyon Rd Mp 7, Orondo
14:39 Accident No Injury, 102 E Locust St, Waterville
18:27 Traffic Offense, Riverside Pl & Sr 28, Rock Island
20:24 Traffic Offense, Sr 173 Mp 4, Bridgeport

January 10
03:07 Hazard, 26th St & Monroe Ave, Bridgeport
09:47 Civil, 860 Sr 173, Bridgeport
19:57 Disturbance, 214 Hamilton St, Mansfield
20:47 Dui, 6551 Keane Grade Rd, Rock Island
23:00 Alarm, 52 Tunnel View Dr, Orondo

January 11
00:54 Suspicious, 1220 Kryger St, Bridgeport
09:23 Disturbance, 1220

Kryger St, Bridgeport
09:35 Assist Agency, 120 Pine St# 3, Bridgeport
10:12 Animal Problem, 548 Rd J Nw, Waterville
12:00 Trespass, 5420 Rock Island Rd, Rock Island
18:05 Court Order Violation, 407 N Adams St, Waterville
18:56 Assist Agency, Sr 28 Mp 12, Rock Island

Brewster Police Department
January 5
02:21, Agency Assist, Hwy 173 & S Bridge St
08:57 Malicious Mischief, N 7th St, Brewster

January 6
19:26 911 Transfer, S 3rd St, Brewster

January 7
18:41 Driving While License Suspended, Hwy 97

January 8
17:09 Weapon Offense, S 7th St, Brewster

January 9
09:20 Citizen Dispute, N 7th St, Brewster
14:01 Traffic Offense, E Indian Ave & S Bridge St

January 10
16:27 Driving While License Suspended, Hwy 97
19:56 Fireworks, S 1st St, Brewster
22:32 Suspicious, Hwy 97

Okanogan County Sheriff
January 5
02:09 Animal Noise, Munding-er Ln, Omak
02:21 Agency Assist, Hwy 173 & S Bridge St, Brewster
02:13 Traffic Stop, Hwy 97 & Monse Bridge Rd, Brewster
07:55 Driving While License Suspended, S 5th Ave, Okanogan
08:42 Animal Stray, Old Hwy 97 & Teleport Dr, Brewster
09:15 Agency Assist, N 3rd Ave, Okanogan
09:37 Threatening, N Western Ave, Tonasket
10:05 Lockout, Conconully Rd, Okanogan
13:00 Agency Assist, E Dewberry Ave, Omak
13:05 Domestic Dispute, Main St, Oroville
15:48 Suspicious, Black Canyon Rd, Pateros
15:54 Vin Inspection, Salmon Creek Rd, Okanogan
16:42 Suicidal Person, S 2nd Ave, Okanogan
17:34 Accident Hitrun, S Whitcomb Ave, Tonasket
17:37 Disabled Vehicle, Hwy 20 & Summer Rd, Tonasket
18:06:12 Domestic Dispute, Pine Cone Dr, Omak

18:49:03 Agency Assist, North Kirkpatrick Rd, Omak
20:56:49 Agency Assist, E Jonathan Ave, Omak

January 6
00:08:10 Noise Complaint, Pedersen Rd, Pateros
10:00:09 Animal Problem, Dun Horse Dr, Okanogan
10:18:14 Welfare Check, Lumm Rd, Okanogan
11:05:58 Domestic Dispute, S 2nd Ave
11:27:56 Suspicious, Hwy 17 & Half-Sun Way, Bridgeport
13:12:48 Abandoned Vehicle, Hwy 153, Pateros
13:17:28 Animal Vicious, S 5th Ave, Okanogan
15:56:47 Citizen Dispute, 23rd Ave, Oroville
16:12:56 Suspicious, S 5th Ave, Okanogan
17:53:32 Suspicious, N 2nd Ave, Okanogan
18:17:49 Suspicious, Sunset Dr
18:26:45 Extra Patrol, Pogue Rd, Omak
19:05:33 Harassment, Pine Cone Dr, Omak
20:18:09 Burglary, Old Hwy 97, Okanogan

January 7
09:22:49 Burglary, Johnson Creek Rd, Riverside
11:38:35 Suspicious, Hosheit Rd, Riverside
14:07:03 Malicious Mischief, Rodeo Trail, Okanogan
14:42:01 Civil, Cape Labelle Rd, Tonasket
15:04:25 Accident Hitrun, S Granite St & W 4th Ave, Omak
15:04:49 Threatening, Johnson Creek Rd, Omak
15:19:16 Violate Order, N 3rd Ave, Okanogan
17:09:28 Unconsciousness, Hwy 97, Omak
17:41:37 Missing Person, N 3rd Ave, Okanogan
17:40:38 Agency Assist, Roggow Rd, Tonasket
18:11:44 Suicidal Person, S 8th Ave, Okanogan
18:41:40 Driving While License Suspended, Hwy 97, Brewster
21:43:43 Domestic Dispute, Monroe St, Okanogan

January 8
02:16:21 Domestic Dispute, S 5th Ave, Okanogan
08:59:12 Theft Automobile, Pariseau Rd, Bridgeport
10:10:01 Theft Other, Stage Coach Loop Rd, Oroville
10:22:40 Welfare Check, Ell Lake Rd, Tonasket
12:49:22 Citizen Dispute, Peony Creek Rd, Tonasket
12:55:01 Fraud, Burton Ave, Okanogan
13:21:18 Abandoned Vehicle, Bartroff Rd, Oroville
14:24:42 Runaway Juvenile, S

5th Ave, Okanogan
15:24:52 Citizen Assist, Pateros Mall, Pateros
14:24:30 Theft Other, Frosty Creek Rd, Tonasket
17:46:06 Missing Person, Chesaw Rd, Oroville
18:25:17 Violate Order, South State Frontage Rd, Tonasket
18:36:56 Agency Assist, Hwy 20, Tonasket
18:53:50 Accident Unknown Injury, Omak Airport Rd
19:06:24 Domestic Dispute, S 2nd Ave, Okanogan
19:53:54 Citizen Assist, Old Riverside Hwy, Omak
20:07:52 Suspicious, S Whitcomb Ave, Tonask
20:15:40 Animal Stray, Hendrick Rd & Conconully Rd, Okanogan
20:12:58 Citizen Assist, Loup Loup Canyon Rd, Okanogan
20:48:53 Accident Non Injury Hwy 20, Tonasket

January 9
20:48:53 Accident Non Injury, Hwy 20, Tonasket
07:51:20 Accident Non Injury, Omak Airport Rd & Sand Dust Rd, Omak
08:12:50 Accident Non Injury, Havillah Rd & Ridgeline Rd, Tonasket
10:22:56 Suspicious, Elmway, Okanogan
10:50:16 Citizen Assist, Hwy 7, Tonasket
11:28:02 Citizen Assist, Crumbacher Rd, Tonasket
12:47:29 Trespassing, Hwy 7, Tonasket
13:04:54 Theft Other, Santana

Ln, Brewster
16:05:09 Alarm Burglary, Hwy 97, Cannon Tire & Auto
17:16:51 Theft Other, Balmes Rd, Oroville
18:53:44 Accident Non Injury, Havillah Rd, Tonasket
19:10:17 Lost Property, Jack Wells Rd, Bridgeport
19:23:27 Accident Injury, Hwy 7, Tonasket
20:32:30 Suspicious, Danker Cutoff Rd
22:26:56 Welfare Check, West Indian Ave, Brewster
23:34:53 Suspicious, Crumbacher Rd, Tonasket

January 10
02:01:53 Accident Non Injury, Old Hwy 97, Brewster
07:54:35 Suspicious, S 2nd Ave, Okanogan
17:07:27 Drugs, Twin Lakes Rd, Waterville
09:03:10 Theft Other, Valley View Dr, Omak
10:37:09 Citizen Assist, Elmway, Okanogan
11:30:24 Domestic Dispute, Eastside Oroville Rd, Oroville
11:32:19 Domestic Dispute, Omak-Riverside Eastside Rd
14:20:07 Agency Referral, Starr Rd, Pateros
16:13:03 Animal Abuse, Epley Rd, Omak
16:59:01 Theft Automobile, Hwy 97, Brewster
17:47:39 Civil, E 5th St, Tonasket
19:02:19 Accident Non Injury, Honeybear Ln, Brewster
18:57:25 Welfare Check, West

Bannon Creek Rd, Tonasket
20:12:58 Suicide Attempt, S 2nd Ave, Okanogan
20:35:09 Juvenile Prob, S 5th Ave, Okanogan

January 11
06:44:00 01/11/24 Domestic Dispute, Pine Creek Rd, Tonasket
08:23:47 01/11/24 Accident Non Injury, Hwy 97, Okanogan
08:38:36 01/11/24 Slideoff, Omak Airport Rd & Robinson Canyon Rd
10:46:28 01/11/24 Animal Stray, Twin Lakes Rd & Paterson Lake Rd
10:54:00 01/11/24 Accident Hitrun, N 3rd Ave, Okanogan
11:27:31 01/11/24 Fraud, Aeneas Valley Rd, Tonasket
12:26:04 01/11/24 Theft Automobile, Pariseau Rd, Bridgeport
14:14:48 01/11/24 Theft Other, Engh Rd, Omak
14:14:01 01/11/24 Animal Abuse, Woods Rd, Omak
13:48:45 01/11/24 Welfare Check, Ellemeham Mtn Rd
14:33:18 01/11/24 Welfare Check, Nealey Rd, Oroville
14:57:05 01/11/24 Citizen Assist, N 4th Ave, Okanogan
15:03:05 01/11/24 Animal Stray, Summit Lake Rd & Swanson Mill Rd
17:48:27 01/11/24 Traffic Hazard, W Delicious St, Tonasket
18:33:48 01/11/24 Alarm Burglary, Danker Cutoff Rd

My New Year's Goals:

- Drink more water
- Actually use my gym membership
- Schedule my annual check-ups at Three Rivers

Clinic: (509) 689-3749
brewsterclinic.org
Hospital: (509) 689-2517
threerivershospital.net

THREE RIVERS HOSPITAL
THREE RIVERS FAMILY MEDICINE

Honor Roll of Business

In a tribute to the pillars of our local economy, the Quad City Herald proudly announces the Honor Roll of Business. This special showcase

is dedicated to celebrating the remarkable longevity and unwavering commitment of our community's enterprises. Highlighting the resilience

and pioneering spirit that defines North Central Washington's business landscape, these ads pay homage to establishments that have stood

the test of time. From family-owned shops that have been passed down through generations to innovative firms driving economic growth, each ad

is a testament to the dedication and perseverance of our local entrepreneurs.

Join us in honoring these stalwarts of commerce. Their

enduring legacies are not just a mark of business success but are woven into the very fabric of our community's identity.

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Quad City Herald
Since our first issue on July 15, 1901, the Quad City Herald has been a cornerstone of community journalism.

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YEARS OF LOCAL HEALTH CARE
THREE RIVERS HOSPITAL
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COMMUNITY BULLETIN BOARD

Jan. 17, 19, 23-24
Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery
BREWSTER – The Senior Center is now serving meals at noon at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Jan. 17: Lasagna w/Meat Sauce, Tossed Salad, Fruit Cocktail, Dessert; Jan. 19: Salisbury Steak, Mashed Potatoes/Gravy, Green Beans, Mixed Greens Salad, Roll, Peach Cobbler; Jan. 23: Chili Dog w/Cheese, Green Beans, Cucumber Salad, Pineapple & Cherries, Dessert; Jan. 24: Chicken & Wild Rice Bake, Coleslaw, Tropical, Fruit, WW Roll, Dessert.

Jan. 17-20, 22-26
Senior Center Thrift Store
BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Check out their great kids section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

Jan. 17-18, 22-25
Chelan Valley Hope
Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat
CHELAN - Recent temperatures have been low and there is still time to donate to the Chelan Valley Hope Coat Drive. We are accepting new and gently

used coats, hats, scarves, gloves, and new socks. All sizes are needed. Donation bins can be found at the following locations; Chelan Valley Hope, Chelan Fire & Rescue, Manson Fire Department, Lake Chelan Eagles, Twisted Cork & Taphouse, North Shore Bible Church, Church of the Nazarene, Chelan Public Library, Cashmere Valley Bank, North Cascades Bank, CW Title Services, and Even Keel Roadhouse. If you are in need of warm winter wear please call or visit us at Chelan Valley Hope, open Monday through Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram to get the latest CVH news and updates chelanvalleyhope.org, @ChelanValleyHope.

Jan. 18, 23, 30
American Legion events
BREWSTER - Brewster American Legion Bingo every Thursday night at 6 p.m. Open to the public. Come early to buy your bingo cards and dinner. Upcoming dinners: Chicken Pot pie will be served Tuesday, Jan 23, 4-6 p.m., \$12; Pot Roast dinner will be served Tuesday, Jan 30, 4-6 p.m., \$12; Every Friday Steak Dinner starts at 5 p.m., 8 ounce sirloin, baked potato, garlic bread and salad, \$16.50. Every Sunday 9 a.m. to 12 p.m., order from the full breakfast menu. They also offer daily lunch specials except for Mondays and Saturday when they are closed.
Jan. 18, Feb. 8
Brewster bus trips
BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is

Feb. 8. 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 Thursday of each month, Jan. 18 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.

Jan. 29
Okanogan County PUD meeting
OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners is at 3 p.m. For more information okanoganpud.org

Feb. 6, 20
Douglas County PUD meetings
EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office. The commission now meets the first and third Tuesday of the month. For more information douglaspu.org

Feb. 7, 21
American Legion meeting
BREWSTER – American Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. For information call Greg Wagg at 206-550-6474.

Feb. 13
Okanogan County Fair Advisory Committee
OKANOGAN – The Okanogan County Fair Advisory Committee meets the second

Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

Feb. 13
Survivors of Suicide Loss Support Group
WENATCHEE - Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Feb. 14
Brewster Chamber to meet
BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Feb. 14, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.

Feb. 19
Family and friends Support Group
WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

March 6
American Legion Auxiliary to meet
BREWSTER – The American Legion Auxiliary #97 meets the first Wednesday of each month, at the American Legion Hall at 5 p.m.

City council pushes projects forward, OK's city hall

By MIKE MALTAIS
Ward Media Staff Reporter

CHELAN – Following the selection of former mayor Bob Goedde as its choice among eight candidates to fill the District 2 position, the Chelan city council turned to the remainder of agenda items including city rates and fees, priority project funding, committee assignments, and an aviation fuel lawsuit.

The latter item, part of the council consent agenda, was addressed earlier at the Jan. 2 workshop and approves a \$1,000 contribution to an action joined by more than three dozen large and small airports accusing the state of improper diversion of aviation fuel taxes.

Rate and Fee Resolution
Parks and Recreation Director Paul Home reviewed a rate and fee resolution with increases that roughly align with the four percent rise in the Consumer Price Index. Among the changes:
• Annual parking passes increased from \$20 to \$25 for Chelan residents and \$40 to \$45 for residents of the Chelan Valley.
• Seasonal launch permits at the Lakeshore Marina will increase from \$20 to \$30.
• Putting course adult rates—applicable after 7 p.m.—will go from \$12 to \$15.
• Recreational programs will range from \$35 to \$75 per program, up from \$30 to \$40 previously. AAU card purchases will increase from \$17 to \$20.
• Picnic shelter rates will increase from \$45 to \$50 for four hours of use and from \$85 to \$95 for eight hours of use.

Golf fees
A 2020 study formulated a five-year plan to incrementally raise season pass rates while still providing good value to pass holders.
• Annual Pass Single from \$900 to \$975.
• Annual Family from \$1,500 to \$1,600.
• Annual Single Twilight from \$500 to \$550.
• Annual Family Twilight from \$700 to \$800.

• Daily green fees will increase from \$38 to \$44 for off-season play and \$59 to \$70 for peak season play. Daily green fees and annual passes are the most significant course rates. Other rates either remain the same or reflect marginal increases.

The council unanimously adopted the resolution. Priorities & Funding Sources
City Administrator Wade Farris explained that councilmembers discussed priorities they would like to focus on in 2024 during their strategic retreat last September. At its last meeting, the city hired a federal lobbyist to help with project funding. During the council workshop held on Jan. 2, the council created a 2024 priority projects list.

“We have two routes of funding,” explained Mayor Erin McCardle at the workshop. “We have direct appropriation from our state legislature and our ask of grants and support.”
Priority projects include:
1. Stormwater Comprehensive Plan
2. East Chelan Reservoir (TIF District)
3. Northshore Trail
4. City Hall
5. Imagine Downtown
6. Americans with Disabilities Act (ADA) access
7. Electrical upgrades for the RV Park
8. Ballfield improvements and lighting
9. Golf course irrigation
10. Street Corridors (pedestrian access in downtown core)

The city has until a Jan. 26 deadline to submit its legislative appropriation requests. McCardle asked the council to focus on number 4, the city hall, to meet the application deadline.
“What we are looking for tonight is consensus on the city hall project that we can come back on the 23rd with a completed application for this that you can look at, vote on, and approve,” said McCardle. Councilmembers gave their consent. Projects will be voted

SEE COUNCIL ON PAGE B1

OBITUARIES

Lois Elaine Yeager-Munson

Born to Elgin and Elanor Yeager, at Brewster June 30, 1945, and passed away November 4, 2023 at Central Washington Hospital, Wenatchee, WA.
She was a 12-year student at Pateros Schools, graduating in 1963. After graduation she briefly attended Kinman Business School. She then married Darly Lynn Munson in July 1964. They had three children, Kerry, Gary, and Danny.
After divorcing, Elaine

worked at several jobs from daycare, packing sheds, until retiring from the Brewster School District in the lunchroom, a job she loved.
Her home was open to all who would stop by for a quick game of Rummy or a lunch. She hosted many Thanksgivings, Christmas gatherings and Birthdays. She loved spending time with her grandchildren and great grandchildren.
She loved to fish or drive around in the woods, hunting

mushrooms with her special friend Lucio.
She was preceded in death by her parents and a brother.
She survived by her sister Ginger (son Elgin), children, Kerry, Gary (JoAnn), and Danny, as well as three grandchildren, Derek (Madi), Kara, and Taylor, and five grandchildren, Skyler, Montana, Brantley, Blayke, and Alexander or better known as A.J. And, her special friend Lucio.
A celebration of life will be held at a later date.



DEATH NOTICES

Dennis Swanberg

Dennis Swanberg, 75, of Brewster, Washington passed away on January 10, 2024.

Barnes Chapel is handling the arrangements for the family.

QUAD CITY CHURCH GUIDE

Brewster • Methow • Bridgeport • Pateros

BREWSTER



www.cbcbrewster.com
Sunday Worship 9:30 a.m.

METHOW

Methow Calvary Chapel Fellowship

1107 HWY. 153 • Methow, WA 98834
Pastor Jason Getzin • 509-923-2782
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@Through the Bible with Pastor Jason
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“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 509-682-2213 or email: ruth@ward.media

HERALD Sports Preview

Defense is the Key!

BREWSTER ATHLETE OF THE WEEK



Kash Vandelac #25
Boys Basketball - Center Senior
Kash has been associated with Brewster Basketball since his early AAU days, and

it's fantastic to see him as a part of the varsity team this year. Although he hasn't had extensive playing time on the court this season, his dedication and hard work during practices are valued, along with his positive contributions as a teammate. Over the years, Kash has shown significant improvement as a basketball player and has a solid understanding of our team's objectives. Wishing him and the other seniors a strong finish to the second half of the season.

SCHEDULE

GIRLS BASKETBALL	
Jan. 18	Pateros vs. Soap Lake, Home at 6 p.m.
Jan. 19	Brewster vs. Liberty Bell, Home at 6 p.m.
Jan. 19	Bridgeport vs. Okanogon, Away at 6 p.m.
Jan. 19	Pateros vs. Waterville-Mansfield, Home at 7:30 p.m.
Jan. 19	Waterville-Mansfield vs. Pateros, Away at 7:30 p.m.
Jan. 20	Brewster vs. Liberty Bell, Away at 4 p.m.
Jan. 20	Waterfield-Mansfield vs. Soap Lake, Away at 6 p.m.
Jan. 22	Pateros vs. Entiat, Home at 6 p.m.
Jan. 23	Pateros vs. Cascade Christian, Away at 6 p.m.
Jan. 23	Brewster vs. Tonasket, Away at 6 p.m.
Jan. 23	Bridgeport vs. Liberty Bell, Away at 6 p.m.

REBOUND, PASS, AND SLAM THE DUNK!

Supporting our young Athletes!

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BRIDGEPORT ATHLETE OF THE WEEK



Oscar Rivera,
Boys Basketball Junior - Guard
Athlete of the Week, Oscar

Rivera, the powerhouse of the Bridgeport Mustangs High School Basketball team! Oscar's unwavering dedication and relentless work ethic make him stand out as a true team player. During games the week of Jan. 1, he showcased his exceptional defensive skills with an impressive tally of 6 steals, while also contributing significantly with 8 assists and an astounding 13 rebounds. Rivera's commitment and standout performance make him a key asset to the team, truly deserving of this recognition. Keep shining, Oscar!

BOYS BASKETBALL	
Jan. 18	Pateros vs. Soap Lake, Home at 7:30 p.m.
Jan. 19	Brewster vs. Liberty Bell, Home at 7:30 p.m.
Jan. 19	Bridgeport vs. Okanogon, Away at 7:30 p.m.
Jan. 19	Pateros vs. Waterville-Mansfield, Home at 6 p.m.
Jan. 19	Waterville-Mansfield vs. Pateros, Away at 6 p.m.
Jan. 20	Brewster vs. Liberty Bell, Away at 5:30 p.m.
Jan. 20	Waterfield-Mansfield vs. Soap Lake, Away at 7:30 p.m.
Jan. 22	Pateros vs. Entiat, Home at 7:30 p.m.
Jan. 22	Waterfield-Mansfield vs. Thorp, Home at 6 p.m.
Jan. 23	Pateros vs. Cascade Christian, Away at 7:30 p.m.
Jan. 23	Brewster vs. Tonasket, Away at 7:30 p.m.
Jan. 23	Bridgeport vs. Liberty Bell, Away at 7:30 p.m.

PEAK PERFORMANCE STARTS HERE!

COMPREHENSIVE CARE FOR STUDENT ATHLETES

Sports Injuries
Free Childhood Immunizations
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THREE RIVERS FAMILY MEDICINE
415 HOSPITAL WAY, BREWSTER

Go Billy Goats

PATEROS ATHLETE OF THE WEEK



Roman Martin
Boys Basketball Senior
Pateros Athlete of the Week is Senior, Roman Martin. Roman brings athleticism and passion to the team. He is a

very good defensive player who always attaches the defensive and offensive rebounds. Roman is very passionate about the game of basketball and shows this while playing. He holds himself to a higher standard and works hard each day when he comes into the gym to practice or play a game. Roman leads by example; watching his work ethic and love for the game each day has been a pleasure. The coaches look forward to watching Roman continue to improve as they make a run for districts.

SCOREBOARD

GIRLS BASKETBALL	
Jan. 11	Pateros 59, Entiat 26; Win
Jan. 12	Brewster 84, Bridgeport 14; Win
Jan. 12	Bridgeport 14, Brewster 84; Loss
Jan. 13	Brewster 74 vs. Omak 34; Win

BOYS BASKETBALL	
Jan. 8	Pateros 80, Thorp 33; Win
Jan. 9	Brewster 46, Okanogon 47; Loss
Jan. 9	Bridgeport 55, Manson 58; Loss
Jan. 11	Pateros 45, Entiat 53; Loss
Jan. 12	Brewster 60 Bridgeport 42; Win
Jan. 12	Bridgeport 42, Brewster 60; Loss
Jan. 13	Brewster 71, Omak 66; Win

GIRLS WIN 68-7

Bears lead all quarters in win at Manson

By MIKE MALTAIS
Ward Media Staff Reporter

MANSON – The Brewster varsity basketball teams made a clean sweep during their road trip to Manson on Jan. 4. The girls cruised to a 68-7 lopsided win over the Trojan girls while the boys built on a consistent four-quarter lead to triumph by more than 20 points.

“Manson has some good guards, and we knew we needed to be ready to play well in their gym,” said head coach Michael Taylor. “We didn’t not get off to a great start, as they got many second and third chances, but luckily they didn’t capitalize each time.”

Both teams’ leading scorers turned in a strong opening quarter. Manson’s Kaiden Ze-

ner hit 10 of his 19 game points in the first eight minutes. Cort Gebbers connected for 10 of his game-high 25 for the Bears. Brewster took a seven-point first-quarter lead and never looked back.

“We won each quarter which may be the first time for us this season,” said Phillips. “That consistency is something we’ve been wanting.”

Following a strong Bears’ second quarter, the Trojans tried to find a strategy to take back some of the momentum in the game.

“They switched up their defenses a few times and I thought we did a good job recognizing that and moving the ball well,” said Taylor. “We play a mostly inside-out game, which helps us get open looks

on the perimeter.”

The win puts Brewster at 6-6 overall and 2-1 in district.

“This was a good league win and it got us to .500 for the first time this season,” Taylor said.

Brewster: 20-41-55-72
Manson: 13-22-32-40

Bears scoring:

- C. Gebbers - 25
- B. Wulf - 15
- K. Gebbers - 9
- M. Camacho - 6
- P. Thompson - 5
- K. Vandelac - 4
- H. Miller - 3
- S. Arevalo - 3
- G. Baker - 2

Mike Maltais: 360-333-8483 or michael@ward.media

COUNCIL

CONTINUED FROM PAGE A4

on during the Jan. 23, city council meeting.

Committee Liaison Assignments

Each year, committee liaison assignments are reviewed so council members can select those on which they would like to serve. These also were discussed during the workshop.

“We have three empty spots right now,” said McCardle, “the Cascadia Conservation District, the port (Chelan Douglas Regional Port Authority Board), and the planning commission.”

Following McCardle’s request for preferences, the committee liaison assignments now include:

- Mayor McCardle**
 - Chelan Douglas Local Homeless Housing Task Force
 - Link Transit Board Meeting
- Mayor McCardle/City Administrator Ward Farris**
 - Chelan County Commissioners
- Mark Ericks**
 - Chelan County Sheriff’s Office meeting
 - Historic Downtown Chelan Association
 - Lake Chelan Chamber of Commerce Board
 - Legislative Committee
 - LEOFF Retirement Board
- Jon Higgins**
 - Chelan County Fire District 7

- Chelan County Sheriff’s Office meeting
- Chelan Valley Housing Trust
- Lake Chelan School District
- Terry Sanders**
 - Chelan County Sheriff’s Office meeting
 - Lake Chelan Chamber of Commerce Board
 - Park Board
- Tim Hollingsworth**
 - Chelan Douglas Transportation Council
 - Lake Chelan Water Shed Planning Unit
 - Regional Public Facilities District
- Brad Chitty**
 - Historic Downtown Chelan Association
 - Park Board
- Shari Dietrich**
 - Cascadia Conservation District
 - Planning Commission (Brad Chitty, Alternate)
- Bob Goedde**
 - Chelan Douglas Regional Port Authority Board
- General Sewer Plan**
 - Public Works Director Jake Youngren explained that the city completed its draft General Sewer Plan in 2021. The Department of Ecology issued an approval letter on Dec. 13, 2023, and the finalized plan is ready for adoption. The council unanimously approved.

Mike Maltais: 360-333-8483 or michael@ward.media

Making their mark



COURTESY OF BREWSTER SPORTS FACEBOOK

The Bears’ boys and girls wrestlers made their mark at the Banks Lake Brawl in Coulee City on Saturday, Jan. 6, winning one second place, two third places, and two fourth places in the tournament. Pictured from left, coach Gabby Sotelo Jose Bucio, Chris Pena (second), coach Tomas Rios, Caleb Barnes, Mia Arellano (third), Maria Pio (third), and head coach Shane Kelly. Kelly said he was proud of the performances for Brewster’s first year back in the program.

THE WASHINGTON OUTDOORS REPORT

It's once again show season

Opportunities become limited for many hunters, anglers and outdoors enthusiasts during the winter months which is why promoters host sportsmen's shows as well as other consumer shows this time of year. Here's a line-up of what's happening in Washington and beyond for 2024:

TACOMA RV SHOW – Jan. 14-18, The Tacoma Dome, Tacoma

Fifteen area dealers will have a large selection of RVs for sale at the Tacoma Dome this year. Trey Carskadon with O'Laughlin Trade Shows says there are large inventories of motorhomes, trailers, toy haulers and more and attendees should expect to see show specials with prices significantly below MSRP. Better still, the Boeing Employee Credit Union will be on hand with special financing rates available if you decide to purchase an RV at the show. www.tacomarvshow.com

TRI-CITIES SPORTSMAN SHOW – Jan. 26-28, HAPO Center, Pasco

The 30th annual Tri-Cities Sportsman Show, put on every year by Merle and Bev Shuyler, promises to be a good one, attracting attendees from both Eastern Washington and North Central Oregon. Attractions this year include a border collie performing team and the return of the Sportsman Show Marketplace, where individuals rent a table inside the show and sell new or slightly used fishing, hunting and outdoors gear to attendees.

Children will enjoy the air rifle range, balloon archery shoot, face painting and catching trout at the luncheon lake. Kid's day is Sunday with a dollar off of admission and free fishing. Adults can wander the HAPO Center, visiting over 125 booths, or take in the Northwest Big Game Antler Display, the Fly-Tying Theater, axe throwing demonstrations and hourly seminars by experts sharing tips for regional fishing and hunting success. Consider dropping by the Northwest Outdoor Writers Association booth as well. I'll be there from 10 a.m. to 1 p.m. on Saturday. www.shuylerproductions.com

WASHINGTON SPORTSMEN'S SHOW – Jan. 31 – Feb.

4, Washington State Fair Event Center, Puyallup

Washington's largest show starts the last day of January with hundreds of retailers, manufacturers, guides, outfitters, boat dealers, RV dealers and more all in one place for the outdoors consumer. Well known hunting personality Randy Newberg is back this year hosting daily seminar sessions as will survival expert Brett Stoffel, who hails from the Wenatchee Valley. Other seminar speakers include me. I'll be in the Blue Fishing Theater Saturday at 11 AM sharing my top Northwest fishing destinations for 2024. I will also have a booth at the show promoting our radio shows that air on stations in this region.

Additional reasons to attend this show include the "Fistful of Cheaters" promotion put on by area Toyota dealers where you definitely win free cheaters for steelhead fishing and with any luck, additional prizes. Addicted Fishing will be premiering a new movie on Saturday night, the Wall of Kings trophy taxidermy will be available for viewing and youth will enjoy the free kid's trout fishing pond. www.thesportshows.com

SEATTLE BOAT SHOW – Feb. 2-10, Lumen Field and Bell Harbor Marina, Seattle

If you are into boating, this show is for you. Featuring all sorts of pleasure and fishing craft, a free shuttle will run you from the Lumen Field Event Center to the Bell Harbor Marina at Pier 66 so you can take it all in. In addition to daily promotions and demonstrations of various types, there will also be a bevy of seminars covering both fishing and boating. www.seattleboatshow.com

PACIFIC NORTHWEST SPORTSMEN'S SHOW – Feb. 14-18, Expo Center, Portland

The second biggest sportsmen's show in the nation doesn't take place in Washington but it's close, located at the Portland Expo Center on Marine Drive just south of Vancouver off of Interstate 5. In addition to featuring the main attractions and speakers mentioned for the Washington Sportsmen's Show, Steve Rinella of MeatEater fame will be a speaker on the 15th from 2 to 4 PM. Leupold will have their popular movie night on Saturday, Born and Raised will be premiering a new film

featuring an Alaska backcountry hunt and you'll also find a big kayak sale which includes a 30-foot indoor demo tank where you can see how the kayak you are interested in feels on the water. Last but not least, Candy Yow will be hosting a "Ladies Day Out" from 2 to 4 PM on Friday. www.thesportshows.com

SEATTLE RV SHOW – Feb. 15-18, Lumen Field Event Center

If you can't make the Pacific Northwest Sportsmen's Show consider a trip to Lumen Field in Seattle for the Seattle RV Show. Twenty local dealers will have 400 different RVs for sale from 50 different manufacturers. www.seattlervshow.com

CENTRAL WASHINGTON SPORTSMAN SHOW – Feb. 23-25, Yakima Sun Dome

Purchased from Merle and Bev Shuyler in 2022, Josh and Jennifer McClanathan are putting their own mark on this long-running sportsmen's show. Some of the changes include new exhibitors, a 30-foot-long water demo tank that holds some 5,000 gallons of water, and a BowSim 4D archery simulator. Fly anglers can learn to cast at the casting pool and learn to tie flies at the Fly-Tying Theater. There are also plenty of activities for the kids ranging from an air rifle range to luncheon lake where young anglers can pay \$5 to reel in trout. Sunday is Kids Day with free fishing and rumor has it Smokey the Bear will put in an appearance or two during the weekend. www.jlmproductionsllc.com

BIGHORN OUTDOOR ADVENTURE SHOW – March 14-17, Spokane Fair and Expo Center

Boasting some 300 exhibitors there is plenty of room to roam and visit all of them inside Washington's second biggest show, put on every year by the Inland Northwest Wildlife Council. This organization not only does on the ground work such as building ADA accessible hunting blinds, but also lobbies on behalf of hunters and anglers at the state level. This show, now in its 62nd year, is an important fundraising event for the organization. www.inwc.org

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

ONE-OF-A-KIND THRILL

Luge like nowhere else on Bear Mountain



COURTESY OF LOUP LOUP SKI BOWL

A line of luge enthusiasts prepare to launch down the 5K run atop Bear Mountain at the Loup Loup Ski Bowl.

By MIKE MALTAIS
Ward Media Staff Reporter

LOUP LOUP SUMMIT – Winter outdoor sports lovers searching for that one-of-a-kind thrill ride will find just what they are seeking in their own backyard on Bear Mountain at the Loup Loup Ski Bowl.

Bear Mountain Luge Sledging opened for the season last Saturday, Jan. 13, with its brand of excitement not found anywhere else. Luge – a French word meaning “sledge” – employs small single or double occupancy sleds that riders sit on, control with their hands, and use their feet for breaking.

“The Loup is one of the first and only resorts in the Western US to offer luge sledging,” A Loup media release said.

Combine that with a ride in the back of an open-air snowcat to ascend 1,200 feet to reach the starting point of the five-kilometer course and you have a pair of experiences unique to the Bear Mountain variety.

Loup Loup Ski Education Foundation (LLSEF) board secretary Steve Nelson and wife, Julie, came up with the novel and inspired idea for the luge program, now in its eighth year.

“It's kind of a total experience,” said Nelson. “An initial education, a little clinic to tell everybody how to do it, then everybody loads in snowcats – how many people have ridden snowcats? .01 percent of the population – and then the guided trip down by our luge guides.”



COURTESY OF LOUP LOUP SKI BOWL

Each Loup Loup luge is individually handmade in Austria.

With twists, turns, and plenty of speed, the course is a thrilling adventure for all ages.

“Speed is whatever the sledder wants because you control it yourself,” said Julie who manages the program. “It's really for those who are more adventurous to go faster.”

For those adventurous types, whose daring exceeds their skill there is a border fence just like the kind used on ski racecourses to catch errant riders.

Not surprisingly many of the sledders are return clients and multi-generational family groups that have found the perfect experience that any age can enjoy safely. Nelson said the two types of people he hears from the most are the repeat customers and those who have been trying for years to get a reservation.

“This is primarily a European type of sport,” said Nelson, “We're very unique

and nobody else has really caught on.”

The 2-1/2-hour experience costs \$50 per person and includes sled, helmet, luge sledging instruction, open air snowcat ride up Bear Mountain, and guided sledging down five-plus kilometers of groomed luge sledging.

“All of our sleds come from Europe,” said Nelson. “The manufacturer we hooked up with in Austria, they are craftsmen. They build every one of these by hand out of ash wood, all steam-bent frames. They're extraordinarily beautiful pieces of work.”

Sledders are advised to make reservations early because the course usually books out each season. For more information and to make reservations visit skitheloup.com and select the “Luge” tab.

Mike Maltais: 360-333-8483 or michael@ward.media

DR. LOUISE:

Are you getting too much magnesium?

84-year-old Martha was half-way down her driveway to get her mail when she tripped and fell onto the asphalt. Luckily, her neighbor across the street witnessed her fall, rushed to help, and called 911 when she couldn't get up.

Her head, heart, lungs, and kidneys checked out fine, but the magnesium in Martha's blood was too high, which can cause muscle weakness. When asked if she was taking any magnesium supplements, Martha said no. “I only take a thyroid pill for my thyroid and a pain pill at night for my arthritis.”

I asked her, “Do you take any laxatives?”

“Why, yes, nearly every night. My pain pill helps my arthritis, but it binds me up, so I take a laxative for that.”

“Which one?”

“It's in a blue bottle. Phillips®, I think.”

“Do you take anything for stomach acid, burning, or indigestion?”

“Sometimes. I like the mint flavored Mylanta® chews.”

“How about other supplements? Do you take anything for sleep?”

“Sure. There's a powder called CALM that helps me sleep. I mix some in my chamomile tea at bedtime.”

Although she wasn't taking a magnesium supplement, Martha was getting magnesium through taking Phillips® Milk of Magnesia as a laxative, Mylanta chews as an antacid and CALM powder for sleep.

Magnesium is a mineral that's essential for the function and maintenance of nerves and muscles and for making new bone cells. Too little magnesium interferes with correcting calcium or potassium deficiency. It can lead to osteoporosis and high blood pressure, while too much magnesium causes diarrhea, muscle weakness, and sedation.

Magnesium hydroxide is a milky liquid and a significant ingredient in the antacids

Maalox® and Mylanta®. It's also the main component of Phillips Milk of Magnesia®. Magnesium is also available as magnesium citrate, a clear, effervescent solution of magnesium with sodium bicarbonate and citric acid added to make it bubbly.

Magnesium citrate and magnesium hydroxide are marketed laxatives. Magnesium relieves constipation by helping pull water out of your body into your intestine and colon as it travels through. The extra water helps to soften your stool and relieve constipation in as little as 30 minutes to 3 hours.

Although these magnesium-based laxatives work inside your intestines, some of the magnesium can also get into your bloodstream. Up to 20% of the magnesium in each dose of milk of magnesia or citrate of magnesia can be absorbed, increasing your magnesium blood level, like what happened to Martha.

Martha also was getting

magnesium in her CALM for Sleep powder.

Epsom Salts are another form of magnesium. When mineral waters in Epsom, England, underwent evaporation, they produced a nearly pure form of magnesium sulfate. Today, Epsom Salts are made by evaporating water from the sea. After extracting the more desirable sodium chloride (table salt) from seawater, the brine that is left is nearly pure magnesium sulfate.

Soaking in a concentrated salty solution of Epsom salts dissolved in hot water can help decrease swelling and relieve aches and pains. Magnesium chloride is also available as a spray to rub in to relieve muscle cramps. Your body can absorb magnesium chloride through your skin if you soak in it or spray it on.

I find that soaking in Epsom Salts is helpful when dealing with a deep splinter. Instead of digging around after it, soaking the area first shrinks and

softens the skin around the splinter, making it much easier to see and remove.

Here are 5 Tips on Take Magnesium Safely:

1. Watch out for multiple sources.

In addition to taking a magnesium supplement, your body can absorb magnesium from other sources. Some antacids, liquid laxatives, supplements for sleep, and Epsom Salts all contain magnesium.

2. Know the signs of getting too much magnesium.

If you notice diarrhea, cramping, weakness, or low blood pressure, you may get too much magnesium, like Martha.

3. If you have kidney problems, avoid getting extra magnesium.

Avoid taking magnesium-containing antacids, laxatives, supplements, or using magnesium soaks or sprays if you have kidney problems or are under the care of a kidney doctor.

4. Change up your laxatives.

If you need a laxative regularly, avoid magnesium. Instead, use powdered Miralax® (polyethylene glycol 3350), which is more effective than milk of magnesia and magnesium citrate without the risk of getting extra magnesium.

5. Don't mix magnesium with antibiotics.

Avoid taking magnesium between 1 hour before and at least 2 hours after certain antibiotics. Magnesium and other minerals like iron and calcium will attach directly to certain antibiotics, preventing you from absorbing the entire dose.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com.

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Upper Valley Scholarship now open for applications

Ward MEDIA

LEAVENWORTH - P.E.O. Chapter JF, Leavenworth, is now accepting applications for the Upper Valley Scholarship to support women seeking higher

education. This needs-based scholarship is designed for women in Chelan or Douglas County who are returning to an accredited university, college, or technical school in Washington.

The scholarship targets wom-

en aged 30 or above, especially those resuming their education after a gap of at least two years. It will cover school expenses and be paid directly to the educational institution in the Fall of 2024.

Eligible institutions include any fully accredited colleges, universities, or technical schools in Washington. The scholarship is also open to those attending out-of-state online accredited schools. Successful

applicants must confirm their enrollment for the funds to be released to the school's financial department.

Applications must be submitted by April 30, 2024. Recipients can reapply annually until they

complete their education programs.

For more information and to request application forms, interested applicants should contact the Scholarship Committee at peoleavenworth@nwi.net.



CLASSIFIEDS

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Cashmere Valley Record
Lake Chelan Mirror
Quad City Herald

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Employment

Help Wanted

Bus Driver/Operator – Full Time
Organization: Okanogan County Transit Authority (TranGO)
TranGO IS HIRING A DRIVER;
Full-time
(36+ hours per week) positions available now; hourly non-exempt. Compensation is \$21.64-\$23.41 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement (see website for benefit details), sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

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www.qcherald.com

Help Wanted

Looking for a little spending money and love to cook? The Leavenworth Senior Center wants to hear from you.
We are looking for that special someone who would love to share their culinary skills with us every Wednesday at noon. We serve 30- 40 lunches each week, provide a full-service commercial kitchen, one Kitchen Assistant staff member, and weekly volunteers to help wherever they are needed. This job includes creating a weekly menu, food shopping, and takes approximately 6 to 7 hours per week. Compensation is \$22/hr. Please submit a letter of interest with a brief description of your experience to leavenworthseniors@gmail.com

Real Estate

Rentals

Remodeled one bedroom apartment. Washer/ dryer hookup. W/S/G paid. Excellent location in Chelan. Walk to City Park. \$1,090/ month, plus deposits. No Pets. 509-682-5108.

Leavenworth Cute studio in town. Furnished. All utilities included. No pets. No smoking. \$1,125. per month. References required. \$1,000. Security Deposit 509-860-4564

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Advertise in the Classifieds
509-689-2507

WORD SCRAMBLE
Rearrange the letters to spell something pertaining to slow cooking.

ROKCOE

--	--	--	--	--	--

Answer: Cooker

SLOW COOKING WORD SEARCH

N Y M A G N W K E N C G O M B G F H G K
I P N D H P Y R Y R O V A S I A D K B J
L P C N L E N L W O L J A F C E O E T P
R R I B O R R D F W I E L D A L O K P R
E E V M Y U M M N O N S T I C K E E O O
A M J I R T V F U K W E T N V S T A E F
F I E L P A I C R O C K M A E D S F D R
T T N C R R M W H O U R S A E T O U F S
H R R O P E H I N J B O S S O N D A U I
W P U O S P H L D I F O S P D H V L D C
B U S Y L M A W I H N E H U K P N E W K
J A D E E E U K C I R H E K I T C H E N
S T E W G T R W N T J V B V I J G B S L
B U T U W I N G R E D I E N T S T S O G
C E H U I N S O G B K F H W N T W L T O
I N I D I G I T A L S B F H E H M B J O
R E K O O C W O L S F G N I R E M M I S
P W P G N B W K S C E D U R R P K P B A
K O T D Y R M L L W F A R J V S A K F N
T H C N B U O Y O J N E J W H M T O P H

- WORDS**
- BUSY
 - CROCK
 - DESSERT
 - DIGITAL
 - ENJOY
 - FONDUE
 - HOURS
 - INGREDIENTS
 - KITCHEN
 - LADLE
 - LOW
 - NONSTICK
 - POT
 - ROAST
 - SAVORY
 - SEASONINGS
 - SIMMERING
 - SLOW COOKER
 - SOUP
 - STEW
 - TEMPERATURE
 - TIMER

Find the words hidden vertically, horizontally, diagonally, and backwards.

N Y M A G N W K E N C G O M B G F H G K
I P N D H P Y R Y R O V A S I A D K B J
L P C N L E N L W O L J A F C E O E T P
R R I B O R R D F W I E L D A L O K P R
E E V M Y U M M N O N S T I C K E E O O
A M J I R T V F U K W E T N V S T A E F
F I E L P A I C R O C K M A E D S F D R
T T N C R R M W H O U R S A E T O U F S
H R R O P E H I N J B O S S O N D A U I
W P U O S P H L D I F O S P D H V L D C
B U S Y L M A W I H N E H U K P N E W K
J A D E E E U K C I R H E K I T C H E N
S T E W G T R W N T J V B V I J G B S L
B U T U W I N G R E D I E N T S T S O G
C E H U I N S O G B K F H W N T W L T O
I N I D I G I T A L S B F H E H M B J O
R E K O O C W O L S F G N I R E M M I S
P W P G N B W K S C E D U R R P K P B A
K O T D Y R M L L W F A R J V S A K F N
T H C N B U O Y O J N E J W H M T O P H

CRYPTO FUN
Determine the code to reveal the answer!

Solve the code to discover words related to slow cooking. Each number corresponds to a letter. (Hint: 16 = E)

A. 12 9 10 12 23
Clue: Vessel

B. 18 19 10 8
Clue: Opposite of fast

C. 18 3 20 20 16 9
Clue: Liquid kept below boil

D. 1 16 15 17 16 9 3 21 16
Clue: Soften fibers

Answers: A. crock B. slow C. simmer D. tenderize

SUDOKU

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

Fun By The Numbers
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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Kid Scoop Together

Clean Sweep!

Your family volunteered to help sweep around your school, but you'll need the key to the supply closet. Can you get to it faster than a family member?



Martin Luther King, Jr. DAY OF SERVICE

"Everybody can be great because everybody can serve."

— MARTIN LUTHER KING, JR.

Service was at the heart of Martin Luther King's philosophy. He urged Americans to take action to improve the lives of others.

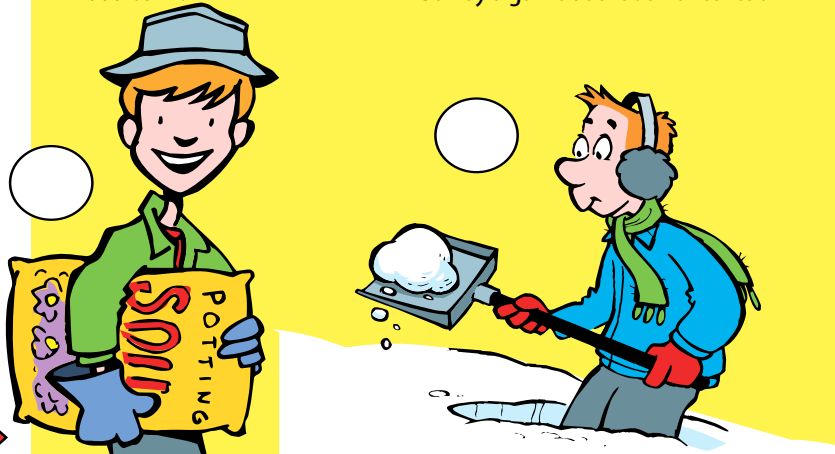
In 1994, Congress passed the *King Holiday and Service Act* to support efforts to make the King holiday a day of service. Since then, millions of Americans have honored the memory of Dr. King by making Martin Luther King Day as a "day on" instead of a "day off."

People across the nation spend Martin Luther King Day volunteering to make their communities better places. Some will plant community gardens, clean up parks or beaches, and others will read to children or the elderly.



Take a look at this list of MLK, Jr. Day Service ideas. Then look at each picture. Number the project you think each kid chose in the circles.

1. Clearing an elderly neighbor's sidewalk.
2. Collecting canned goods for a food bank.
3. Help coach a younger child's team.
4. Help a neighbor with some yardwork.
5. Play a game at the senior center.



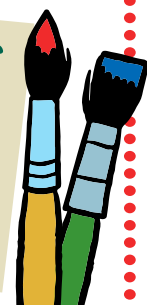
School Sign Painter

Write in the missing vowels to complete these signs.

SCH__L
CL__N UP D__Y
TH__S M__ND__Y!

USE THE
R__CYCL__ AND
C__MP__ST__B__NS!

H__LP M__KE
OUR SCH__L
B__T__FUL



Many communities have a place that helps volunteers find ways to help others. Write the letter that comes after each letter of the alphabet on the spaces at right to find a place you can call to see how you can be of service to your community.

V
_ _ _
U N K T M S D D Q
_ _ _
B D M S D Q

Service Starts at Home

Sometimes the best place to be of service is in your own home. Make a list of five things you could do on Martin Luther King Day to help your mom, dad, a grandparent, brother, sister or neighbor.

TASK	COMPLETED
Empty the dishwasher for mom	<input type="checkbox"/> YES <input type="checkbox"/> NO
	<input type="checkbox"/> YES <input type="checkbox"/> NO
	<input type="checkbox"/> YES <input type="checkbox"/> NO
	<input type="checkbox"/> YES <input type="checkbox"/> NO
	<input type="checkbox"/> YES <input type="checkbox"/> NO
	<input type="checkbox"/> YES <input type="checkbox"/> NO

Extra! Extra!

Helping Others

- Look through the newspaper to find:
- An organization that helps others
 - A person helping others
 - Adjectives about helping
 - Martin Luther King, Jr. Day events

Standards Link: Civics: Know how various American holidays reflect values, principles and beliefs of Americans.

Kid Scoop Puzzler

Trash Bag Team

These students helped with a park clean up. How many bags of trash did each student fill? Use the clues to complete the chart.

- The 4 students filled a total of 15 bags.
- No one filled more than 7 bags.
- None of the students filled the same number of bags.
- Cassidy filled 5 bags.

- Owen filled 3 less than Cassidy.
- Sam filled the most bags.

Students	Bags
CASSIDY	
OWEN	
BODIE	
SAM	
TOTAL	15



Standards Link: Mathematical Reasoning: Use a variety of strategies to solve problems.

Double Double Word Search

- ACTION
CLUES
GARDENS
GREAT
HELPING
HOLIDAY
HOME
IDEAS
KING
PROJECT
MEMORY
DAY
READ
SERVICE
STUDENTS

Find the words in the puzzle. How many of them can you find on this page?

S N E D R A G B Y H
T B G H N O I T A E
U C X T O R Y A D L
D V L S L M T A I P
E T W U E P E V L I
N A V M E R K I O N
T E O J P S V K H G
S R T S A E D I N J
Y G A C T I O N C X
T C E J O R P G O E

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

FROM THE LESSON LIBRARY

Problems in the News

Reading your local newspaper is a great way to learn how to help your community. Look through today's newspaper and find one or more problems in your community. Is there something you could do to help?

Standards Link: Use the newspaper to locate information.



Why was the broom late?

ANSWER: It overslept.

Write On!

Make a Difference

Write about how you make a difference in someone's life within your family, your school, or in your community.



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