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Brewster Chamber discusses site for new tourism Kiosk from Okanogan County Tourism Council

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER – The Chamber of Commerce discussed potential site selections for a new information kiosk on city property during its regular monthly meeting last Wednesday, May 8. The Okanogan County Tourism Council is providing the kiosks to cities across the county and already has several installed in Pateros, Tonasket, and Oroville.

Chamber Director Anna Marie Dalbey passed around photos of what the kiosk looks like and explained that OCTC is in the process of getting kiosks in place in Winthrop and Mazama, with Brewster, Omak, and Loomis next in the opportunity queue.

Conconully is also on the list, but a large construction crew currently occupies the spot where its kiosk will eventually stand.

Chamber Vice President Hugo Gomez, owner of Gomez Landscaping

and Los Paisas Store, offered to assemble and install the kiosk once a site was determined.

The installation of the kiosks and visitor information signage countywide is just one of OCTC's ongoing projects. Others include:

- Publication and distribution of a county-wide AG Guide.
- Hospitality trainings for front line employees.

See **KIOSK** Page **B2**



COURTESY OF OKANOGAN COUNTY TOURISM COUNCIL

The Okanogan County Tourism Council is providing this kiosk frame to county cities on assemble and install to display visitor information.



MIKE MALTAIS/WARD MEDIA

The Pateros information kiosk is prominently placed along in a parking lot Commercial Avenue.

Record-breaking clinic draws record-breaking numbers

By **MIKE MALTAIS**
Ward Media Staff Reporter

OKANOGAN – The large demand for affordable spay and neuter services for Okanogan County pet owners was one of the big takeaways from The Big Fix, a free spay/neuter clinic that completed a four-day

run at the Okanogan Fairgrounds Agriplex last week.

From the moment the clinic kicked off its 7:30 a.m. first-come registration on Tuesday, May 6, it was evident that it was going to be a race for pet owners to grab an available spot before the day's quota of 250 animals was met. On opening

day, that capacity was reached by 6:45 a.m., nearly an hour before the official start.

Those who missed out that first day understood that a special effort – like camping all night in the parking lot – was needed if they hoped to compete with the overwhelming demand for an appointment.

Photos posted on the TOAR Facebook online show person after person who really cares for and cares about an animal that is more than just a pet; it's a cherished member of the family. These are folks who drove long distances and waited for hours in discomfort just to do the right and responsible thing for something they love.

- Despite the fact that Team Okanogan Animal Rescue (TOAR) hosted the largest clinic of its kind in the state's history,
- despite the fact that the Good Fix team of veterinarians, vet techs, and trappers have taken their services to areas of urgent need around the world,
- despite the fact that more than 1,000 area cats and dogs were altered by a team of efficient, practiced professionals, there were many who tried but were left disappointed because they were turned away.

Measured by the typical costs to spay or neuter one cat or dog that range from \$75 to \$200, The Big Fix conservatively saved county pet owners from \$75,000-\$200,000, and that is not counting vaccination fees saved.

Among the crew of veterinarians

working with the project was a vet with local roots, Dr. Miranda Cleveland, DVM. The 2014 Okanogan High School graduate was raised in Okanogan County and graduated WSU in 2022. The TOAR Facebook site noted that while Dr. Cleveland lives elsewhere, she volunteered to return to her home county to work with the Big Fix crew.

Among TOAR's next major goals is building a county shelter to help meet the needs of its homeless or abused animals.

"At this time, we have not identified a suitable building or land parcel to construct a shelter," a TOAR spokesperson told The Quad recently. "Our goal is still to open a safe, humane facility."

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



COURTESY OF FACEBOOK.COM/TEAMOKANIMALRESCUE

Another happy customer expresses an opinion at The Big Fix clinic.



COURTESY OF FACEBOOK.COM/TEAMOKANIMALRESCUE
Dr. Miranda Cleveland, DVM was raised in Okanogan County and returned to work with The Big Fix staff.

Second Building Bridges meeting scheduled

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER – Last Jan. 30 more than two dozen representatives from cities, churches, and community service organizations met for a Building Bridges luncheon at the American Legion Columbia Post 97 in Brewster. The group discussed community needs in the Quad City coverage area, the resources to meet them, and how groups can combine their skills to greater effect.

Attendees completed a contact form with their particular services, and specialties so others would know who to call for what services at which location.

The second Building Bridges luncheon, scheduled for Tuesday,

May 21, from 1 to 3 p.m., will continue efforts to strengthen connections between community leaders, identify resources, and share insights. A leader-to-leader directory will be handed out individually, and business cards with various organizations listed for first responders and related services will be available.

Navy veteran and Legion member Edward Gossett organized the inaugural Building Bridges gathering. The meeting's initial goal was to address food banks and related groups in the Bridgeport, Brewster, and Pateros area and create a community list of those who can help. The primary aim, as stated in the initial flyer, is to ensure that "no one falls through the cracks

by directing individuals, school counselors, and veterans requesting help to the right resources."

An immediate need that just came to Gossett's attention concerns families without green cards who arrived on a bus and urgently require assistance with jobs, food besides the food bank, transportation, and long-term housing. Medical and dental services are also needed.

Gossett is the Legion's Public Outreach Coordinator and Financial Officer and a 22-year retired Navy submarine missile specialist. He now works with the Very Long Baseline Array (VLBA) site in Brewster, one in a network of 10 National Radio Astronomy sites spread

See **SECOND BUILDING** Page **B2**

Family Health Centers expanding dental care access in Okanogan County

COURTESY OF FAMILY HEALTH CENTERS



An architectural rendering of the planned expansion to Family Health Centers' Omak campus. The expanded facility will include a new dental clinic with 18 additional operatories, allowing FHC two significantly increase access to oral health care services for the Okanogan County community. The modern, spacious design of the building aligns with FHC's mission to improve the health and well-being of the populations they serve.

See **STORY** Page **B2**

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News E-mail:
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advertising e-mail:
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Mon. to Fri. 9:00 a.m.-5:00 p.m.

Contact information

CEO & Publisher
Terry Ward
509-731-3284
terry@ward.media

COO & Co-Owner
Amy M. Yaley
509-731-3321
amy@ward.media

Reporter/Photographer
Michael Maltais
michael@ward.media

Reporter
Quinn Propst
quinn@ward.media

Advertising

Multimedia Sales Manager

Sherrie Harlow
253-255-5920
sherrie@ward.media

Classifieds/Legals

Laura Husa
classifieds@ward.media

Circulation:
Laura Husa
509-293-6780
laura@ward.media

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The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: terry@ward.media

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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

Wenatchee Valley College May Fest

Wenatchee Valley College at Omak will host the 2nd Annual May Fest on Friday, May 17 from 4-8 p.m. in the back parking lot of campus.

The free event is hosted by the Wenatchee Valley College at Omak Mecha club and Student Government.

"Come and join us for an evening full of fun, invite your family and friends," the event page states. "Everyone is welcome. Folklorico Corazón de México from Wenatchee will be joining us to perform folkloric dances. There will be live mariachi music, vendors, traditional street tacos, and more."

For more information visit wvc.edu.

Tiny Tales Puppet Show

The Chelan Public Library will host Tiny Tales Puppet

Show on Thursday, May 23 from 3:30-4:30 p.m.

"Join the Chelan Public Library for a delightful presentation by storyteller and puppeteer Shelly Lawrence," the event page states.

For more information visit nculibraries/chelan.org.

Chelan Memorial Day Parade

The 27th Annual Chelan Memorial Day Parade and Appreciation Reception will be on Thursday, May 23 from 5:30-7:30 p.m. in Historic Downtown Chelan.

"The Lake Chelan Chamber of Commerce is proud to work with our local Veterans of Foreign Wars Post 6853 in the planning and execution of the annual Memorial Day Parade," the event page states. "We are honored to produce and host this parade as a symbol of respect and an opportunity to honor all

the individuals who have given the ultimate sacrifice in service to our country."

The annual Appreciation Reception will start at 5:30 p.m. at the Lake Chelan Chamber of Commerce and Visitor Center.

"Veterans and their families are invited to participate," the event page states. The Parade will start at 7 p.m., at the Old Bridge and end at Riverwalk Park.

For more information visit lakechelan.com.

Bridgeport story time

The Bridgeport Library will host Toddler Rhyme/Story Time on Friday, May 17 from 10:30-11:30 a.m.

"Join us for a fun hour of stories, songs, rhyming and crafts," the event page states.

"This program is geared towards toddlers and pre-school ages, but everyone is welcome."

For more information visit nculibraries.org.

Live music with Eric Link

Endless Orchard Hard Cider in Chelan will host live

music by Eric Link on Friday, May 17 from 3-6 p.m.

"Join us for an evening with Eric Link, the song-slinger from the East Cascades," the event page states. "Experience a musical journey through five decades of favorites, intertwined with some of Eric's originals."

For more information visit endlessorchardcider.com.

Local journalism needs your support more than ever

Pew report highlights challenges and opportunities for community news outlets



TERRY WARD

Ward Media CEO / Publisher

As the publisher of our local newspaper, I wanted to take a moment to reflect on the recent Pew Research Center report on the changing relationship between Americans and their local news outlets. The findings underscore both the challenges and opportunities facing our

industry as we adapt to an increasingly digital landscape.

It's heartening to see that a large majority of Americans still recognize the importance of local journalism to the well-being of their communities. Our dedicated journalists work tirelessly to report the news accurately, cover the most important stories, maintain transparency, and hold local leaders accountable. We are grateful for the trust our readers place in us to fulfill these vital roles.

However, the report also highlights the financial challenges facing local news organizations. With fewer Americans closely following local news and only a small percentage paying for it, we must find innovative ways to sustain our operations and continue delivering high-quality journalism.

This is where we need your support. As readers, we encourage you to engage with our content, share it with your friends and family, and consider subscribing to help fund our work. As advertisers, we invite you to partner with us to reach our engaged local

audience and demonstrate your commitment to supporting a thriving community.

Together, we can ensure that local journalism remains a cornerstone of our democracy, fostering informed citizens and vibrant communities. At our newspaper, we are committed to adapting to the changing media landscape while upholding the values and mission that have guided us for years.

Thank you for your continued support and partnership.

Terry Ward is the CEO of Ward Media and the publisher of the NCW News, Cashmere Valley Record, Lake Chelan Mirror,

The Leavenworth Echo, Quad City Herald, and the Wenatchee Business Journal. He can be reached at terry@ward.media.

You can read the full Pew Research Center report here:



POINT OF VIEW

Three Rivers says 'thank you' for 75 years

Critical Access Hospitals (CAHs) play a crucial role in providing healthcare services to residents in remote and underserved areas. Three Rivers Hospital in Brewster is one such organization. We cover about 2,500 square miles that includes the quad cities of Brewster, Bridgeport, Mansfield and Pateros, as well as the entire Methow Valley up to the Canadian border.



By J. SCOTT GRAHAM

Chief Executive Officer

Three Rivers Hospital

It's no secret that small rural hospitals like ours have faced quite a few challenges, the biggest one being financial.

Our district has a large population of lower income residents, many of whom have Medicare or Medicaid, or they're uninsured. We have some avenues to help patients with their hospital bills, such as financial assistance, but the overall state of the economy has impacted people's decisions about whether to seek healthcare or to put it off.

Other obstacles include recruitment and retention of healthcare professionals, maintaining outdated infrastructure, and keeping up

with ever-changing regulations and requirements from state and federal health agencies.

Despite these challenges, Three Rivers stands as a beacon of resilience and dedication to our communities. We marked 75 years of service in January this year, an achievement that we hope speaks to our commitment to providing high-quality healthcare to all of you. Over the years, Three Rivers Hospital has continued to adapt and innovate to meet the needs of our patients.

In the last 10 years, we have:

- Paid off about \$3 million in registered warrants to Okanogan County;
- Invested in state-of-the-art

patient care equipment;

- Recruited a team of excellent providers;
- Built up our family practice and specialty clinic;
- Strengthened our hiring processes to ensure each employee is aligned with our organizational values and goals; and
- Started plans to one day replace the existing building so that we can be here for 75 more years.

The hospital's anniversary is an opportunity to reflect on our rich history while also looking ahead to the future. It serves as a reminder of the vital role that rural CAHs play in ensuring access to healthcare

for all individuals, regardless of their geographical location or socioeconomic status. As Three Rivers Hospital observes this milestone during National Hospital Week, we know we can and will continue to overcome hurdles. We gratefully share the credit with everyone who supports our hospital. We deeply appreciate not only our patients, but the dozens of organizations we work with to make our communities healthier.

The nature of healthcare is continuously evolving, but one thing that will never change is our dedication to do the right things for our patients and hospital district.

Summer camp registration open at Camp Zanika Lache

NCW News Ward Media

WENATCHEE - Camp Fire North Central Washington Council is now accepting registrations for summer camp at Camp Zanika Lache. The co-ed overnight camp is open to youth entering 1st through 12th grade and offers a variety of activities, including swimming, canoeing, kayaking, archery,

crafts, fishing, hiking, and more.

Campers will stay in rustic cabins with 7-8 others of similar age and gender. Camp Fire Club members receive a \$100 discount on registration, and limited scholarships are available.

To register or for more information, call Camp Fire at (509) 663-1609 or visit campfirencw.org.

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Columbia River H.O.G. Chapter revives Run 4 the Border motorcycle ride for Armed Forces Day

NCW News Ward Media

WENATCHEE - The Columbia River Harley Owners Group (H.O.G) Chapter is reviving its annual Run 4 the Border motorcycle ride after a hiatus due to the COVID-19 pandemic. The event, now in its 19th year, will take place on Saturday, May 18, coinciding with Armed Forces Day. The ride is open to

all street-legal bikes and will cover a 150-mile route from Wenatchee to Oroville.

The event is expected to attract up to 200 motorcycle enthusiasts, with proceeds benefiting The Bunker of Wenatchee, a local charity supporting veterans. Registration will be held from 7:00 a.m. to 8:30 a.m. at the Link Bus Transit Park & Ride located at 337 E. Penny Road,

Wenatchee. The registration fee is \$25 for riders and \$10 for passengers. The run will depart at 9:00 a.m. sharp, following a prayer by the Black Sheep Riders.

Pre-registration is available online, and registered drivers will receive a patch. Pins and t-shirts will also be available for purchase at \$10 and \$25, respectively. A 50/50 cash raffle drawing will be held

in Oroville at 2:00 p.m., and participants must be present to win. Information about activities in Oroville will be provided during registration.

The event is made possible by the support of various sponsors and businesses, including Apple State Harley Davidson of Yakima, Jacks Motorsports, Tsillian Cellars, Chelan Chevron, Prestigious Patios and Custom Pools,

Baker Flats Storage, Abbotts Printing Inc, Laborers' Local 348, Black Sheep HDLC, IBEW Local 191, NCWC Labor Council, Kelly's Hardware Chelan, and others.

For more information, interested individuals can visit the Columbia River H.O.G. Chapter's website at <http://columbiariverhog.net/> events.

High levels of ultra-processed foods linked with early death, brain issues

By ANAHAD O'CONNOR
The Washington Post

A large study suggests that there might be a striking reason to limit your intake of ultra-processed foods - early death.

The study of 115,000 people found that those who ate large amounts of ultra-processed foods, especially processed meats, sugary breakfast foods and sugar and artificially sweetened beverages, were more likely to die prematurely.

The research, published Wednesday in the journal BMJ, adds to a growing body of evidence that has linked ultra-processed foods to a higher rate of health problems. Ultra-processed foods encompass a broad category ranging from cookies, doughnuts and potato chips to hot dogs, white bread and frozen meals. Scientists say what these foods have in common is that they are typically formulations of industrial ingredients that are designed by manufacturers to achieve a certain "bliss point," which causes us to crave and overeat them. They also tend to be low in nutrients such as fiber, vitamins and minerals.

Here are some of the key findings:

• Mortality risk: When the researchers looked at intake of ultra-processed foods, they found that participants who consumed the most - averaging seven servings of these foods per day or more - had a slightly

higher risk of dying early compared with people who consumed the least ultra-processed foods.

• Brain health: The study found that people who ate the most ultra-processed foods had an 8 percent higher likelihood of dying from neurodegenerative diseases such as multiple sclerosis, dementia and Parkinson's disease. But they did not find a higher risk of deaths from cancer or cardiovascular disease.

• Increased risk with certain foods: The researchers found that there were certain ultra-processed foods that were particularly associated with harm. These included processed meats, white bread, sugary cereals and other highly processed breakfast foods, potato chips, sugary snacks and sugary beverages, and artificially sweetened drinks, such as diet soda.

• Study limitations: The researchers cautioned that their findings were not definitive. The study showed only associations, not cause and effect. People who consume a lot of ultra-processed foods tend to engage in other unhealthy habits. They eat fewer fruits, vegetables and whole grains, are more likely to smoke and less likely to be physically active. The researchers took these factors into account when



STOCK PHOTO

they did their analysis, but other variables could have played a role as well.

Risk of high ultra-processed diets

In recent years, studies have found that eating a diet high in ultra-processed foods causes people to quickly gain weight and increases their risk of at least 32 different health conditions, including cancer, Type 2 diabetes, heart disease, obesity, anxiety, depression and dementia. A handful of studies have also found that diets high in ultra-processed foods increase the risk of early death. But many of these studies were relatively small,

short in duration or did not look into specific causes of death.

The new study addressed these issues by analyzing data on tens of thousands of adults who were followed for more than 30 years, said Mingyang Song, lead author of the study and a professor of clinical epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

"There has been great interest from both the public and scientific community in understanding the health impact of ultra-processed foods, which now account for more than 60% of daily calories in Americans," Song said in an email.

is also evidence that ultra-processed foods can hamper overall health by reducing insulin sensitivity, disturbing gut microbiota, and driving weight gain and chronic inflammation throughout the body.

Some foods are better than others

The new findings support the idea that all ultra-processed foods are not the same and that some, such as whole-grain bread for example, can even be healthful, according to an editorial that accompanied the study in BMJ. Some countries have implemented public health measures to help people improve their diets, such as banning companies from using trans fats in their products, putting warning labels on sugary junk foods and restricting the marketing of unhealthy foods to children.

The authors of the BMJ editorial, Kathryn E. Bradbury and Sally Mackay, two nutrition experts at the University of Auckland, said these and other public health interventions should be adopted more widely.

"Our global food system is dominated by packaged foods that often have a poor nutritional profile," they wrote. "This system largely serves the goals of multinational food companies, which formulate food products from cheap raw materials into marketable, palatable, and shelf stable food products for profit."

Should you cover exposed tree roots or leave them alone?

By JEANNE HUBER
Special to The Washington Post

Q: Soil and grass keep washing away around a large oak in our lawn, exposing more tree roots plus creating more of a downward slope. A friend says to pile up mulch to cover it and create a volcano look. A neighbor says to build a wall around the outer limits and fill in with soil. I say I am not sure what is the correct method to stop further erosion. Any suggestions?

- A reader in Ashburn, Va.

A: Having exposed roots doesn't necessarily hurt a tree, but mowing over those roots certainly can. The mower blades inevitably hit the roots, creating wounds that allow disease organisms, usually fungi, a pathway into the tree.

Adding soil to cover the roots and then planting more grass might seem like a good solution. But the soil is likely to either erode, getting you back to the situation you have now, or compact, which would reduce the oxygen that the roots need. And grass will not grow well because the tree will shade the area. Adding a wall and filling it with enough soil to create a bed for shade-loving plants could also be a problem. The soil level would be even deeper.



STOCK PHOTO

Here's what to do instead.

• Arborists recommend covering the exposed roots with mulch. Use a light, fluffy material that still allows air to get to the roots. But avoid having any mulch over the root flare - the area where the bark of the tree transitions to roots. The tree needs to take in oxygen there through pores called lenticels, and piling mulch over them or keeping them continually wet cuts off the gas exchange and can kill the bark tissue. A Rutgers webpage explaining the issues says that mulch should generally be kept 3 to 5 inches away from the stems of young plants or shrubs, and 8 to 12 inches away from mature tree trunks.

• On your tree, you might need an even wider no-mulch zone. Go by how the tree looks. Do not cover the big root flares. Do mulch where little forked roots are popping up. If in doubt, stay further away. Remember that having exposed roots doesn't really hurt the tree - you are just trying to deal with the aesthetics, trip hazards and lawn-mowing complications.

• Keep the mulch layer relatively thin, no more than 3 inches, and taper it down to nothing at the root flare area. The mulch helps soil stay moist, so extend it a considerable way out from the trunk - even past the drip line (the outermost reach of the branches), if you want. At the very least, mulch where the lawn struggles because

of shade, and where the roots are popping up.

• Install the mulch over bare dirt to keep weeding to a minimum. You can use a string trimmer if there are large patches where no roots are visible. Pulling by hand is safer.

• Don't use weed killer - it could injure the tree. A pre-emergent weed preventer can be used around most trees, but it won't kill existing vegetation - it just keeps weed seeds from sprouting. If you want to consider using this kind of product, read labels completely. Preen Weed Preventer recommends applying it on top of mulch, not as part of the preparation steps, contrary to what you'll see recommended on some YouTube videos.

- Don't use weed cloth, which will become a maintenance nightmare. Weeds will grow into it and, on a slope, mulch will slide off.
- Add plants that will naturally grow into living mulch. Yes, mulch keeps soil loose, so any weeds or lawn remnants that do grow through it will be easier to pull, but choosing your plants carefully will mean you don't have to replenish the mulch and pull as many weeds each year.
- Get starter plants in 2-inch-wide pots, and use a trowel to create holes that are only as big as necessary. If your trowel hits a tree root, move over a few inches and try another spot. Ask a local garden center for advice about what would do well

- in shade.
- For mulch, you can use wood chips, bark, compost or shredded leaves, which aren't as likely to blow around as whole leaves. (Shred them by running a lawn mower over piles of leaves at least twice.) The shredded mixture of branches and leaves that arborists often give away if they are working in a neighborhood also works well, but make sure the material isn't from a tree that was being worked on because it was diseased.
- Install edging along the lower area you are mulching and curve it partway up the slope on both sides to keep the mulch from washing down the slope. On a steep slope, you could have multiple edging strips, creating a terraced effect.

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Cinnamon isn't the only baking spice. Here's how to expand your range

COURTESY OF SCOTT SUCHMAN FOR THE WASHINGTON POST

From top to bottom and left to right: cloves, cinnamon sticks, caraway seeds, juniper berries, whole nutmeg, cardamom pods, star anise, black peppercorns, whole mace, allspice.



By CHARLOTTE DRUCKMA
Special to The Washington Post

Recently, I suffered a bout of cinnamon fatigue. It was British spice expert Eleanor Ford who cured me with her new cookbook, "A Whisper of Cardamom," in which she explores the sweet side of spices. She offers anyone who loves cinnamon new ways to use it and those who share my malaise aromatics they can try in its stead.

That's merely an entry point, as Ford traverses the global spectrum in pursuit of flavor. She gave me some extra insight during a delightful chat, and I've attempted to distill my newly gleaned knowledge into some key tips on prepping, pairing and blending spices while baking.

How to prep spices

Using whole spices gives you a bigger bang for your buck and your palate. Usually, baking recipes ask for ground spices. Do it yourself and you'll extract more flavor from them. Don't forget to grind them right before adding them to your batter. If, for the sake of convenience, you opt for pre-ground, make sure they aren't past their prime. "If they're beginning to smell a little dusty and disappointing, that's what they're going to bring to your cooking," Ford says.

Steeping is the act of leaving a whole spice to sit in a warm liquid that absorbs its flavors. Do this when making something smooth, such as ice cream, custard or mousse. Fat is an excellent carrier for flavor, so cream, milk, butter and oil will always do a better job of capturing the intensity of a spice. Alcohol is similarly effective; water less so, but it can get the job done (think tea).

Although savory cooking benefits from toasting spices, this does not hold true for baking. You can skip that step, especially when you want to draw out more delicate floral and citrus notes.

How to pair spices

"The more intense a sugar gets, the deeper in color and richness and flavor," Ford says. Darker sugars need spices that can stand up to them, which is why you can use muscovado or molasses in gingerbread and sticky toffee pudding, where cloves, allspice or ginger are involved. But flower waters,

sumac and coriander are subtler creatures and fare better with white (granulated) sugar. They also do best in custard- or cream-based desserts, which is why vanilla works so well in a crême brûlée, as does lavender.

Floral vanilla takes a surprising and winning turn when matched with puckery rhubarb, and when infused into Ford's strawberry jam with another unexpected guest, anise seed. But we can stop wasting it on chocolate baked goods, where it's easily overpowered.

To pair with chocolate, look to star anise, which Ford sneaks into flourless, fudgy cookies; chile pepper, which produces better - smoky, umami-deepened - brownies; or remarkably versatile nutmeg, whose more bitter, astringent notes will counteract the potential cloying tendencies of a milk chocolate custard. Both green or black cardamom "make such a magical marriage with white chocolate and dark chocolate," she says.

Green cardamom also does wonders for spring's rhubarb and the red fruits that follow it in summer, including berries and stone fruits. It complements coffee, too. Tropical fruits, however, want friends that bring the heat, like chile or ginger, or they can be pushed in a zingier direction with lemongrass.

As a general rule, Ford cautions against mixing too many spices together at once. It's the spice combinations created thousands of years ago that "have proved to be timeless and are still used today," she says. Examples include the South Asian melding of green cardamom and nutmeg, and the Middle Eastern medley of saffron, rose water and, once again, green cardamom.

A quick guide to baking spices

One of the highlights of Ford's cookbook is its inclusion of spices used in savory baking or in blends, or others you may not have encountered before. Here are some examples to rev your creative engines.

Black peppercorn. Makes berries "taste more of themselves," Ford says. Grind a little of the spice over a bowl of cut, ripe strawberries instead of sugar or slip it into her raspberry parfait with balsamic vinegar.

Allspice. Not a blend, but a complex spice. Ford suggests using it in a caramelly, sponge-topped, apple-filled "puddle pudding" to take advantage of its warmth and sharpness.

Caraway seed. Just a few anise-adjacent flecks shine in an old-fashioned, rather plain-seeming British seed cake, similar to a pound cake, made with almond flour and a bit of nutmeg.

Clove. Normally an ensemble player, used in quite small quantities, it shines when added to an apple cake on its own.

Juniper berries. Not just for gin, they're a grand success when introduced to citrus. Ford grinds them with some coriander and salt for the base of her curd-topped lemon bars.

Mace. Often confused for nutmeg, it's part of the same fruit and slightly sweeter; it's the aril or web that surrounds the seed. They can easily be swapped, Ford explains. She showcases the less famous party in her 18th-century-style prune and tamarind tart.

Mahlab. The seed's elusive flavor lies somewhere between cherry and almond, and is obviously great with both. Ford uses it with stone fruit in her sticky oat bars.

Wattleseed. This mildly smoky Australian original tastes a lot like hazelnuts, with coffee-ish undertones. Ford compares it to toasted popcorn and fuses it with red wine and chocolate in a torte.

How to be smart with cinnamon

So what should we do with America's (and Britain's) most overused spice? Like its simpatico sweet and warming agents, clove and cardamom, cinnamon enhances stone fruit, and it's quite good with dark chocolate. But while we repeatedly thrust it into the spotlight solo, Ford emphasizes it's a stellar candidate for spice blends. She features it in a flavored sugar along with nutmeg, black pepper, green cardamom, cloves, allspice and bay leaf, for one. She also includes it in the sweet spice mix she applies to bakes like her blueberry crumble, where it's in good company with mahlab, coriander and ginger, among others. Of course, if you still insist on cinnamon for your apple hand pies or sticky buns, by all means, go right ahead. Only a fool would turn one down.



COURTESY OF SCOTT SUCHMAN FOR THE WASHINGTON POST

Grinding spices yourself will provide better flavor.

Seed Cake

Serves 8-10 (makes one 8 1/2-by-4 1/2-inch loaf)

Active time: 30 minutes.

Total time: 1 hour, 25 minutes

Seed cake is a pleasingly old-fashioned, barely sweetened loaf studded with caraway seeds that provide a gentle crunch and subtle licorice edge. It's been around since medieval times with an abundance of variations, including four alone from the famous Mrs. Beeton of Victorian England.

Caraway can be divisive, but know that the cake would be just as delightful without any seeds or with a different selection of them. See Substitutions.

Storage note: Store in an airtight container at room temperature for up to 3 days or in the freezer (the whole loaf or slices) for up to 2 months.

INGREDIENTS

- 12 tablespoons (1 1/2 sticks/170 grams) unsalted butter, softened, plus more for the pan
- 1 1/3 cups (170 grams) all-purpose flour
- 1/2 cup (50 grams) almond flour or meal
- 1 tablespoon caraway seeds
- 2 teaspoons baking powder
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon fine salt
- 3/4 cup plus 2 tablespoons (170 grams) raw cane sugar, such as Florida Crystals (see Substitutions)
- 3 large eggs, at room

- temperature
- 1/4 cup (60 milliliters) milk, any fat
- 2 tablespoons demerara or turbinado sugar

DIRECTIONS

In a medium bowl, whisk together the flour, almond flour or meal, caraway, baking powder, nutmeg and salt. In the bowl of a stand mixer fitted with the paddle attachment, or a large bowl if using a hand mixer, beat the butter and cane sugar on medium-high speed until light and fluffy, 4 to 6 minutes, scraping down the sides and bottom of the bowl as needed. Add the eggs one at a time, beating on medium-high after each addition. If the batter starts to curdle, beat in a spoonful of the flour mixture. Scrape down the bowl, add the remaining flour mixture and mix on low until just combined. (It's okay if the batter looks slightly dry or thick.) Add the milk and mix again on low until smooth and uniform, about 1 minute. Remove the bowl from the mixer and stir a few times with a flexible spatula to ensure everything is thoroughly incorporated.

Transfer the batter to the prepared pan and spread into an even layer, all the way to the corners. Smooth the top and sprinkle with the demerara or turbinado sugar. Bake for 55 minutes, or until golden brown and a tester inserted in the center of the cake comes out clean.

Let cool in the pan for 10 minutes, then use the

parchment overhang to lift the cake out, transfer to a wire rack and let cool completely.

Substitutions:

- For a cake with more seeds, use 1 1/2 teaspoons caraway seeds with 1 teaspoon anise seeds and 1 tablespoon poppy seeds.
- Don't like caraway? Leave out (add more nutmeg, if desired) and/or use anise, poppy, fennel or sesame seeds together or separately.
- For raw cane sugar, you can substitute 3/4 cup granulated sugar plus 2 tablespoons light brown sugar, or golden caster sugar.
- Plant-based milk can substitute for dairy milk.
- Vegan butter can substitute for butter.

Variations:

- You can make this in a 9-by-5-inch loaf pan, but the cake will be squatter and will bake in closer to 50 minutes.
- Nutritional Facts per serving, based on 10 | Calories: 316; Fat: 18 g; Saturated Fat: 9 g; Carbohydrates: 35 g; Sodium: 236 mg; Cholesterol: 93 mg; Protein: 6 g; Fiber: 1 g; Sugar: 21 g.
- This analysis is an estimate based on available ingredients and this preparation. It should not substitute for a dietitian's or nutritionist's advice.

Adapted from "A Whisper of Cardamom" by Eleanor Ford (Apollo Publishers, 2024).



COURTESY OF SCOTT SUCHMAN FOR THE WASHINGTON POST

Seed Cake.



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Schedule

BOYS & GIRLS TRACK	
May 16:	Brewster 2B District Track and Field Meet - Home, 4 p.m.
May 16:	Bridgeport 2B District Track and Field Meet - Brewster, 4 p.m.
BOYS & GIRLS TENNIS	
May 15:	Pateros Girls District Day, Lake Roosevelt 10 a.m.
May 16:	Pateros, Away Lake Chelan Shores 2 p.m.

Scoreboard

BASEBALL	
May 7:	Brewster 8, Manson 2; Win
May 7:	Waterville-Mansfield 3, Moses Lake Christian 3; Loss
May 9:	Brewster 4, Okanogan 6; Loss
GIRLS SOFTBALL	
May 7:	Brewster 18, Liberty Bell 3; Win
May 7:	Bridgeport 0, Tonasket 25; Loss
May 10:	Brewster 7, Okanogan 17; Loss
BOYS SOCCER	
May 8:	Bridgeport 0, Quincy 1; Loss
May 11:	Bridgeport 1, Cashmere 4; Loss



COURTESY PHOTOS
The Brewster Track & Field competed in the Central Washington 2B Track and Field Championships on Tuesday, in Oroville. Both, the boys and girls teams, came away with overall team championships. Next up is the District 6 Meet hosted at Brewster on May 16th.



Cashmere ends Mustangs' state run, 4-1



COURTESY OF BRAD SKIFF/BRIDGEPORT SCHOOL DISTRICT
Daniel Ibarra



COURTESY OF BRAD SKIFF/BRIDGEPORT SCHOOL DISTRICT
Freddy Lozano



Bears drop state heartbreaker to Bulldogs

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER -- A well-hit ball in the bottom of the seventh inning that arched into left center field and into the waiting glove of an Okanogan Bulldogs' outfielder was the final play in a 4-6 loss that ended the state run for the Bears' varsity baseball team

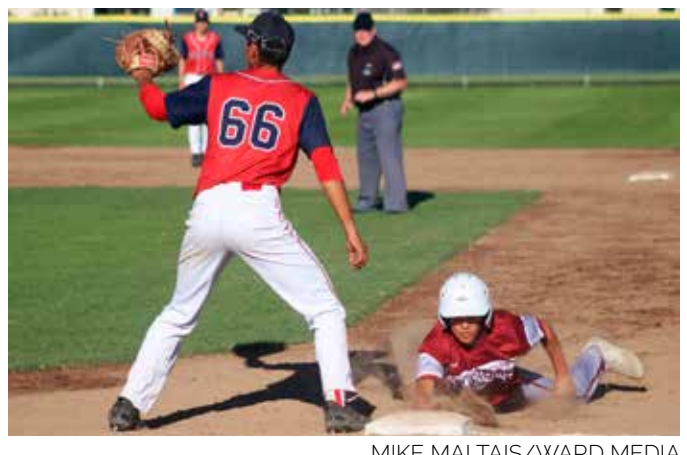
last Thursday, May 9. The battle between two well-matched teams was tied at three points, 1-1 in the first inning, 2-even in the top of the fourth inning, and 4-all at the end of the fifth. With the score tied 2-2, a close call at home plate at the top of the fourth inning deprived Okanogan of the go-ahead run when the Bulldogs

runner was first ruled out, then safe, and finally out following further consultation between the umpires. On the very next play a Bulldog batter connected for a double driving in two runs to give Okanogan a 4-2 lead. The Bears responded with two runs in the bottom of the fifth inning to tie the game for the final time. Okanogan tacked on the go-ahead run in the sixth inning

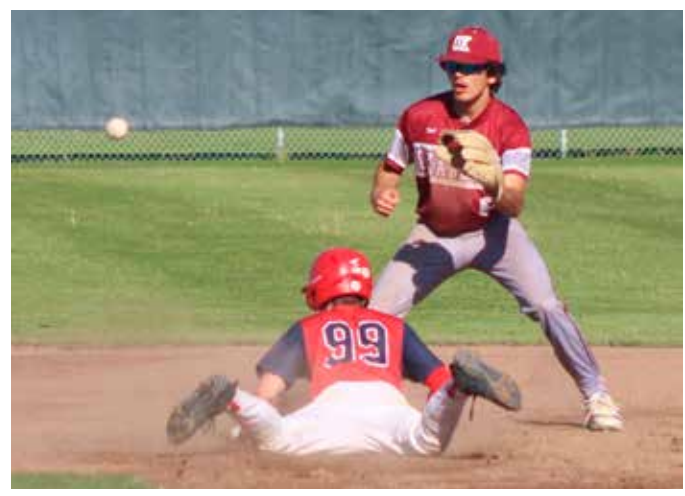
and add another for insurance in the top of the seventh. Brewster had the tying runs on base in the bottom of the seventh but could not bring them home. The win advances Okanogan to state play along with Liberty Bell.
Mike Maltais: 360-333-8483 or michael@ward.media



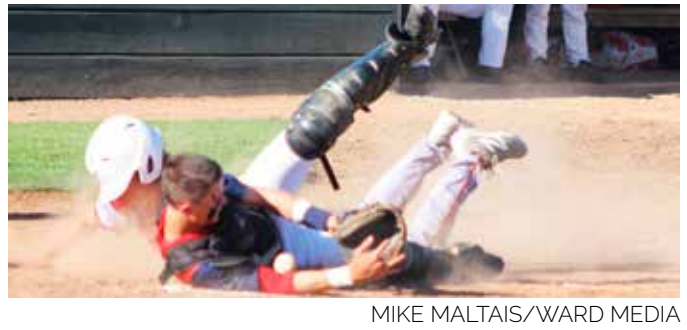
MIKE MALTAIS/WARD MEDIA
Cody Simmons reaches for the ball as a Bulldog runner slides toward home plate.



MIKE MALTAIS/WARD MEDIA
The throw is not in time for Bears first baseman Kash Vandelac, 66, to make the pickoff.



MIKE MALTAIS/WARD MEDIA
Blake Burgett, 99, slides safely into second base as one of two tying runs stranded on base when the game ended.



MIKE MALTAIS/WARD MEDIA
It was a tough call for the game umpires who went back and forth before calling the Bulldog runner out at home.



COURTESY OF BRAD SKIFF/BRIDGEPORT SCHOOL DISTRICT
Yordi Saucedo

By **MIKE MALTAIS**
Ward Media Staff Reporter

WENATCHEE -- The Bridgeport Mustangs varsity soccer team came up three goals short in their loser-out game against the Cashmere Tigers at the Wenatchee Apple Bowl, last Saturday, May 11. The 2B Central league champions lost an earlier game to the Quincy

Jackrabbits on May 8, that dropped them into the consolation round for the last spot at state. The Mustangs brought their 13-4 record against the 9-8-1 Bulldogs who finished third in the 1A Caribou Trail League. Cashmere joins Cascade and Quincy in the state round.
Mike Maltais: 360-333-8483 or michael@ward.media

Lady Bears softball team falls to Okanogan, 17-7

By **MIKE MALTAIS**
Ward Media Staff Reporter

OKANOGAN -- The Lady Bears varsity baseball team dropped a 17-7 battle against the Bulldogs at Okanogan last Saturday, May 10, in their continuing hunt for a spot at state. Brewster had some exciting

moments in the game such as the third inning when the Lady Bears hit a triple and a pair of doubles to score four runs. Brewster was scheduled play the Tigers at Tonasket in a loser-out game May 14.
Mike Maltais: 360-333-8483 or michael@ward.media

Community Bulletin Board

Local, Regional Community News & Events

Brewster May 15

American Legion meeting
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.

May 15, 17, 21-22

Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery

The Senior Center is serving meals at noon at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Call 509-689-2815 to reserve meals. For those over age 60 \$5. For those 60 and under \$12. May 15: Spaghetti & Meat Sauce, Caesar Salad, Sliced Peaches, Garlic Bread, Dessert; May 17: Country Fried Steak, Mashed Potatoes & Gravy, Green Beans, Pineapple & Cherries, WW Roll, Rice Krispies Treats; May 21: Salmon with Dill Sauce, Rice Pilaf, Venetian Veggie Blend, Spinach Salad,

Citrus Salad, Dessert; May 22: Swiss Steak w/Tomato Sauce, Shell Pasta, Green Beans, Spiced Salad, Banana, French Bread, Dessert.

May 15-18, 20-25

Senior Center Thrift Store
The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

May 16, 17, 19

American Legion events
Brewster American Legion Bingo holds every Thursday night at 6 p.m. Open to the public. Come early to buy your bingo cards and dinner. Upcoming dinners: 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.

May 16, June 13

Brewster bus trips
OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. That next trip is June 13. 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, May 16 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.

Chelan

Death Cafe Chelan: May 15
The Death Cafe is a national organization started by Jon Underwood and the Chelan organization meets the Third Wednesday of the month at the Chelan Public Library on Emerson Street, 11:30 a.m.-12:30 p.m.; and 5:30-6:30 p.m. at the Chelan Senior Center on Trow Avenue. All are welcome. Please join them for coffee and cake. For more information: Contact

Concie Luna or Vita Monteleone at monte419@nwinet.
May 15-16, 20-23

Chelan Valley Hope Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat

Visit Chelan Valley Hope at 417 S. Bradley Street Monday thru Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Hope provides services at no cost to individuals and families in need. We are a local nonprofit serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, and Orondo. 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 Hope news and updates @ChelanValleyHope. Donations are welcome and can be left during business

hours, or give us a call and we'll gladly make arrangements. More information at chelanvalleyhope.org including a Donate Button

May 16

Chelan Evening Farmers Market

Chelan Farmers Market will be held Thursday, May 16, 2-6 p.m. The market will run through October 31, every Thursday at Riverwalk Park, corner of Wapato Avenue and Emerson Street. Enjoy 25-60 local vendors carrying fresh fruit, veggies, flowers, crafts. There will also be food trucks, live music and much more. One of the many remarkable aspects of shopping at farmers' markets is getting to know the farmers and vendors working hard to bring their beautiful offerings to market. To become a member or sign up for their newsletter

chelanfarmersmarket.org.

Wenatchee May 20

Family and friends Support Group

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

May 21

Douglas County PUD meetings

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

Okanogan & Douglas County Sheriff, Brewster Police Dept Report



This report is compiled from records provided by the Okanogan & Douglas County Sheriff, Brewster Police Dept. The publisher cannot certify the complete accuracy of the information provided.

Douglas County May 3

4:16:50 911, 13 Gun Club Rd, Bridgeport
7:50:14 Animal Problem, 1513 Tacoma Ave, Bridgeport
13:23:11 Assist Public, 12 Zerelda Rd# B, Bridgeport
15:24:40 Civil, 111 Arden Ave, Bridgeport

May 4

1:24:27 Dui, Sr 173 Mp 10, Bridgeport Bar
0:03:00 Noise, 2000 Monroe Ave, Bridgeport

May 5

0:03:00 Noise, 2000 Monroe Ave, Bridgeport
12:34:33 Extra Patrol, 17 Moe Rd, Bridgeport Bar

May 6

13:20:23 05/06/24 24d02150 Cps/Aps Refer 2165 Columbia Blvd, Bridgeport

May 7

8:55:14 Assist Public, 217 S Jefferson St, Waterville
14:07:51 Theft, 458 Ruud Canyon Rd, Waterville
16:09:55 Runaway, 103 Sagebrush Rd, Waterville

May 8

9:51:06 Accident No Inj, 601 10th St, Bridgeport
13:25:48 Noise, 1337 Douglas

Ave, Bridgeport

May 9

19:20:51 Assist Agency, 2400 Tacoma Ave# 14, Bridgeport
20:13:12 Animal Problem, 3 Richards Ave, Bridgeport
20:39:29 Noise, 1107 Foster Ave, Bridgeport
21:46:04 Dui, 1107 Foster Ave, Bridgeport

Brewster Police Department May 3

03:46:09 Domestic Dispute, S 7th St
04:59:08 Dwls, E Ansel Ave & S Bridge St,

May 4

12:32:42 Domestic Dispute, N 7th St
09:22:13 Theft Other, River Plaza

May 5

14:19:13 Animal Stray, Highway 97
20:33:56 Medical, Beach St, Pateros

May 6

21:50:22 Suspicious, Lakeshore Dr, Pateros

May 6

02:55:26 Assault, W Indian Av
10:40:53 Animal Stray, Highway 97
15:38:21 Animal Vicious, E Ester Ave

18:35:02 Domestic Dispute, E Main Ave

May 8

14:11:43 Agency Referral, River Plaza

May 9

15:43:53 Theft Other, Brewster Market Pl
19:26:11 Animal Vicious, W Main Ave

Okanogan County Sheriff May 5

20:33:5 Medical, Beach St, Pateros
21:50:22 Dui, Lakeshore Dr, Pateros

May 6

02:55:26 Assault, W Indian Ave, Brewster
10:42:52 Weapon Offense, Teletort Dr, Brewster

May 7

11:45:10 Fraud, Crandall Rd, Brewster
14:20:33 Recovered Vehicle, Cameron Lake Rd, Brewster

May 7

09:58:49 Agency Assist, Indian Dan Cyn Rd, Brewster
10:56:27 Animal Abuse, Indian Dan Cyn Rd, Brewster

May 9

08:43:25 Animal Stray, Unger Rd, Brewster

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Kiosk

Continued from page 1

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- Revisions to the county website and OCTC's search engine optimization.

- Ongoing revisions to and distribution of the County Travel Planner.
- Booths at specific market tradeshows.

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

Second Building

Continued from page 1

across nearly 5,500 miles and controlled remotely from the Array Operations Center in Socorro, NM.

"We are just trying to coordinate all of our resources," said Post Commander Greg Wagg. "Our three main areas of interest are clothes, food,

and toys."

As a result of that first meeting, Gossett said some groups quickly responded.

"The churches...are getting a group together to make monthly feminine hygiene kits. Many of the women won't go to school because of that because they can't afford to buy the products," Gossett said.

Gossett said he hopes to host the community meetings

at strategic times a year, once before winter and again after Christmas, to discuss the coming summer fire season and see where everybody is.

"The number one comment people emailed and texted me before the meeting was that nobody talks to each other anymore," Gossett said.

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

Family Health Centers expanding dental care access in Okanogan County

Quad City Herald
Ward Media

OMAK - Family Health Centers (FHC) has announced plans to expand its Omak campus at 1003 Koala Drive by adding a new dental clinic. This expansion aims to increase access to oral health care for all residents of Okanogan County.

The new clinic will feature 18 additional dental operatories, bringing four more general dentists to the community. With this expansion, FHC expects to double the number of patients receiving dental care and support, increasing the total number of annual patient visits to approximately 20,000. The increased capacity will significantly reduce the long waiting lists of patients seeking access to oral health care.

Jesus Hernandez, CEO of Family Health Centers, expressed gratitude to the Congressional Delegation and state leaders who helped secure funding for this project. "We are grateful to our Congressional Delegation

and state leaders that helped us secure funding to further our mission of 'improving the health of all of our communities' by strengthening our capacity to address a dire need for dental

care in Okanogan County," Hernandez stated.

The expanded dental clinic will enable FHC to better meet the oral health needs of the community, particularly for low-income populations.

The new facility will also create more jobs and career opportunities in clinical and support services. To attract and retain dentists, the clinic will be equipped with modern tools and technologies,

including nitrous oxide for mild to moderate sedation, same-day crown creation, and expanded x-ray services to improve diagnostic and restorative implant services. The addition of this state-

of-the-art dental clinic to the Omak campus will not only improve access to quality oral health care but also contribute to the overall well-being of the Okanogan County community.

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- Matthew 19:26



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Announcements

Happy Ads

Pssst Darryl
Can you help me crack a message I've recently been privy to? Hopefully I've alluded to (or is it alluded to?) its location sufficiently in this note. You're my **only** chance to get to the **bottom** of this next clue.

Law,
John (aka Kimberly)

General Interest

STOP OVERPAYING FOR HEALTH INSURANCE!
A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-877-765-1117. You will need to have your zip code to connect to the right provider.

General Interest

ADVERTISE STATEWIDE with a \$325 classified listing or \$1600 for a display ad. Call this newspaper or 360-344-2938 for details.

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & amp; Military Discounts. Call 1-888-360-1582.

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-877-225-8568 today!

PREPARE FOR POWER OUTAGES today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053.

Employment

Help Wanted

Douglas PUD has an opening for:

Student Intern – Civil Engineer

Details at www.douglaspud.org <http://www.douglaspud.org



Help Wanted

The City of Leavenworth is hiring for the summer pool season! Lifeguards and Swim Instructors \$22.40 - \$24.80 per hour Details at cityofleavenworth.com/employment/. EOE

School District is seeking qualified applicants for the following positions:

• Speech Language Pathologist

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

The City of Leavenworth is hiring for the summer pool season!

Assistant Pool Manager Must be 18 or older.

Must have lifeguarding experience. \$23.00 - \$27.20 per hour

Details at cityofleavenworth.com/employment/. EOE

Help Wanted

Lake Chelan School District has openings for the following positions:

Substitute Bus Drivers: Salary is \$25.57 an hour. District will train prospective applicants and reimburse certain expenses after successful completion of the course, receipt of license and a minimum of 10 drives as an LCSD substitute.

Other District Positions:
• Substitute Teachers
• Substitute Paraeducators
• Coaches

Job postings and applications are available online at: www.chelanschools.org

School District is seeking qualified applicants for the following positions:

• Speech Language Pathology Assistant

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

Every ad you place runs in print and online.

To place a Classified Ad email: classifieds@ward.media Call 509-293-6780 or go online: ncw.news/

Help Wanted

Office/Contract Assistant US ElectroDynamics, Inc is looking for an Office/Contract Assistant to help in the front office. This is a part time position but could become full time for the right candidate. Must have basic office, computer and customer service skills and working knowledge of Microsoft Word, Excel, Outlook and QuickBooks. Hourly Wage Range: \$18.00 - \$25.00 per hour depending upon experience. Paid Medical, Dental, life & Disability Ins, paid holidays, and paid time off for employee, Family Medical & Dental available, and 401K available. To apply please mail Resume and cover letter to USEI, ATTN: HR, PO Box 430, Brewster, WA 98812 or email to resume@usei-teleport.com Position open until filled. USEI is an EQUAL OPPORTUNITY EMPLOYER

Real Estate

Boat Slip For Sale

\$139,500

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. **808-298-1031** Seller is licensed Realtor Maui, HI

Legals

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN Estate of JAMES E. DAVIS Deceased. NO. 24-4-00134-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. 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(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: May 1, 2024 PERSONAL REPRESENTATIVE: Judy Wallace ATTORNEY FOR PERSONAL REPRESENTATIVE: Jeffrey T. Fehr ADDRESS FOR MAILING OR SERVICE: Fehr Law Office, PLLC P.O. Box 1606 Chelan, WA 98816 509-682-4536 Court of probate proceedings and cause no.: Superior Court of Washington in and for Chelan County, Cause No. 24-4-00134-04. Published in the Quad City Herald on May 1, 8, 15, 2024. #7715

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NCW News Network
• Leavenworth Echo
• Cashmere Valley Record
• Lake Chelan Mirror
• Quad City Herald

MEDITATION WORD SEARCH

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

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

WORDS

ASHRAM
AWARENESS
BODHI
BUDDHISM
CHAKRA
CHANT
CREATIVE
DHARMA
ENERGY
ENLIGHTENMENT
GROUNDING
HINDUISM
KARMA
MANTRA
MEDITATION
MENTAL
MINDFULNESS
NIRVANA
PEACEFUL
REST
SANSKRIT
TRANQUILITY
VISUALIZATION
ZEN

SUDOKU

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

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

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

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!

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

ANSWER:

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Puzzle answers, recipes, videos and more at www.kidscoop.com

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Kid Scoop Together Get Caught Reading Poems

Finish each poem to discover where each person likes to read.



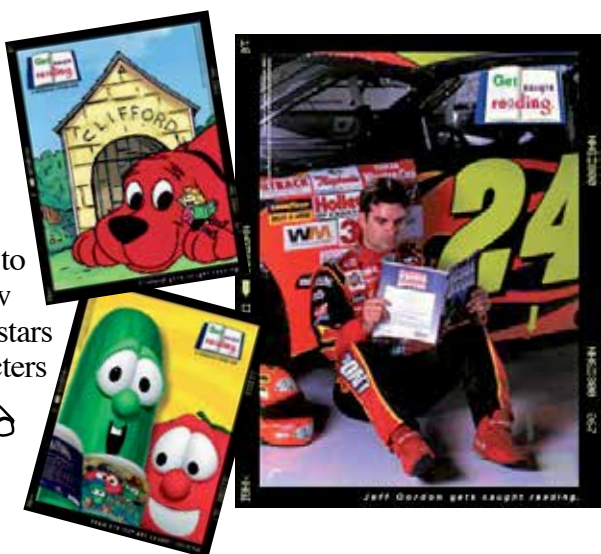
Get Caught Reading

Get Caught Reading is a campaign to promote the fun of reading books!

The Get Caught Reading organization provides posters to schools and libraries that show Olympic stars, entertainment stars and even popular book characters reading for fun.

Can you get caught reading this month?

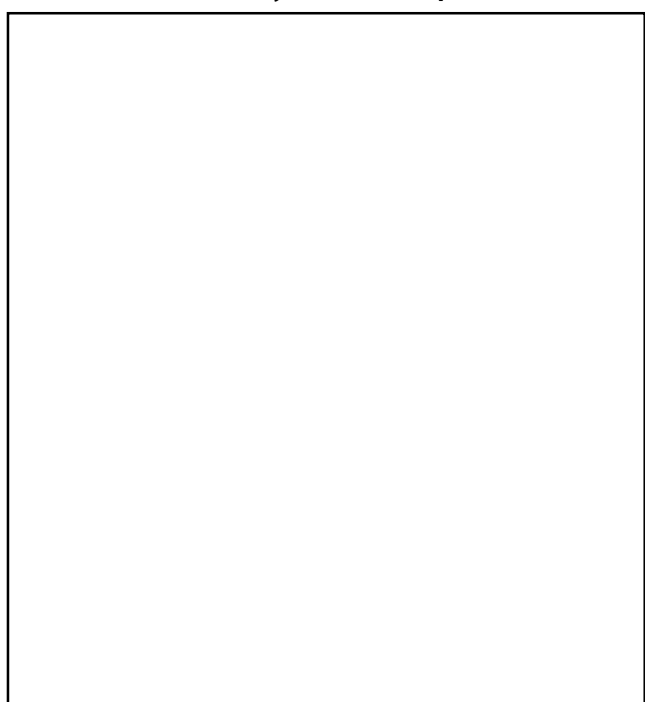
For information on how to get these posters go to getcaughtreading.org



Circle the places where you like to read.



Draw a picture of your favorite kind of book in your favorite place.



When I settle down to read,
I like something soft
To rest my head.
That's why my favorite place
to read
Is in my cozy _____.

It's quiet where I read
And that makes me so merry!
The place I go to read
Is at my local _____.

Reading is fun.
It makes me feel free!
Especially at the park
In the shade of a _____.

Far from the shore,
I read wearing a coat
Because it get's chilly
Reading on our _____.

My favorite books are thrillers
And they can give me quite a
scare.
That's why I keep a very
bright light on
When reading in our easy
_____.

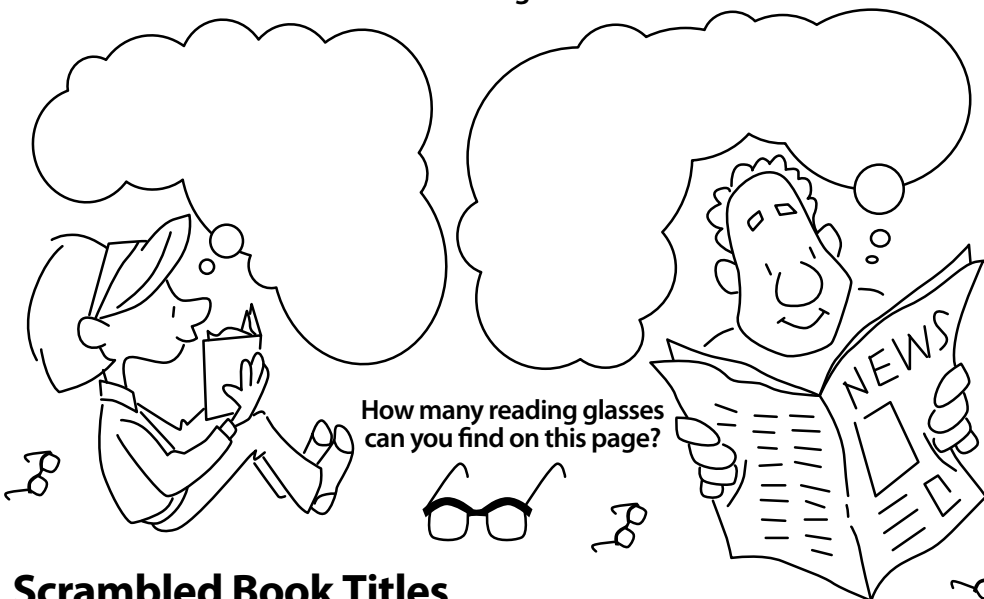
I like to read adventure books.
They're really quite dynamic!
But I kick back to read them
While relaxing in a backyard
_____.

When I read,
I try to sit up straight.
My mom says,
"Please don't slouch."
But it's hard to do that
because I read while sitting
on our fluffy _____.

Circle the kinds of books you like to read.



Color these readers. Then draw what they might be reading about in the thought bubbles.



How many reading glasses can you find on this page?

Reading isn't just for reading books, it is also reading recipes, directions, games, letters and more.

Scrambled Book Titles

Unscramble the titles of these famous books. Have you read any of them? You can find them at your local library.

HAARS, NAPLI DAN LATL
by Patricia MacLachlan

S _ _ _ H
_ L _ _
_ N _ _
_ _ _ L

REWEH HET ADEWSILK SEND
by Shel Silverstein

H _ _ _
_ _ E _
I _ _ L _
_ _ D _

MAJSE NDA HTE TAGIN CHEAP
by Roald Dahl

A _ _ M _ _
_ _ _ H _ _
_ _ A _ _
_ _ A _ _

YARDI FO A PIWYM DKI
by Jeff Kinney

_ _ R _ _
_ F _ _
_ I _ _

Extra! Extra!

What's black and white and READ all over?

Look at one page of the newspaper. Circle every word you can read in red. Pretty soon your newspaper page will be black and white and red all over—just like the riddle!

Standards Link: Research: Use the newspaper to locate information.

Standards Link: Identify words from context clues.

FREE DOWNLOAD: Kid Scoop Teacher Activity Pack!

With hundreds of topics, every **Kid Scoop** printable activity pack features six-to-seven pages of high-interest extra learning activities for home and school! Get your free sample today at:

kidscoop.com/activity-pages/

Kid Scoop Puzzler

Silly Book Puns

A pun is a play on words. Read the book titles below and then draw a line from the book title to the author's name that makes a funny pun. For example: *The Arctic Ocean* by I.C. Waters.

WORLD'S BEST MAGIC TRICKS

HOW TO MAKE A BILLION DOLLARS

SCUBA DIVING FOR BEGINNERS

BACK DOWN THE ROAD

MY JOURNEY TO THE MOON

by Lotta Money

by A. Stronaut

by Abby Cadabera

by Duncan Under

by U. Turner

Standards Link: Follow simple written directions.

Double Double Word Search

CHARACTERS
READING
RECIPES
LETTERS
CAUGHT
TITLES
BOOKS
WHITE
PLACE
MONTH
GAMES
PAGE
PUNS
WORD
GET

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

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

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

Kid Scoop VOCABULARY BUILDERS

This week's word: **CAMPAIGN**

The noun **campaign** means a series of activities and messages to reach a goal.

The fourth graders started a **campaign** to pick up all the litter at their school.

Try to use the word **campaign** in a sentence today when talking with your friends and family.

MEDIA PARTNER

EXPLORE THE WORLD WITH YOUR LOCAL LIBRARY.

AT YOUR LIBRARY

- Storytimes
- After school events & activities
- Check out books, comics, movies, & more

NCWLIBRARIES.ORG

- Free homework help
- Britannica Library
- Stream books, comics, movies, & more