

Quad City Herald

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Bridgeport Daze looks for bigger and better turnouts

By **MIKE MALTAIS**
Ward Media Staff Reporter

BRIDGEPORT—Bridgeport Daze had a familiar fixture lead in its parade last Saturday, June 8, though most folks familiar with it are unaccustomed to seeing it move. It was the World War II-era M3 Half Track, which can normally be found parked at the Berryman Park War Memorial exhibit.

"It's been about 10 years since I last drove it in the parade," said Matt West, Bridgeport public works crew leadman.

West and a co-worker got the rig running again, and West said it was not that difficult doing so.

"We put fresh fuel and a new battery in it, and it started right up,"



MIKE MALTAIS/WARD MEDIA

Brewster horseman Adolpho Sahagun astride his dancing steed talks with admirers.



MIKE MALTAIS/WARD MEDIA

Lowriders and classic cars turned out by the dozens.

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MIKE MALTAIS/WARD MEDIA
The lion tamer is the opening act under the Big Top.



Culpepper & Merriweather Circus brings its lions and tiger to Bears country

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER—Despite competition from a pair of graduations, a baseball tournament, and the annual Bridgeport Daze celebration, the Culpepper & Merriweather Circus with its lions and tiger slipped in a successful two-show performance last Sunday, June 9, in Bears country.

Chamber of Commerce Director Anna Marie Dalbey has worked

since last February to bring the semi-annual show back for another stand in Brewster. She wrapped up city council approval of the event application and secured site approval from Gebbers Farms in mid-May, just in time to keep the scheduled June 9 appointment with the traveling show.

"We sold 1,258 tickets," said Anna Marie Dalbey. "We sold 773 in four store locations, 149 online, and 336 the day of the show."

The ticket taker to the shows, Luella Smith, is a University of Idaho sociology major who is spending her summer traveling with the show.

"Both of my parents were clowns with Ringling Bros. & Barnum & Bailey," said Smith. "I picked my major too late to get an internship and my mom brought this idea up to me. It's kind of awesome."

While the shows did not sell out

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MIKE MALTAIS/WARD MEDIA

Circus concessions are almost as popular as the Big Top

Culpepper & Merriweather Circus hosts Big Top raising tour



MIKE MALTAIS/WARD MEDIA

The 110-foot long, 80-foot wide Big Top awaits erecting.



MIKE MALTAIS/WARD MEDIA

The crew follows a fast efficient routine to avoid damaging the tent.



MIKE MALTAIS/WARD MEDIA

The 22-foot tension poles are placed.



MIKE MALTAIS/WARD MEDIA

Support cables stabilize the structure.



MIKE MALTAIS/WARD MEDIA

The 30-foot center pole is set.



MIKE MALTAIS/WARD MEDIA

Side poles go on the tent.



MIKE MALTAIS/WARD MEDIA

In no time a Big Top emerges.

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER—Two cannibals were dining on a clown for dinner. One turns to the other and asks: "Does this taste funny to you?"

Leo Acton, a clown for the Culpepper & Merriweather Great

Combined Circus when he is not serving as Big Top greeter and tour guide, definitely would taste funny. He delivered a constant stream of facts sprinkled with humor for guests watching the tent-raising process last Sunday morning, June 9, before the

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29 S. Wenatchee Ave,
Ste A, Wenatchee,
WA 98801

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On the Internet

Website:
www.qcerald.com
News E-mail:
news@ward.media
Advertising e-mail:
advertising@ward.media

Office hours

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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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

Movie in the park

The Pateros Library will host a movie in the park at the Riverview Pavilion on Lakeshore Dr. in Pateros on Friday, June 21, from 8:45 to 11 p.m.

"We have partnered with the City of Pateros to offer a free family-friendly movie," the event page states. "The showing will be outdoors so make sure to bring your chairs, blankets, pillows, and join in on the fun."

For more information, visit nculibraries.org.

Lake Chelan Arts Festival

The Lake Chelan Arts Festival will be held at Riverwalk Park in Chelan on June 21-23

"It features artists

displaying and selling their creations to the public," the event page states. "Other activities include a Silent Art Auction, children's art activities, live music, and delicious freshly-prepared food. This is a memorable event for the whole family."

For more information, visit artinchelan.com.

Craft time

The Brewster Library will host craft time for kids on Wednesday, June 26, from 3-4 p.m.

"Join us for a guided summer craft at the library," the event page states. "All materials are provided, while supplies last."

For more information, visit nculibraries.org.

Mariachi, Music, and Me

The Chelan Library will host Mariachi, Music, and Me on Thursday, June 27, from 2 to 3 p.m. at the Riverwalk Pavilion.

"Join Mariachi Noroeste for this amazing performance featuring traditional Mexican music in an interactive format at Chelan's Riverwalk Park," the event page states. "Audience members will be able to learn about instruments and outfits in this unique cultural and musical experience."

The program is for all ages and in English and Spanish.

For more information, visit nculibraries.org.

Tie-Dye in the Park

The Pateros Library will host Tie-Dye in the Park on Thursday, June 27, from 3-4 p.m.

"Bring a white t-shirt to the library to create a cool design

using dyes," the event page states. "You will take your project home in a zip-lock bag to wash the next day."

For more information, visit nculibraries.org.

Wenatchee Valley College launches Community Engagement Project

NCW News
Ward Media

WENATCHEE—Wenatchee Valley College announced the launch of a regional survey to gather input from residents and help shape the college's future and better serve the communities of North Central Washington.

The initiative marks a shift from the college's previous internally focused planning approaches. The last strategic plan was completed in 2018, before the pandemic. The college seeks to center itself

and be more impactful in the communities it serves.

"Our goal is to create a strategic plan that truly reflects the needs and aspirations of the communities we serve," said Wenatchee Valley College President Dr. Faimous Harrison. "This project underscores our commitment to collaboration, partnership, and collective action."

The community engagement work includes an online bilingual survey, stakeholder interviews, listening sessions in Wenatchee and Omak, and a separate survey for leaders in

the region's private, nonprofit, and public sectors.

Consultants Summer Hess of Sage Step Consulting and Steve Maher have been retained to conduct the engagement work, analyze the input received, and write a report on the key findings to inform the college's strategic planning efforts.

The project is slated for

completion on September 17, 2024, at the college's President's Day Event, with key findings to be made available to the community in fall 2024.

Wenatchee Valley College expressed gratitude to all participants and stakeholders involved in the collaborative endeavor. For more information and updates on

the project's progress, visit the college's website and social media platforms.

Bilingual community survey

English: www.surveymonkey.com/r/wvccommunity
Spanish: www.surveymonkey.com/r/WenVCSpan

Austin honored as two-time District 6 Athletic Director of Year



COURTESY OF BREWSTER SCHOOL DISTRICT
Greg Austin, left, was honored with the WSSAAA award earlier this year.

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER - Bears' Athletic Director Greg Austin has been named District 6 Athletic Director of the Year by the Washington Secondary School Athletic Administrators Association (WSSAAA) for the second time in his 19-year career at Brewster High School.

During his near two-decade term as Bears' AD, Austin has served 13 of those years as league treasurer and secretary. He has run the district track championships for the last twenty years, was Teacher of the Year in 2000, 2B Athletic Director of the Year three times, and district 6 Athletic Director of the Year in 2020. Austin has earned tremendous respect from his peers, as evidenced by the many times they have honored him in the last few years.

Brewster Superintendent Lynnette Blackburn speaks very highly of Greg's commitment to excellence.

"Greg has consistently demonstrated exceptional leadership and dedication to the advancement of athletics as an integral component of

the educational experience," said Blackburn. "He has worked tirelessly to involve as many students as possible, leveraging both school and community resources to maximize opportunities for participation and success. Beyond wins and losses, Greg prioritizes the personal growth and well-being of each student, leaving a lasting imprint on their lives. His vision and determination have yielded demonstrable progress in advancing the social and cultural fabric of our school and broader community."

Track and cross country coach Jasen Brown sums it up best.

"Greg is a community builder as he fosters relationships with coaches, athletes, and parents," said Brown. "He has helped create a strong sense of unity within our district. I have had the privilege of working alongside Greg for the past five years. He is exemplary!"

Austin certainly has his post-retirement priorities right. When asked what his immediate plans are, his reply was a simple: "Going fishing."

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

Unprepared hikers rescued from snowy Maple Pass



COURTESY OF CHELAN COUNTY SHERIFF'S OFFICE
A Chelan County Sheriff's Office helicopter sits on a snow-covered ridge near Maple Pass, where it was used to rescue two stranded hikers on Monday, June 10, 2024.

NCW News
Ward Media

WENATCHEE - On Monday, June 10, the Chelan County Sheriff's Office successfully rescued two stranded hikers in the Maple Pass area near Rainy Pass on Highway 20. The rescue operation was initiated after Rivercom Dispatch received a distress text message from the hikers at approximately 6:11 p.m.

According to Sheriff Mike Morrison, the two hikers were unable to move due to snow and were unprepared for the conditions they encountered. With daylight fading, the decision was made to deploy the Chelan County Helicopter and coordinate with Okanogan County Mountain Rescue.

The helicopter crew located the stranded hikers from the air and inserted two mountain

rescue team members onto the snow field above the hikers' location. The rescue team quickly reached the subjects and guided them to the waiting helicopter. The hikers, though cold and frightened, were uninjured. They were flown to the parking lot and met by Rick Balam of Okanogan County Search and Rescue. Due to the deteriorating light conditions, the two mountain rescue personnel had to hike out of the area.

Sheriff Morrison reminds outdoor enthusiasts that there is still a significant amount of snow present in higher elevations. He urges hikers to be prepared with the "10 Essentials" and to turn back when trail conditions become hazardous.

The identities of the rescued hikers have not been released, and no further details are available at this time.

The Ten Essentials

- The 10 Essentials are a collection of first aid and emergency items that can help you in the event of minor injuries, sudden weather changes, or unexpected delays.
- NAVIGATION** - Map, compass, and GPS system
 - SUN PROTECTION** - Sunglasses, sunscreen, and hat
 - INSULATION** - Jacket, hat, gloves, rain shell, and thermal underwear
 - ILLUMINATION** - Flashlight, lanterns, and headlamp
 - FIRST-AID SUPPLIES** - First Aid Kit
 - FIRE** - Matches, lighter and fire starters
 - REPAIR KIT AND TOOLS** - Duct tape, knife, screwdriver, and scissors
 - NUTRITION** - Food
 - HYDRATION** - Water and water treatment supplies
 - EMERGENCY SHELTER** - Tent, space blanket, tarp, and bivy



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Brewster Class of 2024 Salutatorian Yadhira Fregozo-Medina: Near-perfect is close enough

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER – For Class of 2024 Salutatorian Yadhira Fregozo-Medina, near-perfect is an acceptable way to conclude a high school career. The top scholar capped her academic achievements with a 3.9 GPA is well-qualified to continue her educational pursuits.

Fregozo did not know she was on track to take top honors until a “It wasn’t until this year before we started school that

the secretary told me that I had a I had a good chance at being salutatorian,” said Fregozo. “I was surprised. I said ‘Really?’”

With her salutatorian speech behind her, Fregozo is looking ahead to college at Eastern Washington University and leaning toward one of two majors.

“It’s between education and psychology,” Fregozo said.

She credits her family and a pair of teachers for instilling the drive to maintain high grades.

“Family and teachers,” said Fregozo. “It was mostly my

aunt who told me to never back down from a challenge and teachers who told me of all the opportunities that could be handed to me.”

Fregozo singled out middle school teacher Kelly Brown and high school science teacher Ryan Mechan.

Fregozo is the oldest of three siblings and a first-generation college student. Her younger brother will be a Brewster school sophomore this fall, and a younger sister will enter kindergarten, so Fregozo is the one setting a high bar for them to clear.

Her advice for them: “No matter how hard you think something is you have to overcome it one way or another because at the end of the day it’s going to be worth it.”

For Fregozo, procrastination more than Covid was the challenge she had to overcome to stay ahead of the pack.

“I will get it done,” Fregozo would tell herself. “But when the time came it would be too much for me and I would be up

until one or two in the morning getting all the homework done.”

Despite the academic demands Fregozo made time for sports and club activities.

“I played volleyball for four years and belonged to science club and primero y primera,” Fregozo said.

School achievements besides salutatorian that stand out for her are the club offices she held.

“I was president of one this year and secretary for another,” Fregozo said.

Fregozo credits the Brewster community and her support groups for both her success and fond memories.

“I’ll go wherever my career takes me,” said Fregozo, “But I’ll return to Brewster whenever I get the chance.”

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

Wenatchee Library brings USCIS citizenship services to local community

NCW News
Ward Media

WENATCHEE — The Wenatchee Library will host officials from the U.S. Citizenship and Immigration Services (USCIS) offices in Yakima from June 25-27, providing critical citizenship services to the local community. The partnership will bring resources to over 2,500 lawful permanent residents in the greater Wenatchee area who are eligible for naturalization but currently must travel to Yakima or Seattle for these services.

“We are very excited to partner with USCIS to bring these critical citizenship services to Wenatchee. There are over 2,500 lawful permanent residents in the greater Wenatchee area who are eligible to naturalize. Through this partnership, we are bringing the resources

to them,” said Summer Hayes, Associate Director of Community Libraries for NCW Libraries.

On Tuesday, June 25, the library will hold a free Nationalization 101 information session from 5:30 to 6:30 p.m., during which officials will answer non-case-specific questions in both English and Spanish. Hand in Hand Immigration, an organization that assists, motivates, and empowers immigrants and their families to obtain U.S. citizenship, will also have a table to share information about its services.

“Hand in Hand Immigration Services has been instrumental in bringing citizenship study and preparation opportunities to our library spaces to help meet growing demand,” Hayes added.

On Wednesday, June 26, and Thursday, June 27, USCIS

officials will conduct private interviews with individuals who have pre-scheduled appointments. On Wednesday afternoon, they will host a naturalization ceremony for selected participants and their families.

NCW Libraries staff, including Latinx Services Manager Claudia Bovee, will be available at the Wenatchee Library throughout the three days to support visitors, make library cards, and connect people with library materials related to U.S. citizenship or other topics of interest.

The partnership between NCW Libraries, USCIS, and Hand in Hand Immigration aligns with the library’s Strategic Direction of meeting critical community needs by cultivating local and regional partnerships to provide relevant services, programs, and resources.

Streeter receives OCSRA scholarship



COURTESY OF OCSRA

The Okanogan County School Retirees’ Association awarded Lyndsi Streeter, Okanogan, the OCSRA \$2,000 Scholarship for 2024. Lyndsi is a junior at WSU, majoring in math education. Left to right are: Penny Garrison, OCSRA Treasurer; Sibyl Wehmeyer, OCSRA Scholarship Committee Chair; Lyndsi Streeter, and Barbara Christensen, Scholarship Committee member.

Wenatchee Valley DRC to host annual celebration, introduce Community Peacebuilder award

NCW News
Ward Media

WENATCHEE — The Wenatchee Valley Dispute Resolution Center (WVDRC) will host its Annual Celebration on September 3 at the Wenatchee Valley Museum & Cultural Center. The event will celebrate peacebuilding efforts and honor the nonprofit organization’s team, which is dedicated to serving the community through peaceful conflict resolution.

During the celebration,

the WVDRC will introduce the inaugural Community Peacebuilder Award. This prestigious award will recognize individuals or organizations that have significantly contributed to promoting community peace. Nominations for the award will be accepted starting July 1 and can be submitted through the WVDRC website.

The 2024 Community Peacebuilder Award recipient will be announced during the Annual Celebration on September 3. The event aims

to highlight the importance of conflict resolution and celebrate the efforts of those who work tirelessly to create a more peaceful community.

Tickets for the Annual Celebration are available for purchase on the WVDRC website. For more information about the event or the Community Peacebuilder Award, interested parties can visit the WVDRC website or contact the organization directly via email or phone at info@wvdr.org or (509) 888-0957.



Brewster salutatorian Yadhira Fregozo-Medina

MIKE MALTAIS/WARD MEDIA

2024

UPCOMING SOX GAMES

PAUL THOMAS SR. STADIUM

MONDAY, JUNE 17TH AT 6:35

MASCOT DAY

SUNDAY, JUNE 23RD AT 5:35

BARK IN THE PARK EARTHWISE Pet

TENNIS BALL GIVEAWAY

DOGGY SOFT SERVE SAMPLES BAILEY'S FirstMate

TREAT SAMPLES

TUESDAY, JULY 2ND AT 6:35

MILITARY APPRECIATION NIGHT

FREE GENERAL ADMISSION WITH MILITARY ID

VFW POST 3617 COLOR GUARD PRESENTATION

\$2 OFF TUESDAY

WEDNESDAY, JULY 3RD AT 7:05

FIREWORKS NIGHT

'WIN'ATCHEE WEDNESDAY

APPLESOX.COM/SCHEDULE

Washington Apple Education Foundation awards scholarships to local students

NCW News
Ward Media

WENATCHEE — The Washington Apple Education Foundation (WAEF) has awarded scholarships to 147 students from Chelan, Douglas, and Okanogan counties for the upcoming academic year. These recipients, who have ties to the tree fruit industry, are part of the 387 total scholarships awarded by WAEF this year.

Scholarships are sponsored by the tree fruit industry through various fundraisers, memorial scholarships, and annual donations, which collectively amount to over \$1 million. To be eligible, students must apply using either the Universal application for those with ties to Washington's tree fruit industry or the Vocational/

Technical application for high school seniors and current college students pursuing a career in the industry.

WAEF scholarship recipients not only receive financial support but also benefit from the Beyond the Scholarship Program, which provides a comprehensive range of support services throughout their academic careers. This includes workshops, virtual mock interviews, guided resume sessions, monthly sessions on various topics, personalized care packages, and other perks.

The program has proven successful, with an 89% retention rate for scholarship renewals. Additionally, 85% of WAEF students complete their degrees within four years or less, and 78% of

the recipients are first-generation college students.

Chelan County Scholarship Recipients

- **Lesly Valdovinos-Arevalo**, Bridgeport, is the recipient of the Mathison Family Scholarship and the Roger Calhoun Memorial Scholarship. Valdovinos-Arevalo is a graduate of Bridgeport High School and the child of Abel Valdovinos and Araceli Valdovinos.
- **Mia Gamble**, Brewster, is the recipient of the Northwest Wholesale Incorporated Scholarship. Gamble is a graduate of Log Church Christian School and the child of Dylan Gamble and Tessa Gamble.
- **Myrka Trejo**, Bridgeport, is the recipient of the

Washington Apple Education Foundation Scholarship. Trejo is a graduate of Bridgeport High School and the child of Juan Trejo and Teresa Trejo.

- **Amizadai Mora Ramirez**, Brewster, is the recipient of the Scott Baker Technical Education Scholarship and the Washington Apple Education Foundation/Vocational Scholarship. Mora Ramirez is a graduate of Brewster High School and the child of Santiago Mora and Elvira Ramirez De Mora.
- **Bryan Espino**, Pateros, is the recipient of the Don Morse Memorial/Chelan Fruit Scholarship. Espino is a graduate of Pateros High School and the child of Feliciano Moreno and

Maria Basurto.

- **Claudia Tinoco Pio**, Brewster, is the recipient of the Rubio Family Scholarship. Tinoco Pio is a graduate of Brewster High School and the child of Alejo Tinoco and Maria Camelia Tinoco Pio.
- **Daisy Gomez-Ruiz**, Brewster, is the recipient of the Jonathan Crane Memorial Scholarship. Gomez-Ruiz is a graduate of Brewster High School and the child of Javier Gomez and Elvia Ruiz De Gomez.
- **Elizabeth Garcia Perez**, Brewster, is the recipient of the AgWest Farm Credit Scholarship and the Washington Apple Education Foundation Scholarship. Garcia Perez is a graduate of Brewster High School and the child

of Lorenzo Garcia Trejo and Elia Perez Santiago.

- **Janette Hernandez**, Brewster, is the recipient of the Danna Gebbers Guzman Memorial Scholarship. Hernandez is a graduate of Pateros High School and the child of Martin Hernandez and Guadalupe Hernandez.
- **Luisa Lucas**, Brewster, is the recipient of the Jonathan Crane Memorial Scholarship. Lucas is a graduate of Brewster High School and the child of Stan Parks and Rosa Soto.
- **Miriam Garcia**, Brewster, is the recipient of the Jonathan Crane Memorial Scholarship. Garcia is a graduate of Brewster High School and the child of Miguel Garcia and Jessica Garcia.

Bridgeport Daze

Continued from page A1

West said.

With veterans Neil Walker and Tom West aboard and Matt at the wheel, the 1942-43 era warhorse was a parade highlight.

"It looks pretty cool with the 105mm howitzer towed behind," West said.

Bridgeport Mayor Sergio Orozco and Rock Island Mayor and Douglas County Commissioner candidate Randy Agnew followed in a military jeep.

Bridgeport Daze is the latest event to be taken over by the Chamber of Commerce, which is busy expanding traditional city events and adding new ones to promote citizen participation and pride.

President Jose Sanchez said a downtown street dance held the evening before the parade attracted a large turnout.

"That was a success," said Sanchez. "It started at 8 p.m.,

and by 10 p.m., we had a large crowd."

Other attractions included the Bridgeport and Brewster school bands, cheerleaders, AAU soccer clubs, lowrider cars, and high-stepping dancing horses.

We would like to expand it into three days, from Friday night to Sunday morning," said Sanchez. "We are hoping to add a beer garden to the dance next year."

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



MIKE MALTAIS/WARD MEDIA
A young rider on her palomino pony was a showstopper.



MIKE MALTAIS/WARD MEDIA
Members of the Bridgeport Soccer Club in their distinctive orange shirts are formidable street treat pickers.

MIKE MALTAIS/WARD MEDIA
The Half Track from the Berryman Park War Memorial led the Bridgeport Daze parade.



MIKE MALTAIS/WARD MEDIA
A 105mm howitzer towed behind the Half Track is another War Memorial mainstay.



My Experience with Shingles

Last week, I noticed some soreness in my left shoulder and saw a welt on the top of it, the size of a dime, next to my bra strap. It didn't look like an insect bite, but my shoulder felt "achy."

The following day, that one welt had multiplied into a dozen blotchy spots, reaching down toward my shoulder blade. They didn't itch, but it was sore underneath.

The next morning, the blotches had spread along with the achiness, with a couple up on my neck.

The morning after that, I could feel tiny blisters in the middle of some of the welts. Noting that the welts were ONLY on one side of my body, I realized that it wasn't just a rash. I called my doctor, saw him that day, and was diagnosed with shingles.

Shingles are caused by the same virus that causes chickenpox and herpes zoster. Having shingles is not like

having a "new" infection; it's actually a delayed reactivation of chickenpox.

After recovering from having chicken pox, your body doesn't completely eradicate the virus that caused it. Herpes zoster sticks around, held in a suspended state inside your nerve cells. Your immune system is in charge of keeping herpes zoster locked up.

At some point in the future, your immune system may be unable to prevent the virus from multiplying inside your nerve cells. Then the virus starts attacking your nerves, causing itchy blisters and a burning, tingling pain called neuralgia.

Some people with a shingles infection occasionally experience periodic "flares," suffering from painful tingling and burning that can last months or even years. This is the most feared result of having shingles, called postherpetic neuralgia. Unfortunately, most

pain medicines do not relieve nerve pain effectively, making postherpetic neuralgia a painful and lingering reminder of a shingles infection.

Five years ago, when I got the previous shingles vaccine, Zostavax®, my arm burned and itched for a week afterward. I tend to react strongly to vaccines, so I decided to postpone getting the newer vaccine, Shingrix®.

Shingrix® is over 95% effective in preventing shingles compared to Zostavax®, which was only about 50% effective. Instead of only one shot, Shingrix® is a course of two injections spaced 2 to 6 months apart. Shingrix® vaccine contains an adjuvant, a compound added to improve your immune response to the vaccine. What's even more impressive is its staying power. A study conducted 5 years after vaccination showed it was still effective in 88% of older adults.

Why is it so much more effective than its predecessor, Zostavax?

The adjuvant added to Shingrix® boosts immunity to the herpes zoster virus. Adjuvants work to increase the effectiveness of a vaccine by triggering a more robust reaction to it than your body otherwise would have, boosting your immunity to it. The better your immune system responds to the vaccine, the better protection you will receive, not only from the blisters but also from its potentially painful side effect, postherpetic neuralgia.

People 60 years and older should consider getting vaccinated with Shingrix® because they are more likely to have a severe shingles infection or painful complications like postherpetic neuralgia. I plan on getting vaccinated with Shingrix® as soon as I recover from my shingles infection.

Once I was diagnosed with

shingles, I began taking an antiviral medication. Antiviral drugs are most effective in preventing severe infection and long-term nerve pain from shingles if started within the first 72 hours of the lesions' appearance. Unfortunately, like many people, I didn't recognize the welts as shingles, so I started an antiviral later than that. However, it still may help.

One of the most devastating aspects of having shingles is the risk of having severe, ongoing nerve pain. Unfortunately, nerve pain is much harder to treat than other types of pain. I am fortunate that my pain is mostly achiness instead of nerve pain. To control it, I am taking BOTH acetaminophen and ibuprofen AT THE SAME TIME, which I find more effective than taking either alone.

5 Things You Should Know About the Shingles Vaccine:

1. If you are over 50, you should consider vaccination. Shingrix® is highly effective

Ask...
Dr. Louise



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2. You'll need 2 shots of Shingrix®, spaced 2 to 6 months apart.

3. You can get Shingrix® even if you already have had the older shingles vaccine, Zostavax®.

4. You can get vaccinated with Shingrix® even if you have had shingles.

5. You'll need to wait until your blisters are healed and are not taking antiviral medication.

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. ©2024 Louise Achey

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Community Bulletin Board

Local, Regional Community News & Events

Brewster

June 19, 21, 25-26

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.

June 19

Chicken Caesar Salad,

Tortellini Soup, Apples & Grapes, Cheesy, Garlic Toast, Dessert;

June 21

Roast Beef, Mashed Potatoes / Gravy, Normandy Veggies, Tossed Salad, WW Roll, Strawberry Shortcake;

June 25:

Stuffed Pepper Casserole, Chopped Salad, WW Roll, Cherry Crisp;

June 26

Chicken Strips, Jo Jo's; Broccoli Salad, WW Roll, Strawberry Shortcake.

July 10

Brewster Chamber to meet

The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, July 10, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information email them: brewsterwachamber@gmail.com

June 19-22, 24-29

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.

June 20, 21, 23

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.

June 19, July 3

American Legion meeting

American Legion Post #97

June 20, July 11

Brewster bus trips

OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. That next trip is July 11. 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, June 20 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

June 19-20, 24-27

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

June is Pride Month and at Chelan Valley Hope we are a proud ally of the LGBTQ+ community. As a dedicated safe space, we make sure Hope is an inclusive and welcoming environment for all. Come visit Chelan Valley Hope at 417 S. Bradley Street Monday - Thursday. Hope provides services at no cost to individuals and families in need. 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.org, @ChelanValleyHope. Whether you are looking to get help or to give help we are waiting for you.

June 20

Chelan Evening Farmers Market

Chelan Farmers Market is held on Thursdays, 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.

June 19

Death Cafe Chelan: Change of location for morning meeting for June

The Death Cafe is a national organization started by Jon Underwood and the Chelan organization meets the Third Wednesday of the month, this month at the Lake Chelan Chamber of Commerce office on Woodin Avenue, 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@nwi.net.

Okanogan County

June 25

Okanogan County PUD meeting

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

July 8

Okanogan County Fair Advisory Committee

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.

Wenatchee

July 2, 16

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

June 7

17:59:20 Noise, 204 Davis Ave; Bridgeport
19:53:18 Noise, 1900 Fisk Ave, Bridgeport
20:27:16 Accident No Inj, 1015 Columbia Ave; Bridgeport
21:49:26 Noise, 510 Columbia Ave, Bridgeport

June 8

12:22:16 Traffic Offense, 7th St & Columbia Ave, Bridgeport
15:01:39 Traffic Offense, 1202 Fairview Ave, Bridgeport
15:30:26 Traffic Offense, 1000blk Fairview Ave, Bridgeport
16:27:08 Suspicious, 11th St & Columbia Ave, Bridgeport
16:29:17 Trespass, 1206 Douglas Ave, Bridgeport
20:03:02 Accident Injury, 536 17th St, Bridgeport
22:31:36 Noise, 1740 Foster Creek Ave, Bridgeport
22:52:26 Assist Agency, 525 10th St, Bridgeport

June 9

14:02:03 Malicious Misch, 222 17th St# 5, Bridgeport
20:01:22 Animal Problem, 320 S Franklin Ave, Waterville

June 10

16:35:41 Assist Public, 1011 Columbia Ave; Bridgeport
20:48:10 Extra Patrol, 1705 Raymond Ave, Bridgeport
23:59:08 Suspicious, 10blk Foster Creek Rd, Bri

June 11

14:31:33 Theft, 605 E Poplar St, Waterville
14:58:01 Vehicle Prowl, 200 7th St# 3, Bridgeport

June 12

12:51:37 Parking/Abandon, 417 Columbia Ave, Bridgeport

June 13

9:43:19 Assist Public, 204 Davis Ave, Bridgeport
16:26:22 Civil, 3 Richards Ave, Bridgeport
16:58:42 Assist Public, 1395 Rd C Nw, Mansfield
19:44:15 Welfare Check, 500 Rd 20 Nw, Mansfield

Brewster Police Dept.

June 7

17:37:08 Animal Problem, W Cliff Ave, Brewster
19:21:00 Agency Assist, Sunset Dr, Brewster

June 9

01:17:26 Intoxication, W Cliff Ave, Brewster,
08:26:12 Trespassing, W Cliff Ave, Brewster
23:05:03 Domestic Dispute, Pioneer Rd, Brewster

June 10

17:02:13 Citizen Assist, S 7th St, Brewster

June 11

17:14:56 Domestic Dispute, N 7th St & W Main Ave, Brewster
16:47:55 Arson, Highway 97, Brewster

June 12

09:34:14 Sex Offense, Brewster
09:39:52 Mal Mischief, W Main Ave, Brewster
18:44:20 Welfare Check, 3rd St, Brewster

June 13

00:01:08 Domestic Dispute S 7th St, Brewster

Okanogan County

June 7

19:21:00 Domestic Dispute, Sunset Dr, Brewster



June 9

15:54:21 Alarm Burglary, Highway 153, Pateros
23:05:03 Domestic Dispute, Pioneer Rd, Brewster

June 10

12:57:23 Drugs, Highway 97, Pateros
19:04:32 Custodial Int., Lakeshore Dr, Pateros

June 11

16:00:14 Burglary, Valley Rd; Brewster
18:15:30 Civil, Monse Bridge Rd, Brewster
19:24:02 Theft Automobile, Pariseau Rd, Bridgeport
19:30:27 Fire Vehicle, Monse River Rd, Brewster

June 12

11:29:07 Burglary, Valley Rd, Brewster
11:46:06 Theft Automobile, Pariseau Rd, Bridgeport
12:50:57 Theft Automobile, Pariseau Rd, Bridgeport
16:19:13 Sex Offense, Max Goehry Rd, Brewster
16:55:39 Abandoned Vehicle, Highway 153, Pateros

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Circus

Continued from page A1

like they did the first time the circus returned in 2019, sales were more than sufficient to please both sides and judged as comparable to previous visits.

"The first time we brought it back, we did a sellout," said Dalbey of that 2019 visit. "That was the first they have ever had where they had to stop selling tickets."

Dalbey said show organizers told her they want to return in two years when the show books its West Coast schedule again in 2026.

According to its website, cmcircus.com, Culpepper & Merriweather Circus visits some 200 communities in 17 states during its 32-week annual circuit.

Dalbey was asked to step in as co-ringmaster during the second performance and used the opportunity to thank the chamber for hosting, the

community for coming, and Gebbers Farms for providing the site.

The spacious site at the large parking area along N. Bridge Street provided ample room for the attractions, which included the Moon Bounce and slide inflatables and a face-painting booth.

Heavy rainfall was an unexpected guest during the final performance but did not dampen any spirits.

"It came down in buckets," said Dalbey. "The water came in a little bit on the floor, but the tent didn't leak."

The wet weather did not delay dismantling when the show ended to head for its next engagement in Oroville.

"We had some people here for their first year, and they had never been to a small-town circus before, and they really liked it," said Dalbey. "Hopefully we can do this again."

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



From right, Evelyn Kraemer, Kamden Woelber, and Wyatt Walker show off their painted faces.

COURTESY OF ANNA MARIE DALBEY



University of Idaho sociology major Luella Smith gets a literal first-hand exposure to her subject while spending the summer traveling with the circus at a ticket taker.

MIKE MALTAIS/WARD MEDIA
The pony rides were an instant hit.



Anna Maria Dalbey tries on a new gig as co-Ringmaster.

COURTESY OF ANNA MARIE DALBEY

Big Top

Continued from page A1

afternoon's two performances.

As Acton began his introduction, the large Big Top tent was spread flat on the ground behind him.

"We are now watching the most important part of the tent-raising process, the coffee break," he deadpanned.

"The first poles they are putting into place are called side poles because they are on the..." asked Leo, cupping an ear toward his listeners, "Side" came an answer from one observer. "Correct!," Acton said.

"It's important our technical terms are so easy because we have people in this business from all over the world," said Acton. "We have four spoken

languages on this show, and lots of different cultural and educational backgrounds from GEDs to Ivy League degrees."

"We have some third generation, some sixth generation," said Leo. "Even our newest performer - a member of the Loyal Bareback Riders - just born in April is an 11th-generation circus performer."

Born in Berkeley, California, Acton is not from a circus family but got into the business three decades ago.

"I've been a circus clown since 1998. I went to Ringling Bros. clown college in 1996 and toured with the big show for 10 years," said Acton. "I have been with C&M for the last 16."

One of the show's newest employees, Luella Smith, just joined the crew for the summer. She is a University

of Idaho sociology major who said the exposure will benefit her study choice.

"Both of my parent were clowns with Ringling Bros. & Barnum & Bailey," said Smith. "I picked my major too late to get an internship and my mom brought this idea up to me. It's kind of awesome."

As Acton continued, the tent began to rise as the crew went about the process with practiced speed and efficiency. Earlier in the morning they drove 118 four-foot-long anchor stakes into the ground using 60-pound sledgehammers.

"The larger poles are called torsion poles," said Acton. "They are 22 feet tall. The center pole is 30 feet."

He turned attention to the tent.

"The tent is not one big thing, it's three huge sections

laced together," said Acton. "It is 110 feet long, 80 feet wide, 30 feet high, and can fit 600 people in just our seats alone. We got this Big Top in 2018 for \$40,000," said Leo adding that they can endure from three to eight years before needing replacement.

The show is based in Hugo, Oklahoma and started in 1985. It alternates years between West Coast and Midwest tours. Its 32-week season begins in mid-March and extends through October. The West Coast tour visits 200 cities and towns in 17 states while the Midwest schedule runs through 11 states.

Among those who arrived to watch the tent raising process Sunday morning were members of the Wenatchee Youth Circus Blue Crew.

One of the performers,

Samantha Willoughby, a sixth grader from Lake Chelan, showed up with father, Chris. "I'm an aerialist, acrobat, and still walker," the younger Willoughby said.

The youth circus performs mainly in Washington and had a performance scheduled in Entiat the next weekend.

The tour progressed to some of the animal stars of the show including Wendell the lion who was raised as a household pet by an Oklahoma family before the circus acquired him.

Acton noted that all three cats on the Brewster tour are rescue animals.

"Our tigers were born in a roadside zoo in Northeastern Texas that was not taking care of their animals and got shut down for it," said Acton.

He described how the C&M circus owner rescued the tigers

when they were a year and a half old and rehabilitated them for later introduction into the show. This year marks their 17th year on the tour.

They just turned 20 last July," said Acton. "They see their main veterinarian at the beginning and end of every season and see another vet on tour at least once a month."

The cats perform in a specially built 34-foot diameter, 50-foot-tall steel cable cage.

Before Acton completed his narrative the Big Top was up as final touches were addressed. Following the final performance of the day it takes the team about 90 minutes to pack up and load the 40-foot flatbed trailer for departure to its next destination.

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

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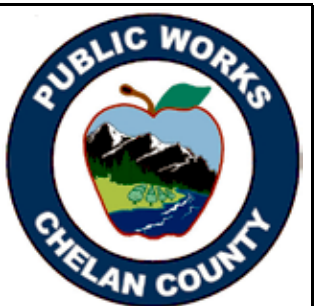
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The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA, 98801, or emailed to human.resources@co.chelan.wa.us Positions will remain open until filled.

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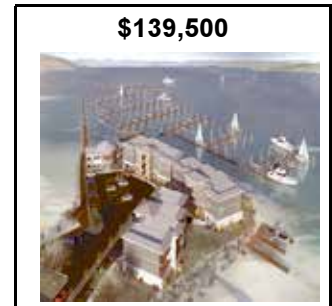
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Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418.

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Published in the Quad City Herald on June 12, 19, 2024. #7945

Public Notices

CITY OF PATEROS, WASHINGTON

ADVERTISEMENT FOR BIDS PEDESTRIAN IMPROVEMENTS & COMMERCIAL AVE.

MULTIMODAL IMPROVEMENTS
The City of Pateros, Washington (Owner) is requesting Bids for the work described below. Bids for construction of the Project will be received by the Owner via electronic submission only, until **1:30 PM, July 9, 2024** local time. Bids will be opened and read aloud virtually via the following link: meet.google.com/hmy-egmn-jmm
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A bid summary will be issued after opening, emailed to all bidders, and posted on the website. This project will provide street facility improvements, including the following:
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1. Varela Engineering & Management 601 W. Mallon Ave. Suite A, Spokane, WA 99201 (509) 328-6066
2. Visit www.varelaaplanroom.com under "Public Jobs". Prospective bidders may view digital files at no cost.
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Public Notices

Instructions to Bidders. Additional bid acceptance and contract award provisions are specified in the Contract Documents.

All bid proposals shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, or surety bond in the amount equal to five percent (5%) of the amount of such bid proposal. Should the successful bidder fail to enter into such contract and furnish satisfactory performance bond within the time stated in the specifications, the bid proposal deposit shall be forfeited to the City of Pateros.

For additional information regarding this project, contact Peter Cowger or Kurt Holland at Varela Engineering & Management by phone at (509)328-6066, pcowger@varela-engr.com, kholland@varela-engr.com

The project is being funded by Transportation Improvement Board funds P-E-883(P05)-1 and P-E-883 (001)-1.

The City of Pateros is in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 U.S.C. 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, subtitle A, Office of the Secretary, Part 21, nondiscrimination in federally assisted programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award.

The City of Pateros is an equal opportunity employer and encourages women and minority-owned businesses to submit bids. The City of Pateros has the right to reject any or all bids. Published in the Quad City Herald on June 19, 26, 2024. #8001

SUDOKU

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

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!

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!

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

ANSWER:

Discover the heart of North Central Washington with **NCW NEWS** – your premier source for local stories, insights, and community updates. Stay informed, stay connected. <https://ncw.news/>

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

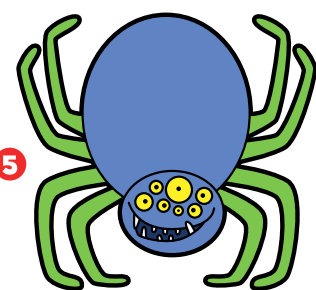
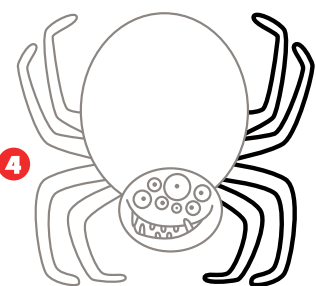
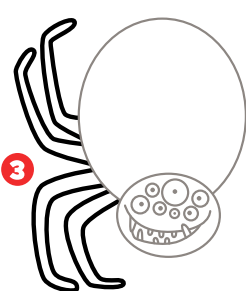
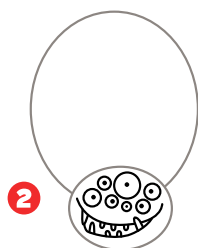
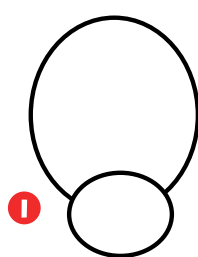
Puzzle answers, recipes, videos and more at www.kidscoop.com

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Kid Scoop Together

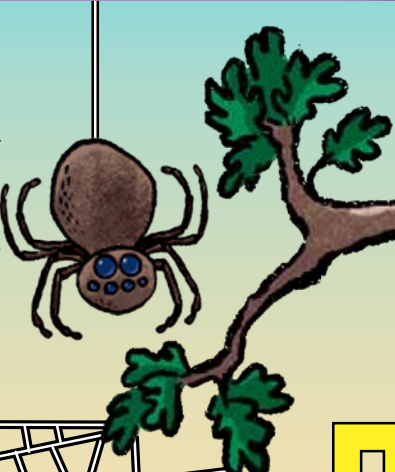
LET'S DRAW!

Have a family member draw with you. Each of you follow the steps below to draw a spider. How many differences can you find between your two spiders?



FANCY WEB WORK

Different spiders weave different kinds of webs. Web-spinning spiders spin webs to trap food—the flying and crawling insects they crave.



Strand Steppers

Spiders rarely get caught in their own webs. They know where the sticky strands are located. Inside their webs are dry silk strands that they can walk on.

Follow each trail to find out which kind of web each of these spiders weave.

TANGLED WEB

Spun in quiet, dark corners, this is the most common kind of web.

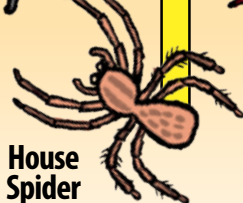
Grass Spider



Garden Spider



House Spider



Triangle Spider



Just how strong is spider silk?

A thread of spider silk is stronger than a thread of steel the same thickness. It is one of the strongest materials on earth.

Circle every third letter along the spider's drop line to find out what a rope of spider silk 1 inch thick (2.5 cm) could hold.

Standards Link: Reading Comprehension: Follow simple written directions.

S
W
F
T
P
I
R
O
F
L
U
T
N
M
Y
A
S
C
O
H
A
Y
R
V
X
S

ORB WEB

This web has spokes like bicycle wheels.

TRIANGLE WEB

The spider attaches two points of its web to twigs. It holds onto the third point and attaches itself to a third twig. When an insect lands on the web, the spider loosens the end it holds and the web pulls the insect inside.

FUNNEL WEB

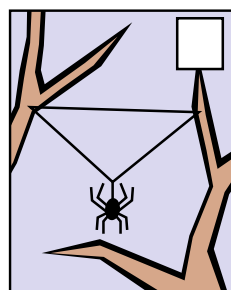
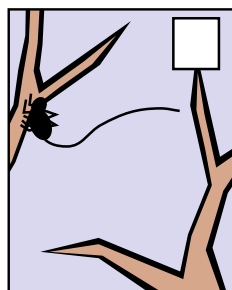
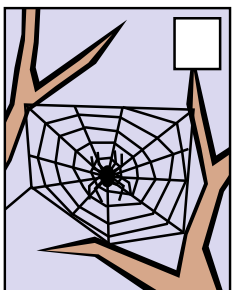
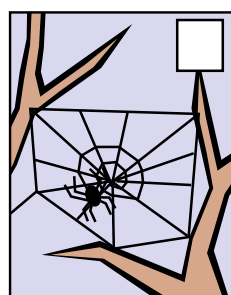
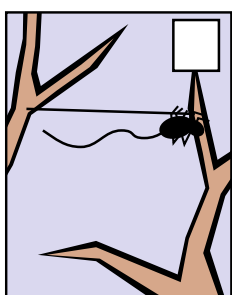
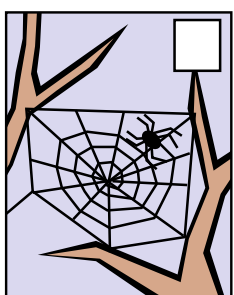
Spun between blades of grass, the funnel web has a wide opening. The spider hides at the bottom of the funnel, waiting for insects.



Standards Link: Animals have structures that aid in survival; there is variation within a species.

How do spiders make silk?

Spiders have little finger-like spinnerets at the rear of their bodies. They squeeze liquid from a silk gland between the spinnerets. When the liquid hits the air, it hardens into a long, thin thread. Spiders can make the thread thick or thin, sticky or dry, smooth or bumpy.



Spider Advertiser

Read the ads in today's paper. Then, use crayons or markers to create an ad for spiders! It could be a "Web for Sale" ad or an ad for something spiders need.

Standards Link: Follow simple written directions.

The Making of an Orb Web

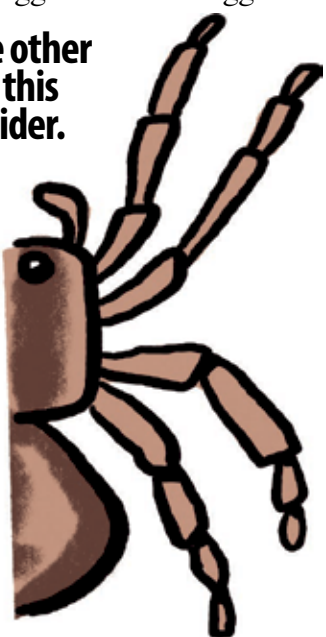
Number the pictures in order from 1 to 6 to show the making of an orb web. It takes a garden spider less than an hour to complete an orb web.

Standards Link: Animals have structures that aid in survival.

Kid Scoop Puzzler

Many spiders spin webs around their eggs. The wolf spider does this as well, and then carries its egg sac until the eggs hatch!

Draw the other half of this wolf spider.



Double Double Word Search

- AIR
- CORNERS
- DRY
- EARTH
- HOLD
- ORB
- POINT
- SILK
- SPIDER
- SPUN
- STEEL
- THREAD
- TRIANGLE
- WEB
- WEAVE

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

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

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

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Kid Scoop VOCABULARY BUILDERS

This week's word: **ATTACH**

The verb **attach** means to connect one thing to another.

The spider can **attach** its web to twigs in bushes.

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

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