

Quad City Herald

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Brewster Police Chief discusses stalking law challenges

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER—Police Chief Marcos Ruiz reported to the June 20 meeting of the city council that he recently met with 7th District State Senator Shelly Short and 32nd District Democratic Representative Lauren Davis about stalking issues.

Bill 1696, which updates the stalking laws in the state of Washington,” said Ruiz and added that both legislators are interested in addressing gaps that remain in the bill’s rules, areas.

Ruiz explained that for decades, he has advised stalking victims to go to court and get an order.

“For so long, they would not do that,” said Ruiz. “Now they are.” The difficulty arises when deputies

try to enforce the order.

“The judge fills out an order. They call the police. Police cannot make the arrest because the orders are so convoluted the judges are writing,” said Ruiz. “The officers are calling me in the middle of the night, upset because they cannot make the arrest. The next day the victims are in my office, upset because the officer could not do anything.”

Ruiz said he then must review the order - often with available body cam footage - to show the victim why the arrest was not made.

Sen. Short wants to meet again with Ruiz to discuss ways to clarify that process.

New Radar

In other business, the city approved a \$5,280 update for the department’s

five antiquated traffic radar guns. The department must have a specialized contractor recalibrate its radar equipment for recertification.

“Our radars are decades old,” said Ruiz. “Four out of the five could not be recertified because of their age and the inability to find parts.”

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Tule Mat Lodge project gets underway at Salmon Bake



MIKE MALTAIS/WARD MEDIA

Methow resident Donna Weishampel uses a large needle and cordage to string the tules together to form mats.



MIKE MALTAIS/WARD MEDIA

Rob Crandall, owner of Methow Natives Nursery in Twisp, is spearheading the project to construct a large tule mat on-site at the Wagner Ranch north of Winthrop.



MIKE MALTAIS/WARD MEDIA

A miniature model of the tule mat lodge provides a visual scale of what the finished structure will appear.

By **MIKE MALTAIS**
Ward Media Staff Reporter

PATEROS—A traditional shelter called a Tule Mat Lodge or Longhouse, constructed from an abundance of local natural materials, is planned for the Wagner Ranch north of Winthrop, property gifted to the Colville Confederated Tribes in 2022.

The Tule Mat Project got underway at the annual Salmon Bake in Pateros on Saturday, June 22, when work began connecting dried tules, a type

of bullrush found along rivers and marshes, using a needle and cordage together to form long mats.

As a scale model showed, the mats will be used for sides, roof, and flooring for a long A-frame that will eventually measure 16 feet high by 12 feet wide by 31 feet long. A smaller version will be built first, measuring 8'H x14W' x 22'L.

Winthrop resident Rob Crandall, owner of Methow Natives Nursery in Twisp, is spearheading the project. “We started today,” said Crandall.

“Elaine (Timentwa-Emerson) put one up last fall with shorter mats. We are going to build some big, long mats so they are easier to put up and take down.”

Timentwa-Emerson and several volunteers erected the tule lodge in a ceremony to dedicate the ground and took it down the following day.

Crandall estimates that six long mats will provide the side walls. Another six with the tapered ends of the tules on one side will be used to form the rounded ends of the lodge.

Shorter mats will cover the front entry.

Small diameter red willow limbs are used to attach the mats to the lodge support poles.

The tule mat structures served as tribal summer dwellings, another source said. When rain fell on the dry tule mats the moisture caused the tules to swell, providing a natural waterproof barrier.

The tule mats are perfect for building temporary, portable shelters because they can be rolled up and

carried away.

Historical research documents tule mat shelters were commonly used by many of the Plateau tribes in Northeast Oregon, Southeast Washington, Idaho, and Montana. Tribes who lived in the different tule mat lodge style houses included the Yakama, Walla Walla, Spokane, Palouse, Nez Perce, Modoc, Klamath, Coeur d’Alene and Cayuse people.

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City of Bridgeport addresses hazard tree limbs in Marina Park

By **MIKE MALTAIS**
Ward Media Staff Reporter

BRIDGEPORT - Professional tree cutters (fallers) in the timber industry call them “widow makers,” the broken treetops or branches that can land on and injure or kill the faller near the base of the tree when the tree is cut.

The City of Bridgeport is taking steps to remove some cottonwood limbs to prevent this from happening to an unsuspecting tourist or park user.

“We have to look into those cottonwood trees with branches that are about ready to fall off,” said Mayor Sergio Orozco. The hazard was brought to the mayor’s attention by Public Works Lead Matt West.

“There is actually a branch that Matt pointed out that is being held by a pine tree,” said Orozco. “If that thing falls down, it is not good.” “It probably weighs 10,000-plus pounds,” West estimated.

“They’re too tall for us to deal with,” said Public Works Superintendent Stuart Dezelle.

“The last thing we need is a liability from those trees,” said Orozco. “They go into the park itself, not just the RV



MIKE MALTAIS/WARD MEDIA

This 10,000-pound potential headache, a cottonwood limb leaning against a pine tree near the gazebo in Marina Park, is in the city sights for removal just as soon as a contractor can be retained to remove it and several others that pose a threat to park users.

park but where kids are playing, and people rent the gazebo.”

Orozco said the city could have the work done this winter when the park is vacant. West suggested eventually replacing the large hazards with smaller trees.

“They have newer trees that are lower growing and make a good shade canopy,” said West. “They would be easier for us to maintain,

plus they have a deeper root system that would not interfere with our mowing.”

West said the mower has made a 10-foot circumference around the base of some of the old cottonwoods because the roots are above the surface of the ground.

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Bridgeport revisits city parks for upgrades, promotion strategy



MIKE MALTAIS/WARD MEDIA

Matt West is the Public Works Lead for the City of Bridgeport

By **MIKE MALTAIS**
Ward Media Staff Reporter

BRIDGEPORT - The city has approached the Douglas PUD to upgrade the RV spaces in its parks

to keep up with modifications in RV design that require larger spaces to accommodate them. At the monthly city council meeting on June 18,

See **CITY PARKS** Page B2

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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!

July 4 in Brewster

Brewster will celebrate Independence Day on Thursday, July 4 with a day full of festivities beginning at 11 a.m. with a parade.

The day includes kids games, a dodgeball tournament, live music and more. The day ends with a fireworks show at 10 p.m. in Cove Park.

"Celebrate the 4th of July with Brewster," the event page states. "Join us for a day filled with fun, festivities, and fireworks."

For more information and a schedule of events visit the Brewster Chamber of Commerce Facebook page.

Wind chime craft

The Pateros Library will host a wind chime craft on Tuesday, July 9 from 11 a.m.

to 12 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.

Chelan's Rockin' 6th of July Fireworks

The Lake Chelan Chamber of Commerce will host Chelan's Rockin' 6th of July Fireworks on Saturday, July 6 at 10 p.m. in Don Morse Park.

"Join us for Chelan's annual firework show," the event page states. "We suggest heading to Don Morse Park, Lakeside Park, or on a boat with family and friends to watch the fireworks light up the dark sky."

For more information visit lakechelan.com.

STEM: Coding with Spheros

The Brewster Library will host the STEM event Coding with Spheros on Wednesday, July 10 from 2:30-3:30 p.m.

"Practice your coding skills by programming a Sphero with us at the library," the event page states.

For more information visit nculibraries.org.

Lake Chelan Bach Fest

The 43rd Lake Chelan Bach Fest will open on Friday July 5 and run through July 13.

"Opening on July 5 with

5 THINGS TO DO THIS WEEK

a family-friendly and oldies group called The Profits," the event page states. "The Pops in the Park finale in the Riverwalk Park Pavillion will be July 13. In between are classical concerts at noon, four nights of winery

concerts, flamenco artists, children's programs, and more."

Admission to all events for this festival is free with donation. For more information visit bachfest.org.

Bridgeport completes lead line survey, patches public pool

By **MIKE MALTAIS**

Ward Media Staff Reporter

BRIDGEPORT -- Superintendent of Public Works Stuart Dezellem advised the city council at its June 18 meeting that he has completed the lead line survey required by the state Department of Health.

"I've got all the data entered into the Department of Health spreadsheet," said Dezellem. "I went through 25 years of work orders and have supporting documentation to back up that we have galvanized line."

The Lead Service Line Inventory and Replacement Program survey collects

data from cities on whether any remaining lead water lines have been or are being replaced.

"There are 667 services in the lead line survey," said Dezellem. "We have 22 homes that have what is designated an unknown service line material."

Those are essentially the homes that were built in Bridgeport starting in the 1900s that were already here prior to Chief Joe Dam construction in 1948.

Dezellem said the city changed with the dam project.

"The engineers rolled in here and built the water system and the sewer

system," said Dezellem. "We were working off of wood stay pipes...until the contractor put in steel pipes."

In the survey the service line is divided into two halves, the purveyor half (the city) from the water main to the water meter, and the customer half from the meter to the house.

"If any part of that is unknown, then the whole main is designated as an unknown material," said Dezellem. "It is marked unlikely lead but still unknown."

Homeowners with those unknown lines will be notified that the city will be checking those lines to determine

composition. Using the city vacuum truck, public works can access the line just downstream of the water meter to verify the line material and update the survey.

Public Pool

The pool is up and running. A repair project largely eliminated earlier water loss issues.

Regrouting and sealing up cracks in the concrete wall seems to have stopped most of the water loss, said Dezellem. Once the pool was filled and the water level measured the following morning, the water loss was only about one-half

inch. Councilmember and pool manager Jackie Hentges reported that three new lifeguards recently completed and passed their training. They will join two others to staff the pool this summer.

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Going plastic-free is nearly impossible. These people are trying anyway

By **JACOB FENSTON**

Special to The Washington Post

Maybe you've done dry January - the trend that originated in the United Kingdom of cutting out alcohol for the first month of the year. Maybe this is the year to try Plastic Free July.

The idea took root in Australia more than a decade ago, and in recent years it has been gaining popularity in the United States. It all began when Rebecca Prince-Ruiz visited her local recycling sorting center in Perth, Australia, in 2011. She had always thought of herself as being eco-conscious, but after looking around at the heavy machinery sorting an endless stream of bottles, tubs, jars, cans and boxes, she had an aha moment.

"I suddenly realized that filling my recycling bin each fortnight didn't make me the great green citizen I thought I was," Prince-Ruiz says. "The most important thing I should be doing was actually reducing my waste in the first place."

She decided to try to avoid single-use plastic for an entire month. The next month happened to be July.

So Plastic Free July was born.

Since then, the idea has spread around the globe. According to the Plastic Free Foundation, the nonprofit that Prince-Ruiz founded, 89 million people in 190 countries pledged to reduce their plastic use during July last year. The countries with the most participants are China and India.

Over the last five years, participants have avoided more than 1.5 million tons of plastic waste, according to the campaign. That's enough to fill about 80,000 garbage trucks.

Prince-Ruiz says the comparison with dry January is apt, but avoiding plastic may actually be a lot harder for many people than avoiding alcohol. Going plastic-free entails constant small decisions and complications throughout every day - and finding workarounds for nearly every purchase.

Why plastic? What about other waste?

Sending anything to the landfill or incinerator has a negative impact on the environment. But plastic is particularly problematic,

experts say.

"Plastics are one of the greatest threats facing our planet today," says Melissa Valliant, a spokesperson for Beyond Plastics, a plastic-pollution-fighting nonprofit.

Part of the problem is that plastics are not as easily recyclable as other packaging materials. In fact, less than 6 percent of plastic waste is recycled in the United States. That rate has barely budged in the past two decades. One peer-reviewed study last year found plastic recycling itself may actually be contributing to microplastic pollution in the environment.

"We are not going to recycle our way out of this problem," Valliant says.

Plastic waste chokes oceans and the creatures who live there. And plastic production is a major contributor to climate change: The industry emits four times the planet-warming emissions as the airline industry, according to a recent U.S. Energy Department report.

But from the beginning, the Plastic Free July campaign has focused on solutions rather than the problem. In fact, the campaign's website contains almost nothing about the harms of plastic, other than its sea turtle logo - a reference to one of the animals most at risk from ocean plastic.

The website offers ideas for plastic-free beginners - small changes like using reusable shopping bags. There are also suggestions for those further along the journey - including making your own toothpaste, sans plastic tube.

Plastic-free doesn't have to mean zero-plastic

Prince-Ruiz says that first plastic-free month was harder than she'd thought it would be. "I remember going to the supermarket for the first time and going, 'Oh my gosh, there's not much I can buy.'"

She came home with a box of pasta and a lot of tomatoes and bananas, and remembers thinking, "How am I going to survive this month?"

Her best advice for newbies: Don't try to quit plastic cold turkey. Instead, start with a quick inventory of your plastic use - go through your fridge and pantry and trash - and choose one or two places to work on eliminating or reducing.

"Try it for a day, try it for

a week, try it for a month," Prince-Ruiz says. "We purposely make the barrier for entry easy."

Sammy Harper, a graphic and web designer based in Omaha, says his first Plastic Free July, in 2020, was a flop. He ambitiously tried to cut out all plastic for the month and quickly became overwhelmed, beating himself up about it. In the Julys since, he's focused on one change at a time, starting with replacing plastic water bottles with a reusable Yeti.

"Getting to a perfect state from the get-go is almost impossible," Harper says.

Frewyni Asress, a D.C. resident who has written about living a zero-waste lifestyle, recommends finding a buddy or two to do the plastic-free challenge with.

"When there's a community of people participating in something like Plastic Free July, it really reinvigorates you," Asress says. "Try to do it with somebody, even if it's just one person, because it really does make a difference."

Of course, going plastic-free can be more challenging depending on your circumstances.

In the Midwest, for example, store clerks are not always receptive to the idea of skipping plastic bags, Harper says. On one shopping trip where he was only buying a few things and didn't need a bag, the checker forced one on him, citing concerns about shoplifting.

"She would not let me leave without a bag," Harper says.

When Asress started her zero-waste journey in 2016, she was working at a food co-op that had a large bulk section and many plastic-free products. But she found not all plastic-free products worked for her.

"A lot of the hair products that were sustainably packaged or provided in bulk bins were specifically for White people's hair," says Asress, who is Black. She ended up boiling flaxseed and mixing it with shea butter and essential oils to make her own hair gel and moisturizer. "It's actually way more time consuming than it sounds," Asress says. Plus, it still didn't really work for her hair.

Ultimately, she says, going plastic-free or zero-waste shouldn't just be about creating cute Instagram posts. "It has to be practical, and we have to be able to figure out ways to be

able to include everybody."

It shouldn't be this hard

Disposable single-use plastic is so ubiquitous, it can be hard to imagine a world without it. Yet many people alive today grew up in such a world: Before the 1960s, for example, many beverages in the United States came in refillable glass bottles.

"We have the technology to make this easy and convenient for consumers," Valliant says. The key is to move away from disposable containers and packages and go with materials that can be used over and over. Refundable deposit systems can make this economical.

Travel to Latin America, Africa or Asia, for example, and you'll find refillable soda and beer bottles are still common - each one can be filled, purchased and returned as many as 30 times before it breaks or is worn out.

Valliant says similar reuse is possible elsewhere. A European company, reCIRCLE, provides reusable takeout containers to a network of thousands of restaurants and

cafes. You pay a deposit for the reusable cup or bowl, then return it to any participating business to get your money back, or a fresh cup of coffee or bowl of pad thai in a clean reusable container.

In the United States there are some efforts to bring back the refillable glass bottle: Dozens of small dairies use refillable milk bottles, and in Oregon, a handful of craft brewers use refillable beer bottles.

Of course, the onus of creating change shouldn't be on the consumer, Prince-Ruiz says. But these individual actions add up, she says, and that can help build momentum for more systemic change.

"We see time and time again, whether it's a jurisdiction banning plastic bags, or introducing container deposit legislation, or a brand switching their packaging, or retail supermarkets introducing reuse and refill, it's because their consumers and their customers are asking it of them," she says.

Jacob Fenston is a freelance writer in D.C.

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Yards sales, Salmon Bake fill Pateros June weekend



From left Yesenia Martinez, Clarissa Martinez, and Devin Miller wait for shoppers at their yard sale on the corner of Warren Avenue and North Street.

MIKE MALTAIS/WARD MEDIA



MIKE MALTAIS/WARD MEDIA

The annual Salmon Bake sponsored by the Pateros Booster Club and prepared at the Memorial to the Methow BBQ grill in Lakeshore Park featured native cultural presentations, including a Tule Mat Project.



Amber Heen said it has been a few years since she held her last yard sale, but she did unload a large sofa to an earlier buyer.

MIKE MALTAIS/WARD MEDIA



MIKE MALTAIS/WARD MEDIA

The sign on the roof of this car parked in front of an Ives Street house says it all.

U.S. new-home sales slump to slowest pace since November



DAVID PAUL MORRIS/BLOOMBERG

Houses under construction at the Toll Brothers Regency at Folsom Ranch community in Folsom, Calif., on Thursday, May 18, 2023.

By MICHAEL SASSO
Bloomberg

New-home sales in the US slumped in May as elevated prices and mortgage rates continued to challenge the housing market.

New single-family home sales decreased 11.3% to a 619,000 annual pace last month, the slowest since November, government data released Wednesday show. The figure was below almost all estimates in a Bloomberg survey of economists and reflected declines in all four major US regions.

The sales pace is now at the low end of the range seen over the past year, suggesting limited momentum amid a lack of affordability. Mortgage rates dipped below 7% in mid June for first time since late March, but they remain more than double their levels from the end of 2021.

While high prices have scared off many buyers, a surge of inventory is helping affordability at the margin. The median sale price of a new home decreased 0.9% from a year ago to \$417,400 in May. At the same time, the supply of available homes increased to 481,000, still the highest since 2008.

Big builders including Lennar Corp. and KB Home are trying to combat the affordability challenge by buying down customers' mortgage rates or offering price breaks, and so far the strategy has kept the builders' order books full. Both companies reported profit gains in their recently completed second quarters.

Recent data indicate overall housing demand is improving this month. The Mortgage Bankers Association's index of home-purchase applications rose for the last three weeks

to the highest level since early February.

Over the long term, the US still has a shortage of new homes, Lennar Chairman Stuart Miller said last week on an earnings call, citing "over a decade of underproduction." Meantime, the supply of previously owned homes remains well below pre-pandemic levels, hampered by high borrowing costs that have discouraged sellers from listing their properties.

New-home sales are seen as a more timely measurement than purchases of previously-owned homes, which are calculated when contracts close. However, the data are volatile. The government report showed 90% confidence that the change in new-home sales ranged from a 26.8% decline to a 4.2% gain.

With assistance from Chris Middleton.



MIKE MALTAIS/WARD MEDIA

Small tipis were among sales items available at the Salmon Bake.

By MIKE MALTAIS
Ward Media Staff Reporter

PATEROS - Between Movie Night in the Park, the annual Salmon Bake sponsored by the Pateros Booster Club, and more than a dozen residences participating in the annual City-Wide Yard Sales, there was almost too much to select from during the June 23-25 weekend.

In all 14 yard sales from Riverside Drive to Dawson

Street offered just about everything potential buyers did not realize they needed. Maps were available at city hall to make it easy for visitors to find every site.

Movie Night in the Park kicked off its summer season showing Wonka on Friday, June 21. The next movie night will be Kung Fu Panda on July 19, during Apple Pie Jamboree.

The August Hydro Races will include the final movie

night feature, Wish, on August 16.

The always popular Salmon Bake sponsored by the Pateros Booster Club included native cultural presentations of bead work, basket weaving, and something new this year, the Tule Mat Project organized to construct a longhouse on tribal property north of Winthrop.

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My quest to unlock the key to Grandma B's chicken and dumplings



SCOTT SUCHMAN FOR THE WASHINGTON POST; FOOD STYLING BY LISA CHERKASKY FOR THE WASHINGTON POST

By JOAN NIESEN

Special to The Washington Post

My great-grandmother was a rock of a woman, a 5-foot-nothing field general in false teeth and pin curlers. She set things in order and made things right and told you exactly what you were doing wrong. She was always, unceasingly, maniacally doing: the laundry, the yardwork, the dusting and, of course, the cooking.

Her name was Evelyn Baldrige, but to me, she was Grandma B. I was lucky enough to know her for almost 13 years, which meant that, when she died, I was just old enough to understand how different she was from almost every other old lady I'd ever met. For starters, she never in all her 95 years seemed particularly old. She couldn't drive or swim. She didn't have a husband, and although she'd had one once, I understood that was a problem she'd fixed right around the time the Great Depression hit. She lived in a house in Farmington, Mo., the size of a woodshed, where my dad's high school portrait was the featured piece of artwork and the curtains smelled like bacon grease.

Grandma B was always frying something: bacon or chicken or occasionally squirrel. Mornings, she would disappear into a cloud of flour and emerge with biscuits while a pot of gravy bubbled on the ancient stove. Breakfast stretched into lunchtime, and then maybe, if I was lucky, she'd spend the afternoon making chicken and dumplings.

It was the one dish she made that I truly enjoyed. I was not a little girl who would gnaw a crispy chicken leg down to the bone. I was scared of dark meat, of cartilage, of accidentally nibbling something I should not. Gravy, with all its flecks and specks and who-knows-whats, made me shudder. But chicken and dumplings? I'd scoop seconds.

Grandma B died 24 years ago, and as the time without her stretches on, I've developed more than a few regrets about my not-eating

habits, in large part because many of her best meals died with her. Grandma cooked without recipes, pinching and heaping and eyeballing. She made do with what she had, and she rarely let anyone help.

My mom, though, was smart enough to watch, and after Grandma died, she started making chicken and dumplings on special occasions. It was a labor-intensive process: boiling the bird, shredding the meat, skimming fat off the stock and rolling the dough for the rectangular, noodle-like dumplings. I was too busy growing up to learn all the tricks, and eventually we got too busy as a family for a dinner that took half the afternoon to cook.

So when I asked my mom this winter whether she might help me re-create the recipe, she laughed. She jotted down some instructions, which were very much in the spirit of Grandma B's approach to cooking. As in, they were vague: Get a chicken, bring out the flour canister, stock up on butter; ready, set, go.

My first attempt was a mess. My dumplings - just flour, stock and an egg - turned to glue upon chewing, and a whole boiled chicken was excessive (and messy). The dish needed color, and it was thin, soupy. Enter carrots and leeks and a buttery roux to give the broth some body. I swapped an entire bird with bone-in, skin-on breasts, and in what felt like a stroke of yuppie sacrilege, I decided to make the dumplings along the lines of a French *pâte à choux* (the base for cream puffs, *éclairs* and more), melting butter with stock, adding flour, cooking the mixture down, then beating in an egg. With every new iteration, I managed to up the flavor (and the richness), and I could feel myself getting closer.

By my fourth or fifth try, my chicken and dumplings were good, but they weren't Grandma's. I was stumped - until I recalled the smell that hung like a cloud in her kitchen. Bacon fat. I thought about the little tin she kept in her fridge, how she'd let the fat

cool in her cast-iron skillet and then pour it in the tin, each day another layer of rich, flavor-packed, glorified grease.

Grandma, I realized, made hundreds of vats of chicken and dumplings across nearly a century of change and catastrophe and shifting trends: rationing, inflation, Crisco, margarine. And through it all, Grandma fried bacon. The key to chicken and dumplings lay in that ancient tin.

It was a simple switch, trading butter for bacon fat in the roux, and as soon as the steam hit my nose, I knew I'd hit home. Finally, my chicken and dumplings tasted like her chicken and dumplings, and my kitchen smelled like one I can barely remember, a thousand miles and 24 years away.

Chicken and Dumplings

6 servings (makes about 9 cups)

Total time: 1 hour 45 mins

Bacon grease lends deep, smoky flavor to this version of chicken and dumplings. It is distinct from other variations you may see with the equivalent of drop biscuits simmered on top. The bacon grease is a key part of this recipe, but in a pinch, you can use butter. This dish takes a little while to come together, but the result is worth it. It makes an ideal Sunday supper during cold, dreary days.

To make this recipe go faster, wash and cut the vegetables for the stew while the chicken is poaching.

Make ahead: The poached chicken and broth can be prepared and refrigerated separately for up to 4 days in advance.

Storage: Refrigerate for up to 4 days. The stew will thicken as it sits, because the dumplings will continue to absorb the broth. Gently reheat over low heat until warmed through, adding more broth or water as needed to loosen, stirring occasionally. Refrigerate leftover broth for up to 4 days, or freeze for up to

3 months.

Substitutions: Can't find bone-in, skin-on chicken breasts? Use chicken breasts or thighs with or without the skin or bones. Bacon grease; Regular salted or unsalted butter or plant-based butter. Dairy-free? Plant-based butter.

Variations: If pressed for time, try making this dish using store-bought chicken broth and cooked chicken breast, such as from a rotisserie bird. Start with making the dumpling dough and pick up the recipe from there.

INGREDIENTS

- 2 1/2 to 3 pounds bone-in, skin-on chicken breasts
- 1 medium yellow onion (8 ounces), unpeeled
- 1 small bunch fresh chives
- 1 tablespoon whole black peppercorns
- 2 teaspoons fine salt, divided
- 5 tablespoons unsalted butter, divided, plus more as needed
- Generous 3/4 cup plus 1/3 cup all-purpose flour, divided, plus more as needed
- 1 large egg
- 1 medium carrot, scrubbed and diced
- 1 leek, white and light green parts only, thoroughly washed, halved and thinly sliced
- 1/2 teaspoon freshly cracked black pepper
- Pinch crushed red pepper flakes
- 3 tablespoons bacon grease (see Substitutions)
- Water, as needed

STEPS

In a large pot or Dutch oven, arrange the chicken skin side up and cover with enough cold water to submerge by 1 inch. Trim the root of the onion, then halve the onion through the stem; peel and dice one of the onion halves and set aside. Add the other onion half, with its skin, to the pot, followed by 4 chives, the peppercorns and 1 1/2 teaspoons of the salt, and stir briefly to submerge the aromatics.

Set the pot over medium-high heat and bring to a gentle boil, skimming off the gray

scum at the surface as needed.

Once the liquid is gently boiling, immediately remove from the heat and cover the pot. Poach the chicken until it registers 165 degrees on an instant-read thermometer inserted in the center of the meat, away from the bone, about 25 minutes. Transfer the chicken to a plate and let sit until cool enough to handle, about 15 minutes. Using your hands or two forks, shred the meat into bite-size pieces and transfer to a medium bowl; discard the bones and skin. While the chicken is cooling, strain the broth through a fine-mesh strainer; discard the aromatics. Measure out 4 1/2 cups of the broth, and refrigerate or freeze the rest for another use. Wash the pot and dry it thoroughly; you'll use it again.

In a medium pot over medium heat, combine 1/2 cup of the broth, 3 tablespoons of the butter and 1/4 teaspoon of the salt, and cook, stirring occasionally, until the butter melts. Meanwhile, finely chop 3 tablespoons of chives.

Add a generous 3/4 cup of the flour, and stir the mixture vigorously with a wooden spoon until it comes together into a dough. Continue to cook, stirring the mixture vigorously, until the dough is glossy and starts to pull away from the sides of the pot, 2 to 3 minutes.

Remove the pot from the heat and let cool for 5 minutes. Add 1 tablespoon of the chives and stir with a wooden spoon to incorporate. Add the egg, and vigorously stir until fully incorporated, 2 to 3 minutes.

Generously flour a large sheet pan. Using a No. 60 disher or measuring spoon, scoop scant 1-tablespoon portions of the dough, gently rolling them in the flour on the sheet to coat. Generously flour your hands, then roll and flatten each portion into a rough oval slightly less than 1/4-inch thick. It's okay if the disks look irregular. Return the flattened ovals to the floured sheet pan. You should get 12 to 16 dumplings.

Return the large pot to medium heat, and melt the

remaining 2 tablespoons of butter. Add the carrot, leek and diced onion, and season with the remaining 1/4 teaspoon of salt, the cracked black pepper and crushed red pepper flakes, stirring to combine. Decrease the heat to medium-low and cook, stirring occasionally, until the vegetables soften, 7 to 10 minutes. Do not let the aromatics brown; adjust the heat as needed.

Push the vegetables to the edges of the Dutch oven or pot, add the bacon grease to the center and let it melt. Whisk in the remaining 1/3 cup of flour and cook, whisking constantly to form a roux, until the mixture turns deep golden, 2 to 4 minutes. (It's okay if some or most of the vegetables get into the roux.) While whisking, gradually add the remaining 4 cups of the reserved broth to bring the mixture together. The mixture should be thick and opaque, similar to a cream-based soup; if it feels too thick, add additional broth or water, 1/4 cup at a time, to thin it out. Bring the liquid to a simmer, and gently add the dumplings one at a time, shaking off excess flour, evenly distributing them throughout the pot. (If needed, gently nudge the dumplings with a spoon to submerge them in the liquid.)

Reduce the heat to low, cover and cook until the dumplings slightly puff and look less fragile, 12 to 15 minutes. Add the shredded chicken, stirring carefully to distribute the meat without breaking up the dumplings. Cook, uncovered, until the chicken is warmed through, 3 to 5 minutes. Remove from the heat, divide the chicken and dumplings among bowls and sprinkle with the remaining chives. Serve hot.

Nutrition per serving (1 1/2 cups): 437 calories, 22g fat, 10 g saturated fat, 22g carbohydrates, 693mg sodium, 156mg cholesterol, 38g protein, 2g fiber, 2g sugar

This analysis is an estimate based on available ingredients and this preparation. It should not substitute for a dietitian's or nutritionist's advice.

From writer Joan Niesen.

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Meetings Events

Mondays

Okanogan County Fair Advisory Committee: Meets the second Monday of the month. Meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

Family and friends Support Group: Third Monday, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street, Wenatchee. Contact: 509-860-3620, website at: tcfwenatcheevalley.org

Tuesday

Okanogan County PUD: The commission meets the second and fourth Tuesday of the month at 3 p.m. Information: okanoganpud.org

Douglas County PUD meetings: The commission meets the first and third Tuesday of the month at 1:30 p.m. in the East Wenatchee office. Information: douglaspud.org

Survivors of Suicide Loss Support Group: Second Tuesday, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street, Wenatchee. Contact: 509-860-3620, website at: tcfwenatcheevalley.org

Wednesday

American Legion Post #97: Current members meet-

ings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the American Legion Post in Brewster. Information: Greg Wagg, 206-550-6474.

American Legion Auxiliary #97: Meets the first Wednesday of each month, at 5 p.m. at the American Legion Post in Brewster.

Brewster Chamber of Commerce: Meets the second Wednesday of each month at 6 p.m. at the Senior Center, 109 Bridge Street. Information email: brewsterwachamber@gmail.com

Death Cafe Chelan: Third Wednesday, 11:30 a.m.-12:30 p.m., Chelan Public Library, 216 N. Emerson Street; and 5:30-6:30 p.m., Chelan Senior Center, 534 Trow Avenue. Contact: Concie Luna or Vita Monteleone at monte419@nwi.net.

Thursdays

Family Caregivers/Support Group: Third Thursday, 10 a.m.-11:30 a.m., Lake Chelan Chamber of Commerce, Coldwell Banker Board Room, 216 E. Woodin Avenue, Chelan.

Other Events

Brewster Senior Meals: The Senior Center serves meals at noon 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.

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

Brewster American Legion events: Bingo every Thursday night at 6 p.m. Open to the public. Friday Steak Dinner starts at 5 p.m.; Sunday 9 a.m. to 12 p.m., order from the full breakfast menu. Daily lunch specials except for Mondays and Saturday when they are closed.

Chelan Valley Hope: Is open Monday-Thursdays (except holidays) 9 a.m.-3 p.m. at 417 S. Bradley Street in Chelan. For information 509-888-2114 or chelanvalleyhope.org

July 9 Survivors of Suicide Loss Support Group

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

July 11, 18 Brewster bus trips BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Thurs-

day 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, July 18 riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat

July 15 Family and friends Support Group

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

July 17 Death Cafe Chelan

CHELAN: 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@nwi.net.

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.



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| <p>Douglas County</p> <p>June 22</p> <p>14:36:11 Assist Agency, 430 12th St, Bridgeport</p> <p>21:05:52 Domestic Disturbance, 331 16th St, Bridgeport</p> <p>21:54:30 Assist Public, 108 Pine St, Bridgeport Bar</p> <p>June 24</p> <p>05:52:35 Suspicious, 217 16th St, Bridgeport</p> <p>June 25</p> <p>12:54:29 Assist Public, 510 W 1st St, Waterville</p> <p>22:56:19 Malicious Misch, 306 S Adams St, Waterville</p> <p>June 27</p> <p>14:41:35 Sex Offense, 929 Maple St# 39, Bridgeport</p> <p>22:02:07 Disturbance, 483 14th St, Bridgeport</p> <p>Brewster Police Department</p> <p>June 21</p> <p>04:41:06 Traffic Offense, S Bridge St & E Douglas Ave, Brewster</p> <p>June 22</p> <p>21:01:22 Assault, S 7th St & W Cliff Ave; Soccer Field</p> <p>22:43:42 Noise Complaint, E Hanson Ave, Brewster</p> <p>22:51:11 Noise Complaint, S 2nd St & E Griggs Ave, Brewster</p> <p>22:59:35 Noise Complaint, E Ester Av, Brewster</p> <p>June 23</p> <p>00:01:54 Noise Complaint, 2nd & Esther, Brewster</p> <p>07:30:27 Agency Assist, Highway 97, Brewster</p> <p>20:59:51 Domestic Dispute, Sunset Dr, Brewster</p> | <p>June 24</p> <p>09:13:21 Civil, S 2nd St, Brewster</p> <p>22:51:03 Domestic Dispute, S 4th St, Brewster</p> <p>June 25</p> <p>00:36:43 Domestic Dispute, Morning Star Way, Brewster,</p> <p>June 26</p> <p>21:56:58 Harassment, Bruce St, Brewster</p> <p>June 27</p> <p>18:47:35 Trespassing, Lakeview Way, Brewster</p> <p>22:04:22 Agency Assist, Douglas Ave & 14th St, Bridgeport</p> <p>June 28</p> <p>05:06:14 Alarm Burglary, N 7th St, Brewster</p> <p>Okanogan County Sheriff</p> <p>June 21</p> <p>14:22:42 Fire Wildland, Chnibbe Rd, Brewster</p> <p>18:28:27 Citizen Dispute, Bill Shaw Rd, Pateros</p> <p>June 23</p> <p>20:59:51 Domestic Dispute, Sunset Dr, Brewster</p> <p>21:24:06 Suspicious, Jack Wells Rd, Bridgeport</p> <p>June 24</p> <p>12:31:19 Burglary, Starr Rd, Pateros</p> <p>22:51:03 Agency Assist, S 4th St, Brewster</p> <p>23:48:39 Fireworks, Highway 153, Pateros</p> <p>June 25</p> <p>00:36:43 Domestic Dispute, Morning Star Way, Brewster</p> <p>18:16:24 Suspicious, S Dawson St, Pateros</p> <p>22:24:36 Fireworks, Bertram Rd, Brewster</p> |
|--|--|

When drugs and the sun don't mix

I filled two water bottles from my kitchen sink on a bright, sunny morning in mid-July. I called over to my 6-year-old niece, Crystal, "Don't forget the bread!"

We had enjoyed a leisurely breakfast of French toast and eggs, then packed up the leftover bread to feed the ducks. Stashing the water bottles in my backpack, I grabbed my car keys off the kitchen table. Holding open the door to my apartment, Crystal proudly carried her sack of bread pieces out to the car.

Fifteen minutes later, we pulled into the parking lot of a small city park whose best feature was a mid-sized pond with friendly ducks. The pond was next to a play area with sand, swings, and a jungle gym. Although other kids were at the pond, the ducks swam toward us when they saw us tossing small chunks of bread into the water.

Racing each other, the ducks scooped up or dived down for each piece. Crystal giggled as one duck stared at her, then nimbly caught the bread she threw to him mid-air.

Once we ran out of bread, we headed to the playground. It was noon, sunny, and getting hot. I was glad we came while the temperature was reasonable. Thirty minutes later, Crystal walked over to the table where I was sitting.

"Aunt Louise, I feel hot." When she got closer, I looked up from my magazine and

gasped. Crystal's face was a deep tomato red.

I opened a bottle of water from my backpack and handed it to her to drink. As I drove back home, I felt devastated.

"How could this have happened?"

The answer was back in my apartment. When my eye caught the prescription bottle of medicine Crystal was taking for a skin infection, I checked the label. Sure enough, a small sticker warned about exposure to the sun! Her antibiotic plus being outside in direct sunlight in the middle of the day triggered her skin reaction.

Exposing our skin to sunshine causes it to react by "tanning" or "burning." Sunlight contains ultraviolet radiation, wavelengths called UVA and UVB, which can trigger a rash, itching, and even sunburn. This exaggerated reaction to the sun is called photosensitivity.

Regular sunlight has approximately 20 times as much UVA radiation as UVB. Sunburn, skin cancer, and accelerated skin changes such as wrinkles and spots, called photoaging, are caused primarily by exposure to UVB radiation.

UVB rays are most intense between 10 am and 4 pm. UVB radiation also helps our skin produce Vitamin D.

In contrast, UVA rays trigger photosensitivity reactions in people taking certain medicines, like Crystal.

Thankfully, Crystal's red cheeks faded over the next few hours without further exposure to the sun. Her medicine had increased her skin's sensitivity to UVA wavelengths in the sunshine, and wearing sunscreen with UVA protection would have protected her skin from that reaction.

The effectiveness of a particular sunscreen is measured by how much protection it gives you against UV radiation, called its SPF, or Sun Protection Factor. The bigger the SPF number, the better the protection. For example, if you apply sunscreen with an SPF of 15 correctly, you could stay out in the sun 15 times as long without burning compared to without it.

Sunscreens come in two main types: chemical and physical. Chemical sunscreens work by absorbing specific wavelengths of UV radiation before they penetrate your skin, while physical sunscreens reflect and scatter UVA and UVB radiation.

Here Are 4 Tips for Avoiding Sun Sensitivity to Your Medicine:

- 1. Cover up.** AVOID direct sun and tanning beds until you finish your medicine. When outside, wear long sleeves and a hat with a brim at least 4 inches wide, or apply sunscreen with UVA and UVB protection.



- 2. Choose an SPF of at least 30.** But you can't just apply it once for all-day coverage. To ensure you get complete protection from your sunscreen's SPF, it's important to renew it frequently, every 2-3 hours.
- 3. Think ahead.** To be most effective, sunscreens need time to bind to your skin. Apply sunscreen at least 15 minutes before you expect to be in the sun.
- 4. Don't skimp** when applying sunscreen. Be generous when applying sunscreen. The FDA estimates that an adult in a swimsuit should use about 4 and 1/2 teaspoonfuls when applying sunscreen to their whole body.
- 5. Reapply frequently.** Sunscreen should be renewed frequently, especially after swimming, playing in the water, or sweating. Also, remember to reapply after drying yourself off with a towel.

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

U.S. to receive first pandas in 20 years after farewell party in China

By JENNIFER HASSAN
The Washington Post

Giant panda lovers rejoice, two of the black and white fluffballs are headed to the United States from China - an operation involving a motorcade, a chartered flight, a dedicated entourage and a bespoke menu, according to Chinese wildlife officials.

Yun Chuan and Xin Bao are the first pair of pandas to enter the United States in more than two decades, and will set up home at the San Diego Zoo in California, the San Diego Zoo Wildlife Alliance said in a statement.

Before their big move, the pair attended an elaborate farewell ceremony in their honor in China's Sichuan Province on Wednesday, which U.S. and Chinese dignitaries attended along with San Diego Zoo Wildlife Alliance President and CEO Paul Baribault and Todd Gloria, San Diego mayor.

Three-year-old female panda Xin Bao is "gentle and well-behaved," while male panda Yun Chuan, four, is "smart and lively," the China Conservation and Research Center for the Giant Panda said in a statement,

adding that the duo would enjoy "carefully prepared fresh bamboo, bamboo shoots, fruit, vegetables, and specially made steamed buns" during their flight.

The duo will also be accompanied by several experienced nutritionists and vets, and once at the zoo, the Chinese experts will stay for around three months to help the pair through the quarantine and adjustment period, the center added.

The pandas' relocation is part of ongoing efforts between the two nations to protect the mammals, officials from both nations said. Pandas are no longer considered endangered but their status is listed as "vulnerable," according to The World Wildlife Fund (WWF).

The animals are also star attractions in zoos in the United States - and have long been associated with China's diplomatic efforts.

China is home to the only natural habitat for pandas, and panda diplomacy can be traced as far back as 685 A.D. Since then the mammals have been sent to nations around the world, serving as strategic goodwill ambassadors, attempting to

soften China's image abroad. In recent decades, China has lent pandas on renewable 10-year contracts for a fee, with all cubs born abroad to be sent back before they turn four.

The bears often become celebrities in the process - while the departure of three pandas from the Smithsonian's National Zoo in Washington last year triggered tearful farewells and fears the United States would eventually be left with no pandas.

Yun Chuan is the son of Zhen Zhen, who was born at San Diego Zoo in 2007, the San Diego Wildlife Alliance said.

The pandas will be given "several weeks" to adjust to their new surroundings before going on display to members of the public, alliance said, adding that the zoo would share information about how to see the duo once health care teams deemed the pandas ready to meet the public.

WWF estimates that just 1,860 giant pandas remain in the wild, facing threats that include climate change, loss of food supplies and habitat fragmentation.

"Although the conservation status of the giant panda is

improving, there is still much work needed to ensure they remain on the path to recovery with healthy and flourishing populations," the statement said.

Chinese wildlife officials said the loan of the two pandas would open a new round of panda conservation cooperation between the United States and China. The China Wildlife Conservation Association added that it hoped conservation efforts between the two countries would also lead to improvements in managing panda diseases, and help promote "friendship between Chinese and overseas peoples."

It is not just San Diego that is eagerly awaiting a panda delivery.

Later this year, two new giant pandas will arrive in Washington, the Smithsonian's National Zoo announced last month. The move came as a surprise, given the tense relationship between the United States and China, which owns and leases all giant pandas in U.S. zoos, The Washington Post reported at the time.

In fact, China's pandas are so popular in Washington that one Chinese ambassador previously joked: "Many people don't realize it, but there are actually two Chinese ambassadors in Washington: me and the panda cub at the National Zoo."

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See how your spending habits differ from previous generations

By **ALYSSA FOWERS, KEVIN SCHAUL**
The Washington Post

Fifty years ago, the average American household spent more on clothing than health care, and putting food on the table cost about as much as keeping a roof overhead. Since then, technological advances, globalization and housing shortages have radically reshaped how Americans spend their dollars.

Health-care, housing and education expenses have increased since 1972, while money spent on food, clothing and transportation has declined, according to a Washington Post analysis of Consumer Expenditure Survey data.

The typical American household has also changed. Families have fewer children, and young people are slower to create their own households. More people have college degrees, and retirees make up a swelling share of the population.

Some of the biggest shifts in day-to-day life have left their fingerprints in spending. Home computers and internet access were practically nonexistent in 1984 and now make up 2 percent of household expenses. And tobacco spending has declined sharply since 1972, when it took up more of the average budget than fresh fruits and vegetables.

But other lifestyle changes barely register.

Restaurant food has made up a remarkably steady share of Americans' pocketbooks in the last 50 years, as has entertainment, which includes tickets to shows, audiovisual equipment, pets, hobbies and more. Spending on telephones, including cellphones, has been consistent since 1984, the first year with detailed data on phones.

What Americans buy within those categories, however, has evolved. Cellphones and data plans have replaced landlines and expensive phone bills. Restaurant spending moved away from lunches toward dinners, especially after 2020.

In contrast, the share of money going toward essentials like food, housing and medical care has dramatically changed.

The biggest shift has been in housing. At its low in 1984, 19 percent of a household's budget went to housing costs. Today, it's 27 percent.

The drastic rise stems from a decades-long housing shortage fueled by the increasing cost of building new homes, according to Laurie Goodman, an institute fellow at Urban Institute's Housing Finance Policy Center.

"Every aspect of [home building] has way outpaced inflation, from labor costs to land costs, which goes back to zoning, to building costs, which go back to building codes," says Goodman.

Renters and homeowners

both felt these rising costs from 1984 to the mid-2000s. After the Great Recession, though, rent expenses continued going up while the cost of homeownership dropped.

While interest rates are high now, they've generally been low since 2000. That's benefited homeowners, who can lock in a rate when they purchase or refinance to lower rates. Renters, on the other hand, are subject to market rates every time they renew or start a lease.

Food has had the opposite trajectory since 1972. It's gone from 20 percent of household spending to 14 percent over the past half-century, mostly in lower grocery bills. Much of that drop comes from higher efficiency farming. Farms in 2022 were twice as productive as they were in the 1970s.

"What we see in America pretty early on is a technological bias in favor of capital and equipment," says Peter Coclanis, a professor of history at the University of North Carolina at Chapel Hill, "which raised the efficiency of American agriculture. And some of this efficiency gain translated into cheaper food costs."

And while food prices have rapidly risen in the last few years, Americans still put less of their money toward food than people in any other wealthy nation. For instance, spending on groceries in France takes up twice as much of household spending than in the United States.

"We have, in a relative sense, the cheapest food in the world," says Coclanis.

Changes in taste have also played a role. Today's typical American household spends drastically less on meat, especially beef, and more on produce and prepared food.

Prepared foods, snacks, condiments and seasonings - categorized as "miscellaneous" - take up nearly three times the share of supermarket bills as they did in 1972, with prepared foods accounting for most of that increase.

Technological advances helped drive down food expenses, but had the opposite effect for health care. More medical knowledge often translates to more medical care.

"We're healthier than we were decades ago," said Larry Levitt, executive vice president of health policy at KFF, a nonprofit health policy and research organization. "But the increases in health spending have been wildly out of whack with improvements to health."

Other wealthy nations where governments step in to keep health-care costs down have achieved similar or better improvements at far lower costs, according to Levitt. Health spending per capita in the United States is nearly double the average of other wealthy nations.

Health-care costs have also grown because of consolidation, creating an industry dominated by large providers, less competition and higher prices. Researchers estimate that hospital mergers alone accounted for over a billion-dollar increase in private health-care spending between 2010 and 2015.

In contrast to medical services and housing construction, products like clothing and vehicles can be made en masse in countries with lower labor costs and shipped to American consumers.

In 1972, the vast majority of clothing was made in the United States. Fifty years later, that share was 3 percent. Free trade agreements and the declining power of organized labor in the United States helped companies move manufacturing overseas, which reduced the prices of many consumer goods.

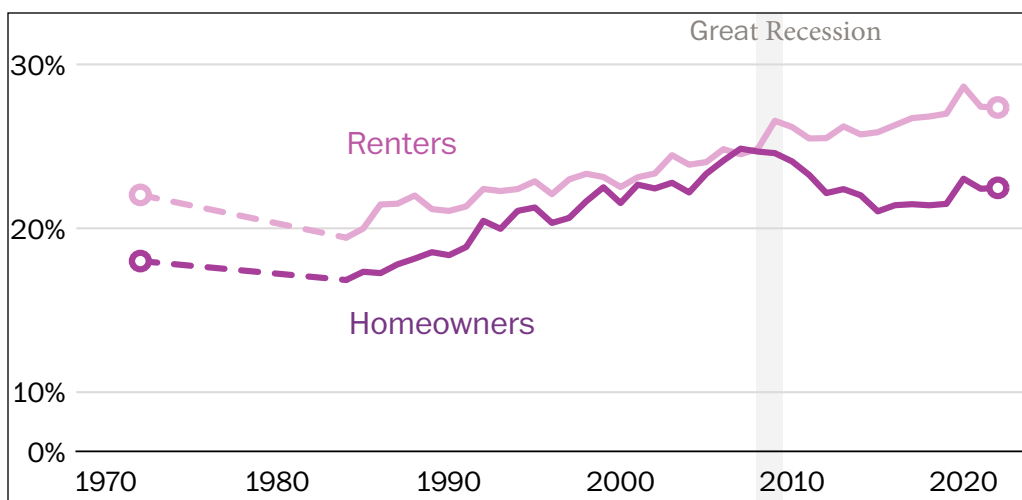
And even though Americans spend far less on clothing today, they're buying five times as much as they did in the 1980s. A similar pattern holds in transportation: American households are more likely to have multiple cars today, but vehicles take up less of their budget.

The Consumer Expenditure Survey doesn't provide a complete view of American budgets. Most kinds of savings and investments aren't included. It counts the full cost of big-ticket items, like cars or college tuition, at time of purchase, rather than in loan payments over time. Still, the data provides an unparalleled view into American spending habits over the last half-century.

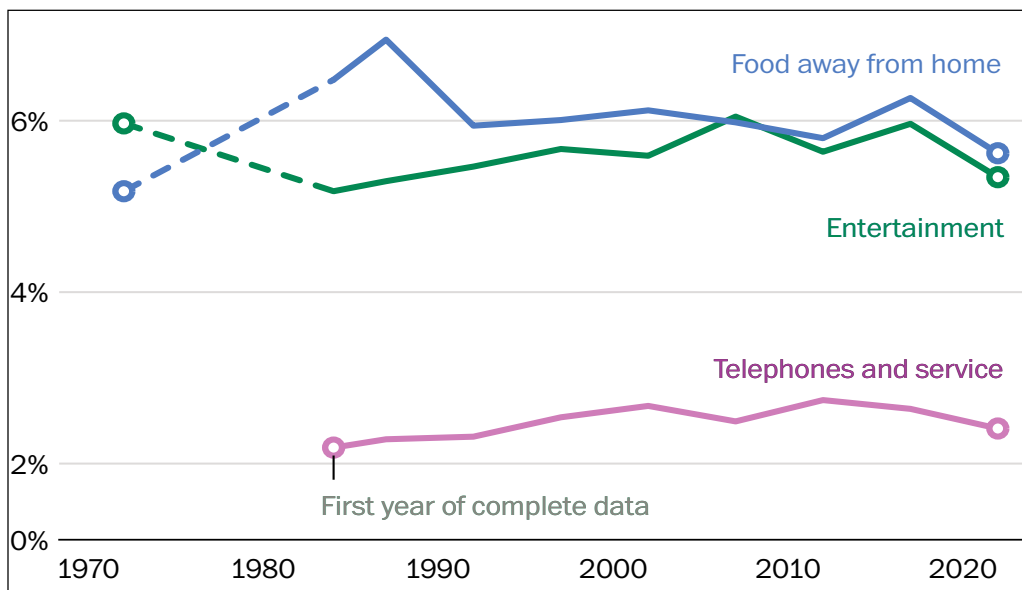
In the near term, experts believe health care, which is expected to continue taking up a greater share of pocketbooks. And experts say cost savings in overseas manufacturing will probably temper, preventing further falls in the prices of many consumer goods.

Some long-run changes in consumer spending are predictable: nearly 1 in 4 Americans will be 65 or older by 2050, probably continuing the rise in health-care expenses. Others are unforeseeable: Five years ago, no one would have predicted the pandemic spike in pet spending. In another 50 years, perhaps transportation dollars will finally go to flying cars.

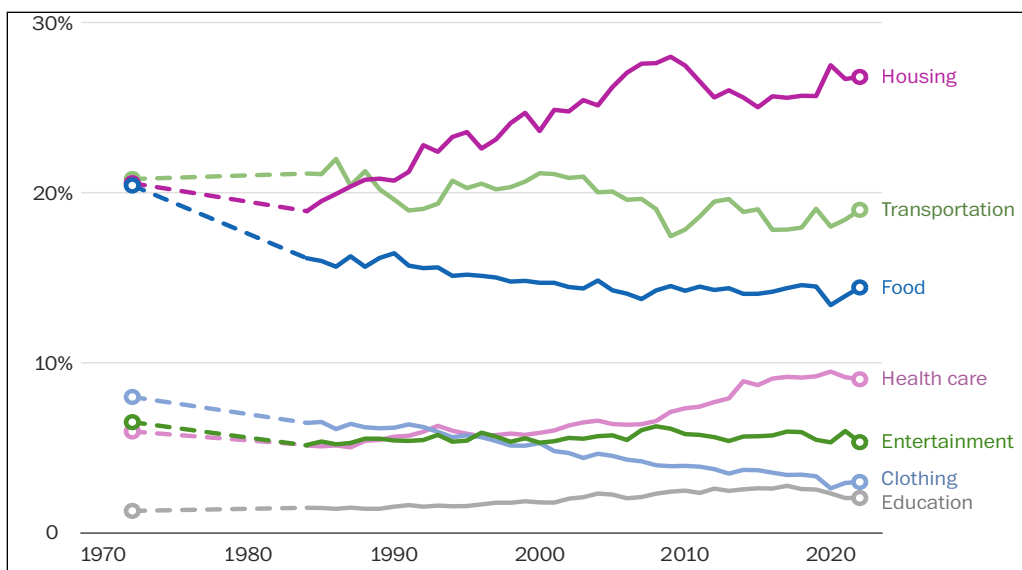
This story uses data from the Bureau of Labor Statistics' Consumer Expenditure Survey. Payments toward mortgage principal were added to overall housing costs and total consumer spending to more closely align with; payments toward Social Security and some types of pensions were excluded because of a 2004 methodology change in estimating tax payments based on income.



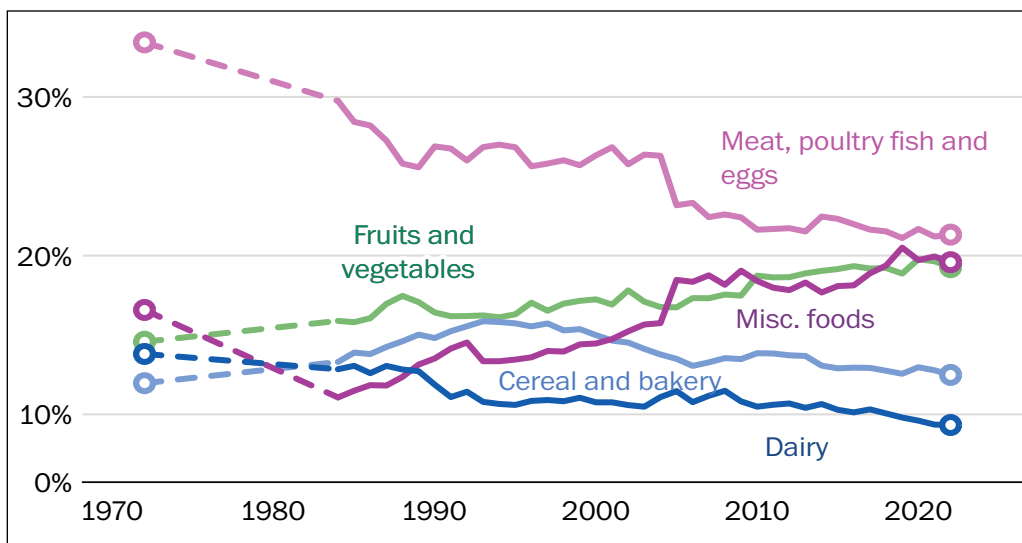
Homeowners' costs dropped, but renters' costs continued to rise
Housing costs as percent of total household spending



Spending on restaurants, entertainment and phones remains consistent
Percent of total household spending



Housing is the largest expense by far for Americans today. Percent of total household spending. Note: Housing costs include rent, payments towards mortgage principal, mortgage interests and charges, property taxes, maintenance and insurance.



Today's grocery bills tally less on meat and more on produce. Percent of grocery spending

City parks

Continued from page A1

Mayor Sergio Orozco said the city is asking PUD to reduce the number of RV spaces in the upper Marina Park from 12 to six but make those six wider to accommodate the new wider RVs with double slides.

"When you roll into these parks and extend your slides,

you are into the next camper's site," said Public Works Lead Matt West.

West added that during COVID, the city blocked every other site it is already renting just half of the sites available.

"We are looking to do a full upgrade, widen the asphalt, make larger grass areas, and revamp the water, sewer, and irrigation lines," said West. "The irrigation has been a

problem because those sites are so narrow that when the trailers come in and out, they are running over the irrigation fittings, and we are constantly battling the irrigation system there."

Orozco said the upgrade may be the first in the area.

"We would probably be the only RV park within the whole Omak-Chelan area that would have that capability,"

Orozco said. At the same time, the city wants to revisit its advertising strategy to attract more bookings during the off-season when usage drops off.

West and city clerk/treasurer Judy Brown met with Good Sam Club representatives to discuss ways to increase bookings.

"We have a period in our parks from April until July where they are rather empty

until fishing season starts," said West. "From fishing season in August until October it's rather empty also."

Good Sam provided some comparative numbers to illustrate what other areas parks have been doing to boost occupancy. For example, Omak, a Good Sam member, had about the same usage numbers as Bridgeport until Omak initiated an advertising

campaign. "They went from about 1,000 to more than 10,000," said West. "They were able to get people to come into their parks through the periods of time where there were no people using their parks," said West. "That's what we are looking to do."

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

QUAD CITY CHURCH GUIDE

Brewster • Methow • Bridgeport • Pateros

BREWSTER



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

METHOW

Methow Calvary Chapel Fellowship

1107 HWY. 153 • Methow, WA 98834
Pastor Jason Getzin • 509-923-2782

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"With men this is impossible; but with God all things are possible."

- Matthew 19:26



To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruth@ward.media



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Leavenworth Echo
Cashmere Valley Record
Lake Chelan Mirror
Quad City Herald

Email your Classifieds & Legal Notices to: classifieds@ward.media or call 509-293-6780

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Announcements

General Interest

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

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Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-877-225-8568 today!

Switch and save up to \$250/year on your talk, text and data.
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NCW Mediation
Chelan & Manson

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ncw.news/
leavenworthecho.com
cashmerevalleyrecord.com
lakechelanmirror.com
qcherald.com

Employment

Help Wanted

Brewster School District is Hiring!

- HS CTE Family & Consumer Teacher
- Social Worker
- ELL Migrant/Bilingual Teacher
- HS Counselor
- Elementary Counselor
- HS Culinary
- SPED Early Childhood Teacher
- Special Education Director
- SLP-Speech Language Pathologist

Positions will remain open until filled. A completed application consists of:

- District Application
- Resume
- Three Reference Letters
- Letter of Interest

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

Brewster Heights Packing and Orchards, LP
Electronic, Automation, and Mechanical Technician Engineer at Brewster Heights Packing and Orchards, LP in Brewster, WA. Perform technical, mechanical, & electrical maintenance to automatic systems & packing lines. Email resumes to hr@gebbbersfarms.com

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

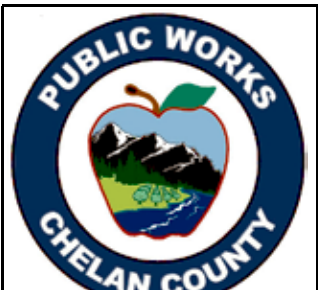


Help Wanted

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following position:

- Speech Language Pathologist .5

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



Public Works-Truck Driver/Laborer
The Chelan County Public Works Department seeks applicants for two Truck Driver/Laborer positions one each in Wenatchee and Leavenworth Districts. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 4 at \$25.65 per hour up to Step 9 at \$32.44 per hour. Starting salary is Step 4 at \$25.65 per hour. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 2 or 3 floating personal holidays (dependent on hire date). This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job description are available at the Chelan County Human Resources Career Opportunities page: <https://www.co.chelan.wa.us/human-resources/jobs>
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.

Help Wanted

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following position:

- Elementary School Counselor 1.0

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



School District is seeking qualified applicants for the following position:

- Icicle River Middle School Choir Teacher .5

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

Real Estate

Boat Slip For Sale

Priced Reduce to \$136,500

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

Wanted to Rent

Looking to rent a studio/ workshop/ garage in Leavenworth, Cashmere, or outskirts of Wenatchee, to work on my sculpture based art.
Minimum space requirements 10 ft. by 20 ft. Electrical a must and plumbing preferable. I'm willing to do a month to month trial basis to make sure it's a good fit and possibly work into a long term rental. To discuss more details, please call Joe at 509-663-0754. Have references.

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Legals

Public Notices

STATE ENVIRONMENTAL POLICY ACT Determination of NonSignificance
June 27, 2024
Lead agency: City of Pateros
Agency Contact: Kerri Wilson
Clerk Treasurer 509 923-2571
clerk@pateros.us
Agency File Number: PATSE24-01
Description of proposal: Repair and replace existing tennis courts
Project Location: 670 Riverside Drive Pateros, Washington 48°02'51.8"N119°54'43.6"W
Applicant: City of Pateros
P.O. Box 8 Pateros, WA 98846
jwilson@pateros.us
509 923-2751
The City of Pateros has determined that this proposal will not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030. We have reviewed the project description and Environmental Checklist and in order to make this determination. This information is available at: <https://pateros.com/government/notices.php>
This determination is based on the following findings and conclusions:
1. The project is exempt from shoreline permitting.
2. Ground disturbance beyond the existing developed courts will be minimal.
3. There will be no harm to the public or adjoining landowners. This DNS is issued under WAC 197-11-340(2) and the comment period will end on July 10, 2024. Kerri Wilson, Clerk Treasurer, 509 923-2571, clerk@pateros.us
Appeal process: Appeals must be in writing and be received no later than July 20,2024. Published in the Quad City Herald on July 3, 2024. #8065

Public Notices

In the Superior Court of the State of Washington for the county of Okanogan
Margarita Hernandez Plaintiff,
vs.
Jose Sanchez Acosta Defendant.
No. 24-3-00098-24
The State of Washington to the said Jose Sanchez Acosta. You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 26th day of June, 2024, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff, Margarita Hernandez and serve a copy of your answer upon the undersigned Margarita Hernandez, plaintiff, at her address below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. Petition for Divorce. Plaintiff, Margarita Hernandez P.O. Box 1125 Brewster, WA. 98812 County, Okanogan Washington. Published in the Quad City Herald on June 26, July 3, 10, 17, 24, 31, 2024. #8019

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON IN AND FOR KING COUNTY In Re The Estate of Wilhelm Penders, Deceased.
Probate No. 24-4-04566-7 KNT PROBATE NOTICE TO CREDITORS RCW 11.40.030 (DATE OF DEATH: 05/23/2024)
The person 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 section 11 of this act and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of filing with Clerk of Court: 06/27/2024
Date of First Publication: See Affidavit of Publication
Personal Representative: Catherine Penders Attorney for the Personal Representative: Iddins Law Group, PS Robert C. Iddins #37177 25052 104th Avenue S.E. Suite B Kent, WA 98030
Published in the Quad City Herald on July 3, 10, 17, 2024. #8066

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Lake Chelan Mirror

Quad City Herald

NCW NEWS

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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to swimming.

S FIRELT

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

Answers: *Fishers*

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Kid Scoop Together:

Fourth of July by the Numbers

Use this code to reveal some incredible Independence Day facts:

- = 0
- = 1
- = 2
- = 3
- = 4
- = 5
- = 6
- = 7
- = 8
- = 9

America's Independence Day

Too Bad, King George!

On July 4, 1776, people living in the American Colonies declared their independence. They wanted to be independent, or free, from the rules of King George III of England. They wanted to form their own country.

They wrote a document to send to King George. It was called the Declaration of Independence, signed on July 4, 1776. This famous document says that all people are created equal and with certain rights.

Unscramble the words to discover the rights mentioned in the Declaration of Independence.

EFLI
BILTEYR

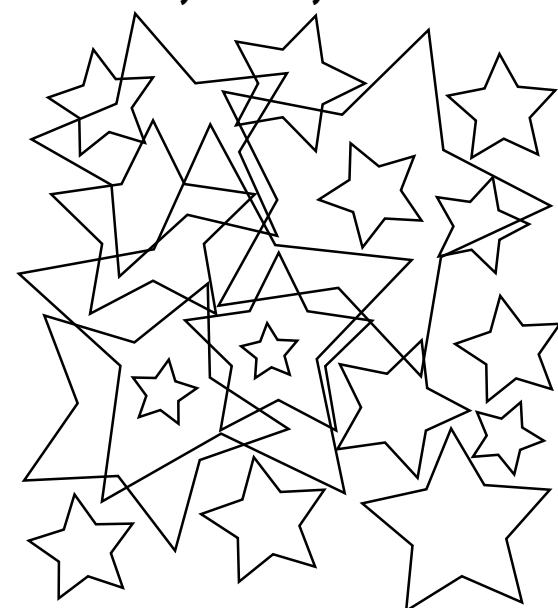
PINESPHAS

Parade Puzzle

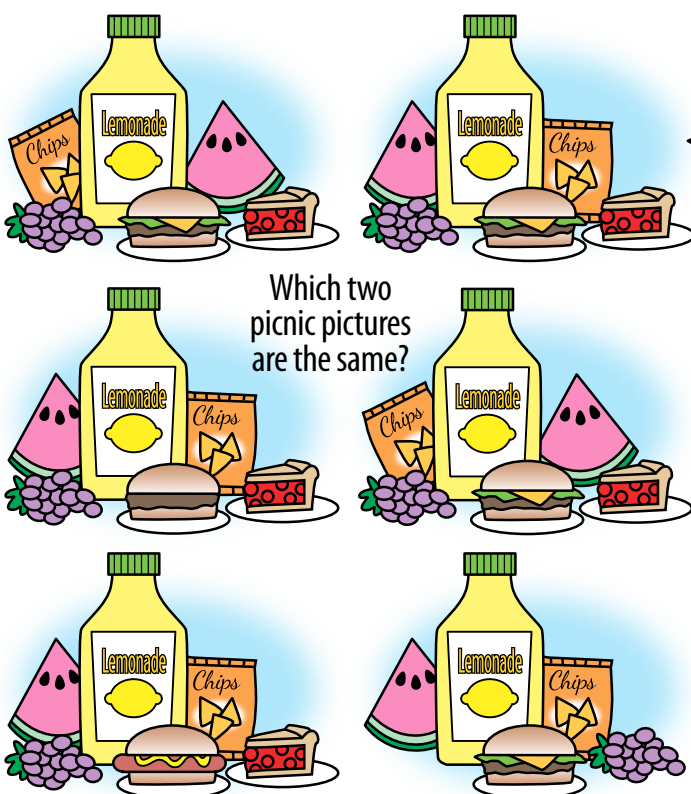
Can you find the letters L-I-B-E-R-T-Y hidden here?



How many stars can you find below?



BONUS: How many stars can you find on this page?

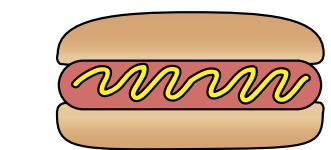


Which two picnic pictures are the same?

Extra! Extra! POP! BOOM! ZING!

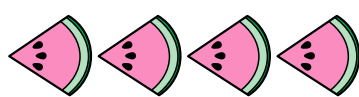
Onomatopoeia describes words that sound like the sound they make when you say them. For example, when you say, "Pop!" it sounds a bit like a pop. Look through the newspaper. Can you find three to five examples of onomatopoeia?

Standards Link: Language Arts: Vocabulary development.



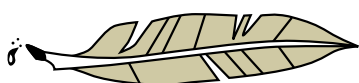
Number of hot dogs that are eaten by Americans on Independence Day:

million

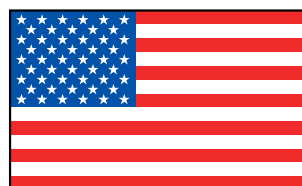


Amount of money spent on watermelon for the July 4th holiday:

\$ million



Number of people who signed the Declaration of Independence:



Percentage of Americans who own an American flag:

%

Sources: History.com, WalletHub.com

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Kid Scoop VOCABULARY BUILDERS

This week's word: **INDEPENDENCE**
The noun **independence** comes from the adjective independent meaning not under the control or rule of another.

America gained **independence** in 1776.

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

Kid Scoop Puzzler

Founding Father Favorite Food

One of the original signers of the Declaration of Independence visited Europe and fell in love with pasta. He brought back a machine to make macaroni and later, he became the first president to serve macaroni and cheese as part of an official state dinner. Which Founding Father was this? Circle every fourth letter to find out!

ASDTFJKHDZMOVWYMLNR
AQMP SLWBJVCTEKOLF DQN
FTRYELOS RGBXSUTROMBWN

★ ☆ T H ☆ ★

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

- MACARONI
- ENGLAND
- SIGNERS
- PARADE
- FATHER
- CHEESE
- GEORGE
- PEOPLE
- RULES
- PASTA
- EQUAL
- WORDS
- KING
- FREE
- LIFE

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

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

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

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