

From the publisher:
The bias binding us. Thoughts about our cognitive blind spots: confirmation bias and motivated reasoning. | A2

Firefighters' leftover Jamboree food feeds local youth

Community | A3



Ouad City Herald

Serving Brewster, Bridgeport, **Mansfield & Pateros area since 1901** A Ward Media Publication August 7, 2024

Volume 122 • No. 32 • Single Copy **\$1.00** www.qcherald.com

Bridgeport adds projects to State Transportation Improvement Plan

By Mike Maltais

Ward Media Staff Reporter

BRIDGEPORT - The Columbia Avenue downtown renovation project that the Revitalization Committee has been pursuing in its latest meetings was among new projects added to or modified in the city's six-year Washington State Transportation Improvement Program (STIP) discussed during a city council public hearing on July 24.

The STIP report is a requirement to qualify for any state or federal funds to help pay for any city street or pedestrian projects. The city annually adds or modifies projects included in its STIP. Additions this year include: Columbia Avenue Sidewalk

Renovation (both sides of 10th to 13th Street)

Superintendent of Public Works Stuart Dezellem told the council he modified the Columbia Avenue project description to more represent what the Bridgeport Revitalization wants to do to upgrade that downtown

"I added pedestrian activated flashing crosswalk lights," Dezellem

• 16th Street Phase 2 (Douglas to Raymond Avenue)

Replace chip seal and repaint crosswalks at the recommendation of a Transportation Improvement Board (TIB) engineer.

• OTTĀ Seal Program (per TIB roadway rating below 70)

OTTA seal is a new product developed by the Norwegian Road Research Laboratory in the Otta Valley, hence the name. Otta is stronger than similar street surfacing and is being used by both the TIB and the county.

"Douglas County has done some of this," said Dezellem. "It's a different oil and different grade of rock and you do not need a crack seal underneath

Dezellem said the county is urging cities to put in large quantities of the new product. Bridgeport has 11 miles that qualify.

"We are going to submit 5.5 miles under this program," said Dezellem. "That's about \$450,000 worth and there is no match required.'

· Citywide Crack Seal (per TIB roadway rating below 70)

"If we don't get selected for the new-style chip seal we are going to submit to have crack seal done on all our streets citywide," Dezellem said.

Foster Creek Avenue Pedestrian Lighting

Install overhead lighting along the north side of SR173 from 18th to 27th

The city adopted an ordinance establishing funding through TIB for the Smart Streets program, which is defined as the integration of technology and data to improve the efficiency, safety, and sustainability of urban transportation systems.

Pearl Hill Road Overlay (24' wide from SR17 to city limits)

Dezellem explained that 1,400 feet of Pearl Hill Road is within city limits that extend to the entrance of the Corps of Engineers project. Douglas County previously maintained it until discovering it was a city street about a decade ago.

"If we get on the OTTA seal, we can include (Pearl Hill) in the 5.5 miles and get it chip sealed," Dezellem said. Among the remaining STIP projects

are the following: 24th Street and Foster Creek Avenue Sidewalk Project Construct sidewalk and crosswalks.

Tenth Street Pedestrian Trail -Install a 6' wide asphalt walking

See STIP Page B1

Salmon Derby winners push through low turnout, restrictions, and heat



MIKE MAI TAIS/X/ARD MEDIA

King of the Pool Gage Howe of Mead poses with his German Shorthair fishing bird dog, Gracie, after pocketing the \$2,000 grand prize.



MIKE MAI TAIS/WARD MEDIA

Pat Coffee collects \$1,500 from derby organizer Mike Mauk for his first place, 19.66-



MIKE MALTAIS/WARD MEDIA

First-place youth winner, Lakota Eldred, center, is flanked by second place Nevaeh Darnell, right, and Gunner Gibbons.

Pateros Resource Center officially closes

By Mike Maltais

Ward Media Staff Reporter

PATEROS— After nearly a decade of supporting the needs of community residents experiencing hard times, closed its doors on August 1. The Pateros Brewster Community

Resource Center (PBCRC), located in the Pateros Mall, closed after nine years of operation when funding really gratifying that those folks

a local nonprofit provider officially resources disappeared. "We have had folks say some very nice things about what we have been able to do since we started," said Executive Director Gene Dowers, "It has been

notice. It was really apparent to them that we were affecting other people.'

PBCRC was born of necessity after the 2014 Carlton Complex wildfire then the state's largest - devastated the county in general and Pateros in particular.

See PATEROS CENTER Page B1

Airbnb for Hummingbirds: Bridgeport woman's accidental avian haven

By Mike Maltais

Ward Media Staff Reporter

BRIDGEPORT-Discreetly hidden yet in plain sight, somewhere in the city hangs Bungee Cord Bungalow, perhaps one of the more ingenious and delightful seasonal homes around these parts.

The residence in question belongs to a family of Black-Chinned hummingbirds who originally built and have been returning annually to-their private nursery for the past decade. Their landlord and host, Pat Pittman, said she anxiously awaits the arrival of her—literally—Airbnb visitors

"I get so excited waiting for them to come," said Pittman. "They arrive around the end of June."

Excitement must be reward enough since her lodgers are of the freeloading variety.

Conservationist and author Aldo Leopold described a similar behavior in his book "A Sand County Almanac" about the wild birds sharing his property:

"Like other great landowners, I have tenants," wrote Leopold. "They are negligent about rents, but very punctilious about tenures.

The nest building resulted from a happy accident when Pittman's late husband, Denny, absentmindedly left an ordinary bungee cord looped from a porch rafter near the kitchen

See **HUMMINGBIRDS** Page **B2**



Two tiny beaks pointed roof-ward

await their next meal.



The Black-Chinned female alone builds her nest and feeds her brood.

Three Rivers Hospital revisits building plans, seeks efficiency

By MIKE MALTAIS Ward Media Staff Reporter

BREWSTER—Strategic planning for a new Three Rivers Hospital (TRH) building continues to be a primary topic for the Board of Commissioners, which met on Wednesday, July 31.

CEO Scott Graham said outreach continues with community groups, hospital partners, consultants, and prospective funding sources in tandem with a reassessment of the hospital's position regarding its goal of building a facility supported by all stakeholders. Recognizing that areas remain where improvements can be made to streamline operations and better use staff and resources, outside expertise is being evaluated

"We have been working as a leadership group on reading a book called The 4 Disciplines of Execution," said Graham. "We have decided to bring on someone who can coach us in how fully implement the concepts in that book.'

TRH received a \$425,000 Distressed Hospital Grant that can be applied to efficiency training, consultants, and assessments. Graham said a provider will be selected next month.

Until recent developments, three new facility options were under evaluation:

Build a scaled-down version on the present site: Estimate \$72 million.

- Build new offsite: Estimate \$71
- million. scaled-down (including land cost): Estimate \$55

Recently the owners of the target property sought by the hospital have declined to sell, removing the two

million.

offsite options under consideration. "We have gone back to architect Dave Franklund and asked him to do some even more creative reconfiguring to see of there some other kinds of renovations that can be done to help us bring that cost burden down," Graham said.

The necessity to revisit the drawing board for the existing site will delay any consideration of a bond measure on the upcoming November ballot.

'We are not yet there in terms of construction possibilities," said

The next opportunity to put another bond on the ballot to voters does not appear to be until 2025. Graham said he is encouraged

by the possibility that TRH can

reach a level where the hospital is See THREE RIVERS Page B2

Inside The Quad City Herald this Week

Things to do this Week	С
Susiness DirectoryB2	C
Church GuideB2	Fr



29 S. Wenatchee Ave, Ste A, Wenatchee,

WA 98801

www.qcherald.com

Quad City Herald

© Ward Media, LLC 2024



On the Internet

Website: www.gcherald.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

Deadlines

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

Subscriptions

\$45.00 Print and online (yearly) Online-only Subscription \$45.00 12 Months \$22.50 6 Months \$12.⁵⁰ 3 Months **\$5.**00 1 Month

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

Letters policy

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

Corrections

Quad City Herald regrets any errors. If you see an error, please call **509-689-2507**. We will publish a correction

News tips

Have an idea for a story? Call Quad City Herald at **509-548-5286**

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-689-2507 or by emailing classifieds@ward.media.

Classified Weekly Rates

\$15.00 for first 30 words .10 for each additional word over 30 words Borders, bold words, headlines, logos and photos subject to additional charges.

Obituaries Obituaries can be placed during normal business hours by calling 509-689-2507 or by emailing

obits@ward.media **Services** Back Issues are available up to

one year after publication for a

small fee.

Quad City Herald (USPS 241-920) is published every Wednesday by Ward Media LLC PO Box 39, Leavenworth, WA 98826 Telephone 509-548-5286. Periodical postage paid at Brewster, Wash. Postmaster: Send address corrections to: Quad City Herald, 131 S. Apple Blossom Drive, #109, Chelan, WA 98816

© Ward Media, LLC prints on recycled newsprint with soy ink. Please recycle.



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!

Bugs N Snakes

The Omak Library will host a Bugs N Snacks event on Friday, August 9, from 11:30 a.m. to 12:30 p.m.

"Join us at these libraries for a chance to have a close encounter with bugs and reptiles on August 9," the event page states. "We will learn more about these amazing creatures and how they interact with our

For more information, visit ncwlibraries.org.

Standup comedy show

The Ruby Theatre will host the Double-Headliner Standup Comedy Show with Sam Miller and Zac Maas on Friday,

August 9, from 9-10:30 p.m.

The event page states, "Rotten Apple returns to Chelan's Historic Ruby Theater with two hilarious headlining standup comedians on August 9."

For more information, visit rubytheatre.com.

Movie Afternoon at the

The Omak Library will host a movie afternoon on Saturday, August 10, from 1 to 3 p.m.

'Join us for a family fun movie at the library," the event page states. "To find out what movie we are watching, stop by the library or call."

For more information, visit ncwlibraries.org.

The Ruby Theatre will host the Silver Screen Soiree, which will benefit Chelan Valley Hope, on

glamour for a good cause," the event page states. "Chelan Valley Hope proall individuals and families in need, empowering people to improve their own lives.

Silver Screen Soiree

Saturday, August 10, from 7 to 9:30 p.m.

"A night of glitz and extraordinary needs."

For more information, visit rubytheatre.com.

vides services at no cost to We offer a safety net for

host a wooden coaster craft on Tuesday, August 13, 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."

The bias binding us

In an age of information overload, we fancy ourselves discerning consumers of facts. We pride ourselves on our critical thinking, our ability to separate wheat from chaff in the digital deluge. Yet, we are all susceptible to a pair of cognitive blind spots that warp our worldviews: confirmation bias and motivated reasoning.

Confirmation bias is our mind's eager yes-man, always ready to affirm what we already believe. It's the reason your uncle shares dubious Facebook posts that align with his politics, while dismissing reputable sources that don't. It's why, scrolling through X, formerly Twitter, we pause on headlines that flatter our preconceptions and breeze past those that challenge them. Motivated reasoning is

confirmation bias's industrious sibling, working overtime to interpret information in ways that support our existing beliefs. It's the mental gymnastics we perform to justify our favorite politician's latest gaffe, or the tortured logic we employ to explain away inconvenient scientific findings.

These biases aren't the exclusive domain of the uninformed or the extremists. They afflict us all, from the corner office to the corner store. They shape how we vote, what we buy, whom we trust, and how we understand the world around us.

The consequences far from trivial. Political polarization deepens as we retreat into echo chambers, each side viewing the other with increasing incomprehension and hostility. Conspiracy theories flourish, fed by selectively interpreted events and an inability to seriously consider alternative explanations. Even in the hallowed halls of academia, these biases can skew research questions and interpretations, potentially hampering scientific progress.

But recognizing problem is the first step toward addressing it. We must cultivate intellectual humility, acknowledging that our cherished beliefs might be wrong. We should actively seek out diverse perspectives, not to refute them, but to understand them. When confronted with information that challenges our views, our first instinct should be curiosity, not dismissal.

In our newsrooms and classrooms, we need to emphasize the teaching of critical thinking skills. Not just the ability to spot logical fallacies. but the harder task of recognizing our own biases and motivated reasoning.

Asconsumers of information, we must be willing to do the uncomfortable work of engaging with ideas that challenge us. It's easy to dismiss those we disagree with as misinformed or malicious. It's harder, but far more valuable, to seriously consider why intelligent, well-meaning people might see the world differently than we do.

The stakes are high. In a complex, interconnected world, our ability to solve pressing problems depends on our capacity to understand

different perspectives and find common ground. Climate change, inequality, technological disruption these challenges require collaborative solutions that transcend our

tribal instincts. PublisherOvercoming **Terry** firmation bias and motivated reasoning WARD isn't just about being

From the

right. It's about being open to new ideas, to changing our minds, to seeing the world in all its messy complexity. It's about approaching life with humility, curiosity, and a genuine desire to understand.

In doing so, we might just find that the world is richer, more nuanced, and more interesting than our biases would have us believe. And in bridging the divides of understanding, we may discover that what unites us is far greater than what separates us.

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

July 26

10:21:46 Fraud/Forgery, 120

Pine St# 1, Bridgeport 11:06:02 Trespass, 230 S Division Rd, Waterville

15:54:13 Juvenile Problem, 700 Fairview Ave# 2b, Bridgeport 17:50:26 Domestic Disturbance, 2204 Monroe Ave, Bridgeport

18:16:31 Weapons Violation, 400 Muledeer Rd, Waterville 19:27:15 Disturbance, 26

Mccormack St, Bridgeport 21:00:33 Parking/Abandon, 1017 Foster Ave, Bridgeport

July 27

18:29:11 Welfare Check, Grange Rd & Sr 173, Bridgeport 20:53:47 Suspicious, Fireman Park, Bridgeport 21:16:11 Disturbance, 483 14th

St, Bridgeport 21:30:02 Noise, 6th St & Fairview Ave, Bridgeport

21:30:57 Fireworks, 10blk Moe Rd, Bridgeport 21:31:29 Noise, 1400blk Foster Ave, Bridgeport

July 28

2:26:02 Assist Agency, 633 Columbia Ave, Bridgeport 6:10:14 Death, 108 E 1st St,

Waterville 10:53:00 Accident Unk, Amc Rd & Sr 173, Bridgeport 15:49:58 Suspicious, 929 Maple St# 28, Bridgeport

18:30:17 Theft, 124 Fir Ave, Bridgeport 18:30:53 Assist Agenc, 402 N Chelan Ave, Waterville 18:36:58 Malicious Misch, 320

22nd St# 2, Bridgeport

19:04:41 Domestic Disturbance,

Brewster Bridge, Bridgeport

July 29

8:30:13 Assist Agency, 800blk Rd 5 Sw, Waterville 10:03:48 Fraud/Forgery, 425 Rd

K Nw. Waterville 13:55:48 Harass/Threat, 505 16th St, Bridgeport 17:19:14 Harass/Threat, 2110

Monroe Ave, Bridgeport 20:35:37 Domestic Disturbance, 123 W Poplar St, Waterville 21:53:16 Harass/Threat, 929 Maple St# 99, Bridgeport

July 30

20:36:40 Fireworks, 1627 Tacoma Ave, Bridgeport 21:25:46 Domestic Disturbance, 315 20th St# 2, Bridgeport

July 31

14:25:42 Parking/Abandon, Rd 2 Nw & Us Hwy 2, Waterville 15:24:18 Animal Problem, 2400 Tacoma Ave# 44, Bridgeport 18:00:19 Animal Problem, 2400 Tacoma Ave# 44, Bridgeport

Aug 1

8:26:52 Traffic Offense, Columbia Ave & 2nd St, Bridgeport

Department

Brewster Police

July 26

05:54:48 Parking Problem, 400blk W Bruce Ave,

Brewster 09:45:49 Parking ,W Cliff Ave, Brewster 16:00:25 Accident Noninj, W

Bruce Av, Brewster

21:15:43 Noise Complaint, E Douglas Ave, Brewster 21:19:15 Assault ,Pariseau Rd, Bridgeport,

July 28

00:22:08 Suspicious, W Cliff Ave, Brewster

05:55:04 Parking Problem, S 7th St & W Bruce Ave; Boat Launch. 19:02:31 Agency Assist, Crane Orchard Rd & Highway 173,

19:57:17 Burglary, E Ferry Ave & S 1st St, Brewster 20:45:43 Fire Structure, W Bruce Av, Brewster

Brewster

July 29 05:47:15 Parking Problem, S 7th St & W Bruce Ave, Brewster 07:43:00 Parking Problem, S 7th St & W Bruce Ave,

10:30:00 Trespassing, N 7th St, Brewster

July 31

Brewster

06:20:39 Parking Problem, S 7th St & W Bruce Ave, Brewster 06:23:43 Parking Problem, S 7th St & W Bruce Ave, Brewster 06:43:11 Parking Problem, W

Bruce Ave, Brewster 11:46:05 Suspicious, W Cliff Av, Brewster

14:33:07 Accident Noninj, W Griggs Ave, Brewster 20:39:52 Suspicious, E Indian Ave, Brewster 20:31:57 Fraud, S Bridge St,

Brewster

Aug 1 06:16:00 Parking Problem, S 7th St & W Bruce Ave.

Brewster 06:16:08 Parking Problem, S 7th St & W Bruce Ave. Brewster 06:57:10 Accident Injury, Highway 97 & Unger Rd,

Brewster Okanogan County

Sheriff July 26

15:40:04 Vehicle Prowl, Monse River Rd, Brewster 20:40:13 Theft Automobile, Schnibbe Rd, Brewster 21:02:19 Suspicious, Morning Star Way, Brewster 23:13:47 Noise Complaint,

July 27

21:19:15 Citizen Dispute, Pariseau Rd, Bridgeport

Monse Bridge Rd, Brewster

July 28 01:43:55 Agency Assist, Alta

Lake, Pateros 02:19:31 911 Abuse, Monse Bridge Rd, Brewster

12:51:29 Fire Wildland, Pit Rd,

Brewster

July 30

July 31 17:38:50 Trespassing, Morning Star Way, Brewster







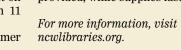
(509) 662-1211 7 North Wenatchee Avenue, Wenatchee

www.SpeidelBentsen.com We provide excellent legal services in real estate title issues,

water rights, easements, and purchases and sales.







Firefighters' leftover Jamboree food feeds local youth



COURTESY OF PATEROS METHOW VOLUNTEER **FIREFIGHTERS ORGANIZATION Pateros Firefighters**

Amber Heen and Bruce Henne, back right, delivered food remaining from the Apple Pie **Jamboree PMVFO Sloppy** Joe fundraiser to the **Brewster Boys and Girls** Club. Director Elizabeth Shepard, back center, accepted the hamburger. hot dog buns, potato salad and coleslaw benefitting the BBGC free lunch program. A similar donation is made to the BBGC following the annual Pateros **Classic Hydroplane Races** held each August.

Icicle Fund Executive Director to step down after nine years of leadership

NCW News Ward Media

LEAVENWORTH -- The Icicle Fund, a nonprofit organization supporting arts, history, and environmental initiatives in North Central Washington, announced that Executive Director Christine Morgan will be stepping down after nine years of leadership.

The organization's board is now seeking applicants for the position to guide the Icicle Fund into its next phase of development.

Morgan, who has been credited with steering the organization through significant milestones, will remain in her role through September to ensure a smooth transition.

During her tenure, Morgan oversaw several key developments, including the acceptance of Sleeping Lady Mountain Resort as a gift from founder Harriet Bullitt in 2019, an increase in support for local nonprofits during

the COVID-19 pandemic, and the implementation of a trust-based community grant program.

In a statement, Morgan expressed gratitude for her time with the organization, saying, "Icicle Fund is a unique local, place-based funder of the arts, environment, and history. It is a rare community treasure, and this region would be a very different place to live and visit without it. I feel deep gratitude to Harriet and the NCW community for the opportunity to serve and steward the Fund for a while. The organization is strong and well positioned for future impact. I am looking forward to my next chapter of service elsewhere and to opening the door for the next leader of the Icicle Fund."

Mitsu Iwasaki, Icicle Fund Board President, praised contributions, Morgan's stating, "We are grateful to Christine's unwavering dedication to the communities

and organizations that make North Central Washington special. Under her vision, the Fund has had a profound impact on the arts, history, culture, and the environment throughout our valley and beyond. We look forward to identifying the next director who will help shape the Icicle

Fund into its next iteration.' The Icicle Fund, established in 1998 by Harriet Bullitt, has invested more than \$45 million in over 100 nonprofits North across Central Washington. The organization focuses on strengthening connections between people and place through support

COURTESY PHOTO

Christine Morgan, Executive Director of Icicle Fund, will step down from her role in September after nine years of leading the nonprofit organization that supports arts, history, and environmental initiatives in the region.

of artistic expression, historical understanding, and environmental conservation.

Those interested in the Executive Director position can find more information on the Icicle Fund's website at www.iciclefund.org.



Rodney Dodge

Rodney Dodge, 86, of Brewster, Washington passed away on July 26, 2024. Barnes Chapel is handling the arrangements for the family.

Attorney Russell J. Speidel named to Super Lawyers list

Ward Media

WENATCHEE — Russell J. Speidel, an estate planning and probate attorney based in Wenatchee, has been recognized in the 2024 edition of Washington Super Lawyers, marking his continued excellence in the legal

The prestigious designation, awarded to only five percent of lawyers statewide, highlights Speidel's expertise and standing among his peers. This recognition is not new for Speidel, who has consistently earned a spot on the Super Lawyers list since 2007.

Mr. Speidel is the only Estate Planning and Probate lawyer in North Central Washington to receive this honor.

The Super Lawyers selection process is known for its rigorous and multifaceted approach. It begins with peer nominations and proceeds through independent evaluation by the publication's attorneyled research staff. Candidates then undergo a peer review by practice area, followed by a thorough check of their professional standing and disciplinary record.

Super Lawyers recognize attorneys who distinguished themselves in their legal practice. This recognition underscores

Speidel's continued commitment to excellence in estate planning and probate law, areas that are crucial for many Washington residents seeking to secure their financial legacies and navigate complex legal processes during sensitive times.



Russell J. Speidel

Community Bulletin Board Local, Regional Community News & Events

Any non-profit 501(c)-(3) group, person(s). Must provide: full name, city, phone number. Items pertaining to local events that are free or minimum charge. Garage and Yard Sale Ads are paid events, please email: classifieds@ward.media . To submit info call 509-548-5286 or email: ruth@ward.media

Meetings

Mondays

Okanogan County Fair Advisory Committee: Second Monday, 6 p.m. Meetings are open to the public. Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

Family and friends Support Group: Third Monday, Group: 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 a at 3 p.m. Information: okanoganpud.

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:

Tuesday, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street, Wenatchee. Contact: 509-860-3620, website tcfwenatcheevalley.org

Wednesday

American Legion Post #97: Current members meetings 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

Wednesday of each month, at 5 p.m. at the American Legion Post in Brewster. Chamber Brewster

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

American Red Cross Blood Drive: Wednesday, August 14,12 p.m.-5 p.m., Brewster High School, 503 S. 7th Street, Brewster. For an appointment: www.redcrossblood.org or 1-800-RED-CROSS / 1-800-733-2767

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

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. (closed Noon to 1 p.m.) at 417 S. Bradley Street in Chelan. For information 509-888-2114 or chelanvalleyhope.org. Chelan Valley Hope has their service area to include Pateros. Hope provides services at no cost to individuals and families in need. They are a local nonprofit serving Chelan, Manson, Chelan Falls, Waterville, Entiat, Bridgeport, Mansfield, Orondo and now Pateros. Call 509-888-2114 for more information or to schedule an appointment. Visit out website and follow us on Facebook and Instagram to get the latest Hope news and updates @ChelanValleyHope.

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 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, 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

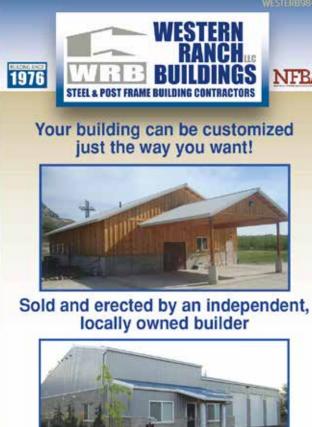
July 15 Family and friends Support Group

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.





RESIDENTIAL . COMMERCIAL . INDUSTRIAL . AGRICULTURAL

509-884-0555 www.westernbuildings.com 1107 Walla Walla Avenue Wenatchee, WA 98801





10 ways to upgrade your bathroom in an hour or less

By Kathryn O'Shea-Evans Special to The Washington Post

With its blah beige tile and sliding rain glass shower door mired in the early aughts, my Colorado bathroom is about as far from a transcendent spalike experience as it gets. And yet as a frazzled working parent, revamping it is the barnacle stuck at the bottom of my never-ending to-do list. And I know I'm not alone. To find quick upgrades that can make a difference in anyone's ho-hum bathroom - and fast - I reached out to the pros, all of whom offered transformative options that can be accomplished in

Indulge in a heated mat

Although it's objectively hideous, I'm in no rush to rip up and replace my flooring and yet I've wanted radiant underfloor heating since our wintertime trip to Iceland. Nashville designer Christine Carney of Blackberry Farm Design found a quick fix for warmth underfoot: a plug-in heated mat under the rug. "It actually is life changing," says Carney, who rolls hers up for storage in warmer months. "I just found a mat on Amazon and put it under a washable soft shag rug, and it worked beautifully. It was so luxurious!" One important detail: Hers lies close to an existing outlet. "That's not the most elegant part, but hopefully you can [accept it], in just the same way a lamp cord is not super elegant."

Try a bidet

"If you already have electrical near your toilet, it's like a fiveminute thing to install a washlet seat," says New York designer Eddie Lee, adding that these de facto bidets - which often have illuminated touchpads to control everything from the water temperature to the air drier - typically hook up to your toilet's water supply for ease of use, and can be installed with a screwdriver and a wrench. "It used to be just Toto made them, but now Kohler and a lot of different brands make them." The washlet, Lee says, "basically gives you a little bit of a spa experience. They're not cheap, but all my clients love

Change the lightbulbs

Many of us know the havoc that bad lighting can wreak on our appearance and with it, our mood. Most of us prefer soft, warmer lighting in the bathroom, which can work magic like a real-life Instagram filter. "In my mind, [any lightbulb] over 3000k looks like the hospital," Lee says. "[2700k] is like the old school soft white bulbs that people used to get before they bought LED." Carney also recommends employing 2700k bulbs, which is close to the appearance of a 60 watt bulb. "I think it's just what we look best in and it's the most comfortable temperature for the eye," she says.

Swap the showerhead

"Switching out the shower head is one of the simplest and [most] inexpensive changes

you can make to a shower or a bathroom and make a huge impact," says Atlanta designer Theresa Butler, who often opts for a rain shower with a polished nickel finish. "Shower heads these days are more sophisticated, sleeker looking, and you can really customize it around the type of metals that you're using in your space." The process takes about five minutes, Butler says. "You simply unscrew your existing shower head, clean that off, dry it really well, and put a little plumber's tape around the threading to [create a watertight seal and] keep your water from leaking through where it is screwed on. After you wrap that on, you simply screw on the new shower head,

Hang a new mirror

and you are done."

For a fast glow-up, Los Angeles designer Kishani Perera advises trotting in a fresh mirror - but not just any mirror. "I think for a big impact, change to something that's really overscaled in the room," she says. "When you use a few overscaled pieces, it makes the bathroom read much larger to the eye, and with a mirror, you have the added extra that it's going to bring more light into the room." Plus, gigantic mirrors have a superpower: They bounce light around. "If you have even a small window, an over-scaled mirror illuminates everything."

Declutter countertops in style

In the middle of the expansive Chicago double vanity she shares with her husband, designer Laura Tribbet added a shallow, sleek acrylic tray. "Between my husband and I, there's a lot of different products that are going to be on the countertop, and it's just a parking spot," she says. "It's a signifier to us both that 'this is where the toothpaste goes." With two young children, "anything that can be seen as intentional is a luxury."

Tracy Morris, a designer in McLean, Va., employs a trio of Crate & amp; Barrel glass canisters for spalike storage. "It's a nice way to make your bathroom look special for guests coming: You throw cotton balls, makeup pads and Q-tips in those jars and have it look more visually appealing." And it pays to get creative: Nashville designer Laura Lubin of Ellerslie Interiors uses an inherited crystal finger bowl to hold her rings when she's removing them at the sink. "Even just a small thing that can be super impactful, and it doesn't have to be meant for the bathroom," she says.

Add art

I'm not going to hang fine art in my bathroom because I'm a steam shower addict. But lesser pieces, like my Facebook Marketplace finds? Lubin says they may provide some much-needed eye candy. So, too, can raiding what already exists around the house. "I'm a big believer in rotating my artwork," Lubin says. "People just get in such a habit of finding these pieces they love

and then when they hang it on a wall, they're like, 'It must die here until I move." But it could be worth pulling a painting from elsewhere in your home to try in your bath, especially if it's a water closet or space that won't get drenched in moisture. "I think people will be really surprised if they actually went and just took something from their kitchen and put it in their bathroom, how much it can impact a space," Lubin says.

Upgrade the 'jewelry'

When Kishani bought her home, the hardware in the primary bathroom was lackluster. "The house I bought was actually a spec house, so it was very vanilla," Kishani recalls, noting that developers often don't invest much in details such as millwork and cabinet knobs. To make it coordinate with the ocean views out the windows, she painted her vanity Benjamin Moore's Graphite, an inky blue black, and installed new polished nickel hardware from Rejuvenation. "It looked really, really expensive and heavy and chunky and handmade, and really made a difference."

Pierce also prefers nickel for a clean, fresh look in the bath, and says replacing your pulls and knobs is likely to take 15 minutes or less. "It's such a quick way to elevate what you have, and typically all you need is a screwdriver," she savs.

Splurge on nice towels

I can't stand it when my crisp white towels begin to go gray and often treat myself to new ones, but Laura Pierce of Boston's Keeler & Doston's Co. takes it a step further: ordering those with colorful embroidery and/or monogramming, but a white base, so "I can put my bleach pen on them if I need to." Scallops and a monogram: the towel detail I never knew I needed.

Pop on a new lampshade

Many people feel that their bathroom sconce shades should be glass, but that's not necessarily the case, Pierce says. "As long as you have decent ventilation, you can have whatever you want." She adds that the bathroom sconces in her Maine house have scalloped grass cloth shades on them. "There are options out there that are really easy to pick up and pop on," Pierce says. "Imagine matching your sconce shade to your trim on your towel."

Place a plant

"The use of plants in bathrooms is very underrated and very underused in general," says Lubin, who recommends pothos, snake plants, monstera and calathea, all of which tend to thrive in humid, lowlight spaces. "I kill everything and I've managed to keep all of my bathroom plants alive," she says. Tribbet adds that a bud vase with cut flowers can have a similar effect. "We call it mojo: moment of joy for others." And yourself.

Kathryn O'Shea-Evans is a design and travel writer in

Salmon Derby winners push through low turnout, restrictions, and heat

By MIKE MALTAIS

Ward Media Staff Reporter

BREWSTER - Despite boundary restrictions and bouts of triple-digit heat, the 18th annual Brewster King Salmon Derby came in for a smooth landing Sunday, August 4, with a boatload of sponsors, nearly 100 salmon weighed in, and a back-to-back King of the Pool grand prize winner.

Due to a low return of king (chinook) salmon this year, derby contestants were restricted from accessing the popular Brewster pool at the confluence of the Okanogan and Columbia rivers. That did

not deter a persistent pursuit where angling was allowed above Pelican Point on the east boundary and below the Bridge Street Bride to the west.

When it was all over, the top 10 fish caught weighed 17.5 pounds or more. The winning 20.63-pounder was less than a pound shy of the 2023 derby's 21.22-pound winner, and it was caught by last year's King of the Pool winner, Gage Howe from Mead.

Turnout was down this year. There were 121 adult participants, nine youth anglers, and four children compared with 2023's 256 total entrants. However, the catch ratio was higher this year, with 94 salmon distributed among this year's 134 total fishermen compared with 155 fish among 256 fishermen in 2023.

Brewster resident Harmer won the special 18th place-commemorating the derby's 18th anniversarywith a 12.88-pound fish. Costa Sunglasses and P1FCU donated his prizes.

Between the cash prizes, raffle tickets, and courtesy items it was hard to find anyone who did not walk away from the event with at least one gift.

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

ADULT WINNERS

Participant	Girth	Length	Weight	Rank			
GAGE HOWE - MEAD, WA	20.00"	37.75"	20.63 lbs	1)			
PAT COFFEY - RIVERSIDE, WA	20.50"	37.50"	19.66 lbs	2)			
SARA WEYTHMAN – PATEROS, WA	19.50"	37.50"	18.80 lbs	3)			
CODY LUFT - YAKIMA, WA	19.00"	36.75"	18.71 lbs	4)			
ROBERT HANEY - MARYSVILLE, WA	18.75"	37.00"	18.55 lbs	5)			
BOB VELIKANJE - YAKIMA, WA	20.00"	36.50"	18.52 lbs	6)			
TRAVIS DAHLIN - CONCONULLY, WA	19.50"	35.25"	18.51 lbs	7)			
ALEX DAVIS - ARLINGTON, WA	19.00"	35.00"	17.62 lbs	8)			
JONATHAN WRIGHT - SELAH, WA	18.00"	36.00"	16.04 lbs	9)			
MICHAEL ERVIN - OMAK, WA	17.50"	33.00"	14.99 lbs	10)			
VOLITI I WINNERDC							

YOUTH WINNERS								
Participant	Girth	Length	Weight	Rank				
LAKOTA ELDRED	17.75"	33.50"	13.17 lbs	1)				
NEVAEH DARNELL	16.75"	34.50"	12.85 lbs	2)				
GUNNER GIBBONS	12.00"	26.25"	5.49 lbs	3)				
	CHILD WINNERS							
Participant	Girth	Length	Weight	Rank				
CUTTER BENSON	17.50"	35.50"	13.37 lbs	1)				
BEAU BENSON	16.00"	32.25"	11.86 lbs	2)				
HAYES BENSON	16.25"	31.50"	10.12 lbs	3)				
by.com online.	For complete results visit Brewsterkingsalmonderby.com online.							



MIKE MALTAIS/WARD MEDIA

Sometimes one needs a break from just too much fishing.



Gain peace-of-mind with the most powerful line of home standby generators.



When choosing a standby generator, check the specifications closely. Only Briggs & Stratton PowerProtect™ generators feature NGMax™ technology, delivering up to 12% more power on natural gas than the competition. For homes with natural gas, Briggs & Stratton is the ideal choice.

Industry-Leading Comprehensive Warranty for Years of **Worry-Free Performance**

Standard / YEAKS \$849 Value



Call 1-877-597-7536

Fall marketing strategies: capitalize on autumn opportunities in NCW

the long, hot (smokey) days of summer give way to crisp autumn air, business owners in North Central Washington face new opportunities. Fall brings unique challenges and possibilities, especially for our region's small and mediumsized businesses. Whether you're in construction, real estate, or running a local winery, adapting your marketing strategy for the fall season can help you finish the year strong financially.

Understand Our Autumn Market

Fall in North Central Washington is a special time. When summer tourists start heading home, we see a different kind of visitor: those seeking colorful foliage, harvest experiences, cooler hiking days, and a taste of our famous wines. Local consumers also change their habits, focusing more on home improvements before winter and looking for indoor activities as the weather cools.

For construction and real estate businesses, this can mean a push for last-minute outdoor projects or a focus on interior renovations. Wineries might see an uptick in visitors eager to experience the harvest season firsthand. Understanding these shifts is key to crafting effective marketing strategies.

Tailor Your Marketing

Event-Based Marketing: Fall fairs, farmer's markets,

and harvest festivals are perfect opportunities to showcase your business. Construction companies might demonstrate winterization techniques, real estate agents could highlight cozy homes perfect for the colder months, and wineries can offer special harvest tours or

Target Autumn Tourism: all in North Central Washington brings a fresh wave of visitors, each with their own interests and needs. Real estate agents might create "relocation packages" that showcase the region's year-round appeal, highlighting our four seasons and activities unique to each season. Wineries can promote special autumn wine tours that combine the appeal of hiking with the excitement of harvest season. Construction businesses could partner with local accommodations to offer "fall fix-up" packages for

vacation homeowners. Leverage Autumn Activities: Tie your promotions to popular fall activities. For example, a construction company could offer a "prewinter checklist" service at the County Fair, real estate agents might host pumpkinpicking events at properties with land, and wineries can create harvest-themed tasting experiences.

Digital Marketing for Fall

In today's world, your online presence is crucial. Use social media to showcase the beauty of North Central Washington in autumn. Share photos of homes with stunning fall views, time-lapse videos of construction projects racing to beat the winter weather, or behind-the-scenes glimpses of the wine-making process during harvest. Keep in mind, that social media should not be your only digital presence. Current algorithms only reach

Consider running geotargeted ads to reach potential visitors from other areas like Spokane, Ellensburg, or the west side. Digital display marketing campaigns can keep your local customers informed about fall specials or remind them of important seasonal services (like winterizing homes or stocking up on wine for holiday entertaining).

following.

Adapt Your Offerings for Autumn

Think about how you can tweak your products or services for the season. Construction businesses might offer fall maintenance packages. Real estate agents could create cozy autumn staging for home viewings. Wineries can introduce limited-edition harvest blends or host special fall-themed events.

For businesses, consider limited-time autumn promotions. These create a sense of urgency and can drive sales during what might otherwise be a slower period.

Measure Your Success

It's important to track how well your fall marketing efforts are working. Keep an eye on your sales figures, website traffic, and customer engagement. Many free or lowcost tools can help you monitor these metrics. This data will be invaluable for refining your strategies, not just for this fall but for future seasons as well.

Plan Ahead

As you implement your fall marketing plan, start thinking about the upcoming holiday season. How can you transition your autumn promotions into winter ones? For construction and real estate, this might mean shifting focus to indoor projects or cozy winter homes. Wineries can start promoting their wines as perfect holiday gifts or for New Year's celebrations.

Embrace Autumn's Opportunities

Fall in North Central Washington offers a wealth of marketing opportunities for businesses of all types. By understanding the unique characteristics of our autumn market, tailoring your strategies to the season, and leveraging both traditional and digital marketing techniques, you can make the most of this beautiful time of year.

Remember, the key to successful seasonal marketing is to start planning early and be willing to adapt as you learn what works best for your business. Embrace the changing seasons, and let the natural beauty and bounty of our region inspire your marketing efforts.

Amy Yaley is the COO of Ward Media and the co-owner of Apple Capital Marketing & Northwest Swag Works. She can be reached at amy@ward.media.

Retired Pastor takes interim role at Brewster Baptist Church

Quad City Herald Ward Media

BREWSTER New Testament Baptist Church in Brewster has appointed Marvin McKenzie as interim pastor, effective July 14.

McKenzie, who retired from full-time ministry in spring

2024, brings four decades of and developed curriculum used experience to the role. He previously served churches in Washington and Oregon, and held executive positions at Baptist Bible colleges in California and Oklahoma.

The interim pastor has authored nearly 100 selfpublished Bible study books

internationally. McKenzie's primary focus will be guiding the church in its search for a permanent pastor.

McKenzie and his wife, Anita, recently relocated from Puyallup to Republic, Washington, where their son leads a local Baptist church.

Wenatchee area sees job losses and rising unemployment

NCW News Ward Media

WENATCHEE - The Wenatchee Metropolitan Statistical Area, comprising Chelan and Douglas counties, saw its unemployment rate rise and nonfarm employment decline in June compared to the previous year, according to a report released by the Washington State Employment Security Department.

The report, compiled by Donald W. Meseck, Regional Labor Economist at the **Employment Security Depart**ment, provides a detailed analysis of the area's labor market

The unemployment rate in the Wenatchee MSA increased to 3.9% in June 2024, up from 3.3% in June 2023. This rise occurred despite growth in the civilian labor force, which expanded by 1,243 residents to reach 68,835, a 1.8% increase vear-over-vear.

"This year-over-year increase in the number of unemployed overpowered the expansion in the local labor force, causing the unemployment rate to rise sixtenths of a point, from 3.3% in

Pateros Center

Continued from page A1

Commenting on

disaster, Carlene Anders,

Executive Director of the

Okanogan County Long Term

Recovery Group, which was formed to help fire victims

recover, said that the Pateros

School District alone lost more

in every single class, K-12, that

lost their homes and a fifth of our staff of teachers at the

"We had two to four students

than 150 homes.

June 2023 to 3.9% in June 2024," Meseck stated in the report.

Total nonfarm employment in the two-county area decreased by 900 jobs, or 1.8%, from 50,800 in June 2023 to 49,900 in June 2024. This marks a reversal from the area's previous trend of job growth.

According to the report, "Year over year, the Wenatchee MSA's nonfarm market expanded for 37 months (April 2021 through April 2024) before contracting in May and June 2024."

Key industries showing job losses included construction, which declined by 200 jobs or 4.9% year-over-year. However, some sectors did see growth, including education and health services, which added 300 jobs, a 3.7% increase.

The leisure and hospitality sector, crucial to the area's economy, continued its growth trend, adding 200 jobs for a 2.7% increase compared to June 2023. This growth outpaced the statewide trend, where leisure and hospitality employment actually declined slightly.

"Job growth rates in this local industry have been more rapid than leisure and hospitality job growth rates statewide

With most of the county's

community support services

30 miles away in Okanogan

and Omak, the need for a

south county office was

urgent. PBCRC hit the ground

running, providing financial

help, referrals, and access to

other support resources. It

was also building connections

to agencies located in the

county hub. Last year both

Okanogan County Community

Action Council (OCCAC)

and WorkSource established

satellite offices at PBCRC to be

school," Anders said.

in each of the past 10 months (September 2023 through June

2024)," the report noted. The report also provided insight into long-term trends in agricultural employment, a significant sector in both Chelan and Douglas counties. In Chelan County, agricultural jobs decreased from 9,327 in 2013 to 8,187 in 2023, a 12.2% decline over the decade. Douglas County saw an even steeper drop of 21% in agricultural employment over

the same period. Despite the job losses, agricultural wages in both counties showed modest growth when not adjusted for inflation. The report suggested several possible explanations for this trend, including "automation, the gradual conversion of some seasonal agricultural jobs to year-round positions, and the increased use of H-2A agricultural labor."

The full impact of these changes on the local economy remains to be seen, but the data suggests a shifting landscape in the Wenatchee area's labor market, with traditional agricultural jobs declining while some service sectors continue to grow.

closer to south county clients

who need their help. PBCRC Director and Board Treasurer Cecilia Williams said the office closure is one more hardship for those who are now referred to OCCAC's

Omak office. "It's difficult for those people and especially families with kids who now have to travel there," said Williams. "There is bus service available but it's hard for them."

 ${\it Mike\ Maltais:\ 360-333-8483\ or}$ michael@ward.media

Summer starts here! NORTHWEST SWAG WORKS APPAREL & PROMOTIONAL PRODUCTS White glove service so you can focus on your business. 509-731-3624





Louise

Should you take your medicine with food?

Q: When I take my medicines, they always upset my stomach. Is there any way to avoid that?

If you think that your medicine could be upsetting your stomach, you are not alone. As a pharmacist, the most common complaint I hear is, "My pills are making me sick!"

The most common side effect reported of taking medication is stomach upset, also called "gastrointestinal distress"

or "GI distress." Stomach upset symptoms have been reported with EVERY SINGLE prescription medication, without exception!

If you experience any nausea, vomiting, stomach cramps, stomach burning, or intestinal cramping after taking your medicine and

Glacial history of the Pacific Northwest

Ward Media

WENATCHEE - The Wenatchee Valley Erratics Chapter of the Ice Age Floods Institute is set to host a presentation on the glacial history of the Pacific Northwest on Tuesday, August 13. The event will take place at 7:00 p.m. at the Wenatchee Valley Museum and Cultural Center, with a virtual option available via Zoom.

Daniel Coe, graphics editor for the Washington Geological Survey in Olympia and editor for the North American Cartographic Information Society's Atlas of Design, will deliver a talk titled "Mapping the Glacial Legacy of the Pacific Northwest."

Coe's presentation will explore how glaciers have shaped the region's landscape over the past 15,000 years, focusing on the impacts of the

Cordilleran ice sheet, repeated ice age floods, and extensive alpine glaciation. The talk will showcase both historical and modern maps, illustrating the evolution of glacial landform mapping and interpretation

since the late 19th century. The Washington Geological Survey's recent efforts in creating new maps will be highlighted, demonstrating how traditional datasets and techniques are being combined with modern insights and technologies such as lidar to enhance our understanding of the area's glacial history.

The event is free and open to the public. Interested parties can attend in person or join via the provided Zoom link at https://us02web.zoom. us/j/84520197937. For more information on this and other Ice Age Floods Institute programs, visit their official website at iafi.org.

suspect that your medicine could be the reason, you are probably right.

If there were a Hall of Fame of drugs causing significant nausea and vomiting, the top three categories would be antibiotics, pain medicines, and cancer chemotherapy drugs.

Chemotherapy drugs top the list of medications that can cause severe nausea and vomiting. You're more likely to experience stomach upset during chemotherapy if you are younger than 50 years old, female, prone to motion sickness, have had "morning sickness" during pregnancy, or suffered from nausea during previous chemotherapy treatment.

Depending chemotherapy agent given, multiple medicines are often used to combat nausea, a common side effect. These anti-nausea agents range from tablets, capsules, and meltin-your-mouth pills to skin patches, rectal suppositories, and injections.

Most medications can be taken with or without food in your stomach, but some exceptions exist.

Some drugs MUST be taken on an empty stomach to ensure your body absorbs the entire dose. These agents include the thyroid supplement levothyroxine and the bone-building medicines alendronate (Fosamax), risedronate (Actonel), and ibandronate (Boniva).

Three Rivers

Continued from page A1

monthly operations costs.

consistently breaking even on

have never had in the past 20

years would enable us to put

money aside," said Graham.

"That would put us in a

better place to have options

for financing in the event we

are unable to go after bond

Following last year's bond

defeat, Graham said several

entities came forward with

funding."

"Financial viability that we

Although most antibiotics can be taken with food, some must NOT come in contact with calcium, magnesium, or iron. Doxycycline, ciprofloxacin, and levofloxacin are 3 drugs that should NEVER be taken with a mineral supplement. These particular antibiotics can be safely taken with food, but avoid drinking a full glass of milk at the same time. If you are unsure if this is an issue, look at the label on the side of the bottle or ask your pharmacist.

If you vomit after taking medicine, what should you do? If it's within 30 minutes of taking it, try again, but make sure you take it with some food, a full glass of milk, water, juice, or food and fluids together.

If you vomit again within 30 minutes, contact your doctor. When you can't keep your antibiotic or your pain medicine down, it can't help you, and delaying taking an antibiotic can lead to severe consequences.

If the medicine is for your heart, blood pressure, or anxiety, contact your doctor or pharmacist before repeating the dose. If you have vomited more than 30 minutes after taking your medication, you may have gotten enough medicine absorbed that retaking it could cause an overdose.

Here Are 5 Tips to Help **Avoid Stomach Upset**

creative funding ideas to

strengthen the hospital's

financial base and make it look

TRH plans to explore

funding options that include

providing a free grant writer

to members of the Association

of Washington Public Hospital

The board approved a

resolution to put the 2025

Maintenance & Operations

levy for approximately

valuation) on the Nov. 5

general election ballot. The

(.33/\$1,000

BUSINESS & SERVICE DIRECTORY

In other TRH business:

\$1,345,000

better to banks.

Districts.

When Taking Medicine:

1. Take vitamins and medicines during immediately after eating.

Vitamin and mineral supplements are designed to work with food. If your medicine can be taken with food, take it near the end or after a meal. The food in your stomach helps dilute the medication's irritating effects on your innards. When it's time to take your medicine but not yet time to eat, take your pills with a full glass of water or juice or with a snack.

2. Take your medicine at

Taking medication at bedtime can help you sleep through any queasiness they may cause. This is particularly helpful with oral contraceptives and some pain medicines. Taking vitamins at night can help during early pregnancy because "morning sickness" can make it challenging to keep food and vitamins down.

3. Split up the dose.

Ask your pharmacist if you can safely split your pills into more than one dose and then take them several hours apart, like with breakfast and dinner. Some pills can be split safely; others need to be switched to a lower strength and given in separate doses.

4. Request a long-acting or specially coated drug formulation.

Ask your pharmacist if your

levy pays for most of the

annual \$1.8 million cost to

Approved Stryker power

unit purchase quotes for

orthopedic surgery rooms.

Agreed to pursue a

discounted contract for

swing bed services with

TRH Foundation President

Dan Webster reported that

the scholarship program

launched by the Foundation

in 2023 for schools in the

hospital district—Brewster,

Bridgeport, Mansfield,

staff ER operations.

Allevant Solutions.

medicine has a delayed-release or specially coated formulation that your doctor can switch you to. These special formulations reduce nausea by passing through your stomach before they begin to dissolve.

Take anti-nausea

medicine ahead of time. Don't wait until you are queasy before taking pills for nausea. For the best protection, you should take motion sickness and other anti-nausea medicine at least 30 minutes before you need it.

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, The Medication Insider. com. ©2024 Louise Achey



has been awarded, and checks for \$2,000 each have been released to selected

graduates.

TRH recognized the bv American Heart Association and the American Stroke Association with the 2024 Rural Stroke Bronze Award for adhering to emergency room guidelines by promptness in getting patients to CT and EKG services.

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

STIP

Continued from page A1

trail on the east side.

- Sixteenth Street Phase 3 -24' chip seal from Raymond to Cullen Avenue
- Second Street Project widen to 24' and chip seal from Columbia to Fairview Avenue.
- Columbia Avenue and 10th Street safety crosswalks - 12th Street to Douglas Avenue with pedestrian activated lights.
- Seal coat Two miles of local access roadway.

Council addition

Councilmember Hentges, who also manages the public pool, asked if a sidewalk could be added between 21st

Street, which leads to the pool, and Foster Creek Avenue, three blocks north.

"There are a lot of kids that walk that link that I have noticed more this year,"

avenues to reach the pool.

Councilmember Matt Schuh

Monroe and then go up 21st,"

the sidewalk proposal to the

the council voted to approve the six-year STIP.

michael@ward.media

challenging

and Spencer visited the sites. "One was in a pine tree.

I'll bet it was 40 feet high,"

said Spencer. "That kid had

seen the hummingbird going

in and out, in and out. With

binoculars, I could see the

Spencer and husband, Mike,

organized Bridgeport's annual

Christmas Bird Count until last

year's 25th when the couple

finally passed their binoculars

to four principal types of

Washington State is home

"They are such a joy,"

varieties

next."

to a successor.

hummingbirds:

Anna's

• Rufous

Calliope

· Costa's

Black-Chinned

Three other

sometimes seen are: **Broad-Tailed**

· Ruby-Throated

Pittman said, rent or no.

michael@ward.media

Mike Maltais: 360-333-8483 or

Hummingbirds

Continued from page A1

window. Not long after, Pittman noticed a nest forming precariously on the U-shaped cord. Fast forward and still the nest remains, with reinforcing touchups added every summer by the industrious female who works alone.

Pittman suspects that more than one generation of the same family of hummers is using the site since the Black-Chinned has a life span of 3-5 years. In a way that parallels her own story. Pittman's parents acquired the home she now occupies in 1954. She and Denny returned to Bridgeport in 1999 as the second generation to live in the family home.

Pittman said she once thought about selling the house, but the birds will have none of that.

"No, I can't," said Pittman. "I can't leave my hummingbirds."

"It's an odd place for a nest," said retired teacher and bird enthusiast Meredith Spencer who has witnessed the odd lodging. "Hummingbirds will use the same nesting spot every year."

Hentges said.

From Foster, 21st crosses Douglas, Monroe, and Tacoma

also suggested a crosswalk at 21st and Monroe as an added safety measure. "I know they walk up

Dezellem said he would add

Following the public hearing.

Mike Maltais: 360-333-8483 or



Shower Doors • Railings • Skylights

FREE Estimates! VISIT OUR SHOWROOM! Monday-Friday 8 a.m.-4 p.m.

509-888-2903 131 S. Apple Blossom Drive #105 | Chelan www.integrityglasschelan.com



THREE RIVERS HOSPITAL 24-Hour Emergency Care Family Practice Clinic Women's Health Surgical Services Laboratory & Radiology Physical Therapy (509) 689-2517

507 & 415 Hospital Way Brewster ADD YOUR



Liberty Bell, and Pateros—

Save on Windows and Doors! NO Money Down,

RENEWAL by ANDERSEN

Call by August 31 866-620-3021

NO Monthly Payments,







++ We offer financing that fits your budget!1

D CITY CHURCH GUI

Brewster • Methow • Bridgeport • Pateros

BREWSTER



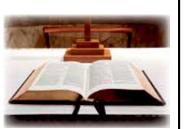
www.cbcbrewster.com Sunday Worship 9:30 a.m.

METHOW

Methow Calvary Chapel Fellowship

1107 HWY. 153 • Methow, WA 98834 Pastor Jason Getzin • 509-923-2782 Visit us at Youtube @Through the Bible with Pastor Jason Please see our facebook for special guest speakers! "With men this is impossible; but with God all things are possible."

- Matthew 19:26



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



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

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination has don reas color religions." tion based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: Ward Media LLC shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for the corrections made thereafter. Ward Media LLC shall not be responsible for slight changes or typographical errors that do no lessen the value of the advertisement. Ward Media LLC's liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisements in any subsequent issue. No monetary refunds will be given. For more information call 509-548-5286.



Announcements

General Interest

Safe Step. North America's #1 Walk-In Tub.

Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today!

Financing available. Call Safe Step 1-844-608-5465

S

G Н S

N

Ι

L

L

Ι Ε C

R N

Н

T

S D D

G Ζ C

Ζ G

N Т

Ε C C

G

N

М

D

Υ

L М Ι

Ε Н

U P

Ι Τ

Χ Ε

Ρ Ε Ρ 0

М Н

Ζ

Ρ 0

Α R

R

R

Z

N N М

Т

Ζ

C

Ρ

D

S

Ι N C Ε L Ε R М Α Ι

T Ι S Н N R Ι T Ρ

М

U

Χ Т L G Υ М U

S D

Ζ Υ

V

S Т

Ε

Ε

U N

G N

Ι

Α D Н

В

0

Υ

0

R

C

В C R В Z

N

L G

Ε

R

Ε

Ε

Ι

N

G

C

Ε

Ι

Ε В Ε

Ρ Z N

Α Ε R

S

S

Ι

Ρ

S

Ε C D

Α G

Т

C L Ι М

Τ

S

D

Ε U Ι Α

U

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

C

R

Ε

T

U

0

Н

Н

R

Ε

X

Ι

Α

G

В

Ε

General Interest



ADVERTISE STATEWIDE

with a \$325 classified listing or \$1600 for a display ad.

Call this newspaper or 360-344-2938 for details.

Switch and save up to \$250/year on your talk,

text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-833-462-1801

Donate your car, truck, boat, RV and more to support our veterans!

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

REDUCE

Stay informed, stay connected, https://ncw.news/

Ι

T

U

Ε S Ι В R Ν 0 S

Т

R Ι C

Ε

В

T C T

Ε S

Ι

Α Ζ Ν

V

S

X Ι Ρ

N

Ε

В Ι

S

U 0 Ι

Ι

C

Ρ

T

Ε

0 Ι Ζ X Ν D

Υ

В

Α

C

Employment

Help Wanted



Douglas PUD has an opening for:

Hatchery Specialist

Details at www.douglaspud.org<htt p://www.douglaspud.org



School District is seeking qualified applicants for the following position:

 Alpine Lakes Intervention Para Educator

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

RECYCLE

Discover the heart of **North Central Washington**

with NCW News - your premier source for local stories, insights, and community updates.

G

G

C

R Α

G

0 Υ Т Н

X

Ε

Ρ

В Υ

Υ

М

X Α М U U

U D

U 0 N

N Н R

R

N

Α

Υ U 0

Ε

G

Α

L

Α

X

М

C

Т

C 0

S Y

D

В

G

Ε

Ε

Т U

Ε

Help Wanted



The City of Leavenworth is hiring for:

- Public Works Director Community
- **Development Director**
- Seasonal Parks Maintenance Worker (Full-Time, 40-Hours, 7-Months)

Details at cityofleavenworth.com/ employment/. EOE

PUD No. 1 of **Okanogan County** is seeking to fill an accountant / payroll position.

Please see www.okanoganpud.org for job description, requirements and submit application with resume. Okanogan PUD is an equal opportunity provider and employer.

For Sale

Sporting Goods

For Rent:

40 ft. deep water boat slip with electric, water, waste dump. Sunset Marina, Chelan. Secure parking. Oct. 1, 2024 to April 1, 2025. \$400 a Month 808-298-1031.

WORDS

ACHIEVEMENT

ACTION

ACTIVE

ADVENTURES

BARRIERS

BOUNDARIES

BUMPS

BUNGEE

CHILLS

CLIMBING

COASTER

COMPETITION

ENDURANCE

EXERTION

EXTREME

G0ALS

HEART-RACING

HIGH

PARACHUTE

RAPIDS

SCARY

SPEED

THRILLING

TRAIL BLAZE

Real Estate

Boat Slip For Sale

Priced Reduce to



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.

808-298-1031 Seller is licensed Realtor Maui, HI

Legals

Public Notices

THE CITY OF PATEROS **PUBLIC INFORMATIONAL MEETING NOTICE NOTICE IS HEREBY GIVEN**

The City of Pateros is holding a informational meeting August 19, 2024, at 5:00 pm, at 113 Lakeshore Drive, Pateros Washington, regarding the update to the Park and Rec Plan for the City of Pateros. Community input is welcome. Any questions can be directed city hall at 509-923-2571. Published in the Quad City Herald on August 7, 14, 2024.

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF **OKANOGAN**

In the Matter of the Estate of SONJA LORREE SIGNOR Deceased.

No. 23-4-00162-24 PROBATE NOTICE TO **CREDITORS** RCW 11.40.030

personal representatives named below have been appointed as personal representatives 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 representatives' or the personal representatives' attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate nonprobate assets. Date of first publication: July 31, 2024 (and August 7 & 14, 2024) Date of Filing: November 7, 2023

Personal Representative: ShamRae Strain Attorney for Personal Representatives: Byron J. Moore Address for Mailing or Service: Byron J. Moore Moore Law Firm, PLLC 9116 E Sprague Avenue, #1022 Spokane Valley, WA 99206 Attorney for Estate: /S/ Byron J. Moore

Byron J. Moore, Ph.D., WSBA #43624 Published in the Quad City Herald on July 31, August 7, 14, 2024. #8198

qcherald. com

Moving? Are you a Snowbird?

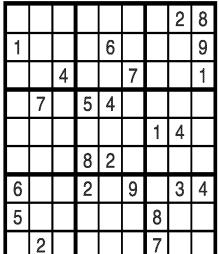
Don't forget to call Laura in Circulation so you don't miss a single issue of your Local Weekly Community Newspaper or your Monthly Business publication!

email: laura@ward.media or call 509-293-6780



The Leavenworth Echo Cashmere Valley Record Lake Chelan Mirror Quad City Herald WARD MEDIA Wenatchee Business Journal

SUDOKU



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:

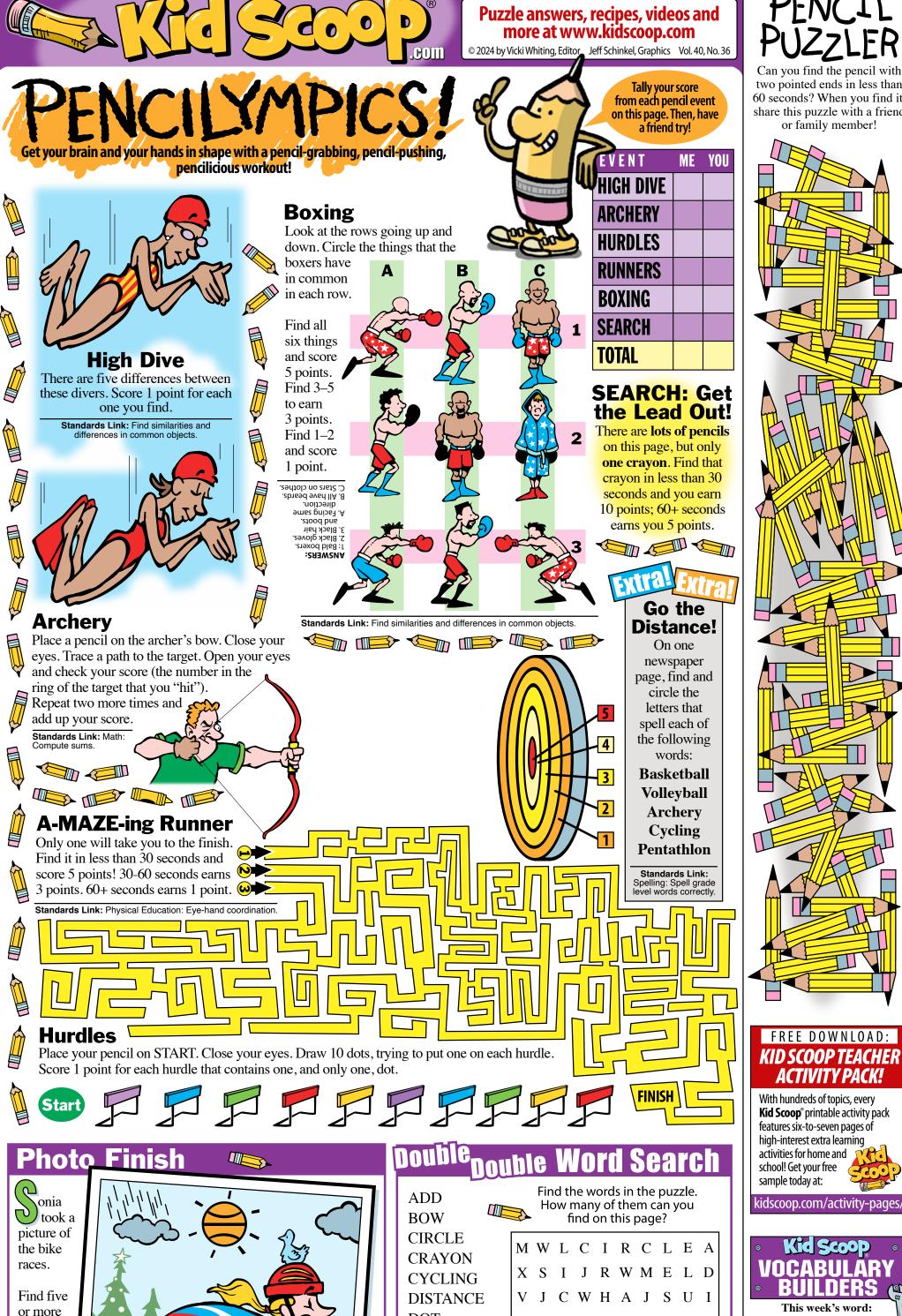
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric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

9	anda	Z	œ	C)	ε	6	2	Þ
S	6	8	₽	7	9	ω	and.	വ
ħ	w	Ç1	Ø	mandh	2	L	œ	ග
۷	9	6	mak	2	8	G	Þ	3
ç	42	about the same of	ω	6	Z	2	9	8
ε	8	5	9	Þ	9		L	6
nonth	G	9	L	8	6	V	ယ	2
6	L	3	N	တ	ħ	œ	(J)	
8	2	ħ	C)	3	mak	9	6	7
	ANSWER:							

Н D Z S S G Y P S Y Α 0 G Н S P Τ 0 Т В N C 0 G E М G U L Ε C P L S U P S Т B В 0 G S Υ Ι Α 0 D X S Ε N Н C R N Н H X E S B D Α P P В Χ E 0 S U S D U Z H R Z Χ Ν D G Z G В Y G М U G D G E Y Н Е C N В Е U Е C C S U 0 М S М D Н C В G М Н Ι М S D I E C D G A Z Α T U Ν Z Y G H B V N 0 N Z N U A U D U Е A V U S U Т М P 0 D R E C Ε

B4 Quad City Herald August 7, 2024

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



or more silly things in Sonia's cycling photo.



Standards

Investigation: Find similarities and differences in common objects.

DOT EARN HURDLE LESS **ONE PENCIL POINT**

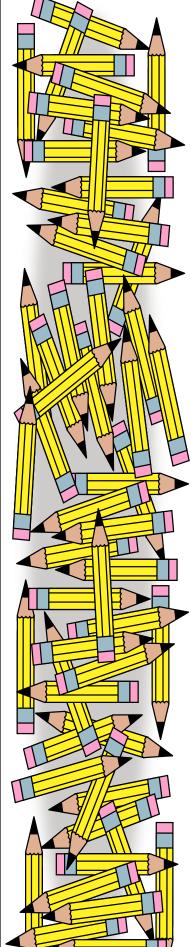
SCORE

TARGET

TYNOUQYSZS A U E B R O V O T T RDPRDENHNA GEDYLOLEIN ENRAEFTBOC TGNILCYCPE

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

two pointed ends in less than 60 seconds? When you find it, share this puzzle with a friend



KID SCOOP TEACHER

kidscoop.com/activity-pages/

PENTATHLON

The noun **pentathlon** means an Olympic competition consisting of five track and field events usually sprinting, hurdling, long jump, discus and javelin.

Originally the **pentathlon** was competed for over four or five days.

Try to use the word **pentathlon** in a sentence today.



WARD MEDIA

EXPLORE THE WORLD WITH YOUR LOCAL LIBRARY.



AT YOUR LIBRARY

Storytimes

After school events & activities

Check out books, comics, movies, & more



NCWLIBRARIES.ORG

 Free homework help Britannica Library

Stream books, comics, movies, & more

