

May 24, 2023 • Volume 121, No. 21

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City honors local soldier

Brewster council strengthens grease pretreatment ordinance



Lane, Galbraith to be honored

American Legion Honor Guard will conduct Memorial Day services

BREWSTER - The Columbia Post 97 American Legion Honor Guard will conduct services at the following locations on Memorial Day, Monday, May 29.

- 9 a.m. Pateros Cemetery 9:30 a.m. - Bridge Street Bridge wreath presentation
- 10 a.m. Packwood Cemeterv
- 11 a.m. Fort Okanogan Memorial Cemetery Monse
- 11:30 a.m. Locust Grove
- Cemetery Brewster • 12 noon - Columbia Post 97 headquarters

At 9 a.m., Saturday, May 27, the Honor Guard will participate in a Memorial Service for Army PFC John Timothy Lane and Marine Lance Corporal Marvin E. Galbraith at Locust Grove Cemetery. The service will include the laying of wreaths, presentation of Gold Star pins to surviving family members, and playing of Amazing Grace on bagpipes. Afterward, a reception with

coffee and pastries will be held at the American Legion Hall. **National Poppy Day**

May 26 American Legion Auxiliary Columbia Unit 97 will be distributing red poppies in exchange for donations on Friday, May 26, National Poppy Day. Look for poppy tables at the Triangle Exxon, Brewster Marketplace and the Brewster Post Office. All of the funds raised go directly to help our veterans, military, and their families.



Courtesy findagrave.com John Timothy "Tim" Lane

Mike Maltais/QCH

Mayor Art Smyth reads a proclamation honoring Army PFC John Timothy Lane from Brewster on Memorial Day, May 27.

BY MIKE MALTAIS STAFF WRITER

BREWSTER – Mayor Art Smyth opened the regular monthly meeting of the Brewster City Council last Thursday, May 18, with a proclamation honoring Army PFC John Timothy Lane on Memorial Day, May 27. Lane, a Brewster High School graduate, was killed in action in Vietnam and awarded the Distinguished Service Cross, the nation's second highest honor for covering an enemy grenade with his body to protect his fellow soldiers. A campaign has been mounted to upgrade the DSC to the Congressional Medal of Honor.

In other business, the council held a public hearing on the city's updated Shoreline Master Plan and, receiving no public comment, passed Resolution 2-023-05 approving the plan.

Another resolution to re-

Code relating to fat, oil, and grease pretreatment facilities for businesses in the city that prepare and cook food. Director of Public Works Lee Webster said the failure to pretreat the grease, fat, and oil is causing maintenance issues at the treatment plant and requiring

extra staff hours to address it. The new ordinance strengthens requirements that the food business should already be doing.

"We'll be going around from business to business and doing some educational stuff," said Webster. "In every case that I've seen it's just a lack of proper maintenance,"

"And before they are allowed to open, they have what they need," added Ruiz about the food preparation stores. "They just need to understand what they need to do to operate the equipment."

The city received one bid for ice pigging from American Pipeline Solutions that came

Bridgeport favors conditional use permit over zoning code change

Auto sales in downtown core?

BY MIKE MALTAIS STAFF WRITER

BRIDGEPORT – A zoning amendment request brought a lengthy discussion to the table at the regular monthly meeting of the Bridgeport city council last Wednesday, May 17.

Mario Martinez, a property owner at 1130 Columbia Avenue, petitioned the city for a zoning code amendment to change the current central business district designation to include auto sales as an allowed use, which it currently does not. Martinez had made his intent known at the January 2023 meeting and later tendered the requisite application and fee per regulatory procedure,

City Planner Kurt Danison presented the staff report prepared from the planning commission's recommendation. The commission held a public hearing on May 4, and received one written and one oral comment, both of which opposed the change. Bridgeport does have commercial zones where auto sales are allowed but those properties are outside the downtown corridor and all the way to Highway 17. The commission had three options:



The Bridgeport City Council discusses a change to the city's zoning code.

1. Deny the zoning code amendment.

2. Approve the zoning code amendment.

3. Approve a conditional use permit (CUP) with standard conditions instead of a code change. Those conditions would include:



Mike Maltais/QCH

more appropriate and denied the downtown zoning code request by a 2-1 vote.

Danison said the city council could:

1. Accept the commission's recommendation and pass it. 2. Reject the recommenda-

ion

quest the five percent matching funds from the Washington State Department of Transportation for the airport taxi lane project also won approval.

"That's what we approved at the last meeting and the bids came in today," said Finance Director/City Clerk Misty Ruiz. "The two lowest bids were within the amount of the project."

The city approved an ordinance to update Chapter 13.14 of the Brewster Municipal in within the budgeted amount and the council awarded the bid. Ice pigging is a waterline cleaning process that utilizes slush ice or slurry that is forced through a pipe and cleans it. The project will cost about \$340,000 and will treat all city water lines south of Highway 97. It will be funded by federal dollars.

Webster thinks the process will make a major improvement to manganese in the system.

- · Limited number of vehicles.
- No vehicle repair on site.
- All vehicles must have a current license and registration.
- Limits to size and type of signage.
- Business license.
- Annual inspection and permit renewal.
- Permit for person and not for business The commission took note
- of the abundance of com-

Mike Maltais/QCH **City Planner Kurt Danison** reviews a zoning code amendment request.

mercial zoned land outside the downtown core all where auto sales are permitted and

3. Remand it back to the commission with specific guidance for what the city wants the commission to do.

Considering that the city can only change its zoning code once a year, the council voted to remand the issue back to the planning commission requesting the commission to draft an annual renewable CUP with recommended conditions for reconsideration at the June council meeting.

Updated shoreline plan approved

Pateros City Council welcomes new member, recognizes Sherrard



Pateros Mayor Kelly Hook presents a plaque of appreciation to departing council member Megan Sherrard

BY MIKE MALTAIS STAFF WRITER

PATEROS - The Pateros City Council officially said farewell to one council member and welcome to a new one at its regular monthly meeting on Monday, May 15.

Mayor Kelly Hook presented a plaque of appreciation to Megan Sherrard for her years of service to the community. Sherrard announced earlier this year that she was relocating to the west side of the state. The council also approved and swore in Frank Herbert as Sherrard's replacement for Position No. 5 on the council.

Council held two public hearings, one on the updated Shoreline Master Plan, and the other on a short plat application by Chelan Valley Construction at 356 Ives Street.

City Planner Kurt Danison delivered a background review of the plan and committee reports explaining that cities must update their plans every seven years by state mandate. Following some discussion over development near the shoreline and the Douglas PUD dock management, the council approved the plan.

The short plat hearing received a written comment from a homeowner on 102 Cemetery Road who opposed the measure because he believes the proposed structure will block his view of the Columbia River. A

comment from the floor also opposed allowing the short plat on such a small parcel of property and questioned the size and quality of structures that would be built there. The council approved the short plat application.

The Pateros Fire Department will put up 40 American flags - visible from Highway 97 - along Cemetery Road for Memorial Day weekend and remove them the following Tuesday. The department will also participate in the upcoming city wide yard sale and will distribute the city maps showing sale locations.

Public Works Administrator Jord Wilson reported that roof construction started last fall

.....B3-B3

.....B3

..B2-B3

has been completed and the walls and panels will be added this fall.

One side of the new kiosk along Commercial Avenue has been completed and work on the electric charging station will begin soon.

Douglas PUD installed a new dock at the Methow Boat Launch and will be finishing the walking trail that runs along the river on the south side of city hall.

Pateros was awarded two grants this month, one a \$29,656 street tree grant from the Department of Natural Resources that will begin with community workshops in July and August.

SEE COUNCIL ON PAGE A2

Community	A1-A4, B4	Classfied Index
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Obituaries/Death Notices	A4	Public Notices
School/Outdoors	B1	Puzzles
Health		



PO Box 1922 Chelan. WA 98816-1922 www.qcherald.com

Mother's Day hits a high note in Brewster





Mike Maltais/QCH

BY MIKE MALTAIS STAFF WRITER

BREWSTER - Any doubts about whether the combined Cinco de Mayo/Dia de la Madre (Mother's Day) would bring out the crowd was answered amply and with amps on Saturday, May 13.

"I think close to 1,000 people attended throughout the day," said Mike Mauk of the Brewster Chamber of Commerce. "So many happy smiling faces and the county fair vibe."

The weather was hot during the day but cooled off as evening settled in.

A pair of 40-foot trailers parked end-to-end across



Mike Maltais/QCH The bubbles were floating...

Main Street at Sixth served as a portable stage for the event's four bands. The music played throughout the day and



Mike Maltais/QCH The horses were beautiful...

concluded with the headliner group Reyna Sur.

Traditional dance groups performed, and a dozen danc-



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The dancers were entertaining...



was awarded Mother of the Year, sponsored by P1FCU. Garcia received some nice gifts donated by local businesses, and a plaque.

There were no complaints about the loud noise.

Next up is the 4th of July. Vendor and parade applicachamber website, brewster-

Mike Maltais/QCH



Mi Pueblo owner and event coordinator Esteban Camacho and the Brewster Business Association went the extra mile to ensure a successful event.

Juana Garcia of Brewster

tions are available on the wachamber.com and at the chamber office at the Senior Center. Sponsors are needed.



Kerri Wilson.

Frank Herbert takes the council oath of office from City Clerk

CONTINUED FROM PAGE A1

The other, a \$99,219 grant from the Washington State Department of Transportation is for planning and analysis for the Highway 87 pedestrian crossing and pathway project.

The city is applying for several more grants including a Public Works Board grant to perform a new water system plan. The city's 2014 plan has been built out and expired. Lacking a current plan, the city will be ineligible for upcoming infrastructure funding.

Application for a \$109,000 Department of Ecology grant for a stormwater plan made the DOE's 2024 list of approved drafts

Mike Maltais/OCH

Application for a \$101,625 grant for a Pateros Mall Renovation Planning Study has been submitted with selections expected this month and second round state allocations in June or July.

The citywide yard sales will run from June 2-4. Maps to the various sale sites will be available at city hall the Thursday before the event.

The 72nd Apple Pie Jamboree will be on July 14-16 this year.

Team Okanogan Animal Rescue request long-term lease

Editor's note: The following meeting summaries of the Board of Commissioners of Okanogan County (BOCC) for the first of May 2023 are taken from notes provided by County Watch (countywatch.org).

OKANOGAN - Team Okanogan Animal Rescue (TOAR) appeared before the Board of Okanogan County Commissioners on Monday, May 8, to discuss their work both locally and statewide. TOAR also requested a long-term (99-year) lease on the property where the group establishes an animal shelter.

In other business: Monday, May 8, morning and afternoon

• Commissioners held two separate Executive Sessions, dealing with potential or ongoing litigation. One session involved Shellev Keitzman. Human Resources and Risk Management, and Esther Milner, Chief Civil Depu-

involved Milner and Pete Palmer, Planning Director.

- Fairgrounds Manager, Naomie Peasley, Emergency Management Director, Maurice Goodall, and Chief Deputy Clerk, Susan Speiker, updated the commissioners.
- · Palmer and the commissioners discussed changes to the zoning code district use chart. It was decided they will concentrate on getting the stipulated forms of the code ready to be sent out for comment and put the rest of the code on hold for now.
- Sheriff Paul Budrow asked the commissioners for a raise for his Chief Civil Deputy. He also updated the commissioners on the need to hire a Designated Crisis Responder because Okanogan Behavioral Healthcare cannot provide one, the need to start thinking about a new jail facility and other jail matters.
- Commissioners interviewed

Jordan for a position as an alternate on the Water Conservancy Board.

Tuesday, May 9, morning

- BOCC will appoint a position for the Health District Board.
- Public Comment Period: Questions about cattle guard franchises, and a victim of the 2020 wildfire requesting a 911 fee waiver.
- Palmer discussed the process for changing addresses and naming a road when there are enough residences that require it.
- County Treasurer updated BOCC on finances/payments of taxes-foreclosure notices sent for nonpayment of property tax. The interest rate on investments is increasing to 4.5 percent.
- County Auditor reported one position open. Business has picked up since Covid. Work continues with vendor

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Tienen entre 25-65 años o tienen hijos que califican.



OUAD CITY

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HEALTH Our family, here for yours

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

Corrections

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

to transfer data to the new computer system - may need to change 'going-live' date.

• Public Works: Cattleguard franchise application approval. Opening two bids for Twisp River Road Bridge repair.

Tuesday, May 9, afternoon

- · Engineering firm proposed identifying segments of the Justice Center project before budgeting, starting with an analysis of existing facilities.
- In a review of May 2 proceedings Commissioner Branch asked to include his comment on widely differing bids for Oroville's new housing project; with EMS vouchers. Branch said he dreams of less-cumbersome protocol.
- Text from Sheriff's office asked for a full performance report plus a \$500 fee when sheriff's staff is summoned to the city of Twisp; further discussion needed.
- Surplus vehicles will soon be auctioned.

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Call Quad City Herald at 689-2507

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organization

Out of State (yearly)

Community

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff's Office

May 12 14:12 Theft, 21318 US Hwy. 97,

- Orondo 15:34 911-call, 13459 US Hwy.
- 97, Beebe Bridge area 16:15 CPS/ APS Referral, SR
- 173 and Richards Ave., Bridgeport
- 17:06 911-call, 310 S. Monroe St., Waterville
- 17:29 Burglary, 855 Fairview Ave., Bridgeport
- 20:14 Traffic Offense, 1800 block Cullen Ave., Bridgeport

May 13

- 07:50 911-call, 1813 Raymond Ave., Bridgeport 10:27 Suicide Threat, 4 Rainbow
- Ln., Orondo 12:44 Disturbance, 700 Fairview
- Ave., Bridgeport
- 17:23 Runaway, 103 Sagebrush Rd., Waterville
- 17:46 Vehicle Theft, 701 Rd. 8 NW, Waterville
- 19:32 Traffic Offense, SR 17 MP 129, Bridgeport

May 14

- 05:02 Noise Complaint, 1336 Foster Ave., Bridgeport
- 20:15 Domestic Disturbance. 101 E. Entiat Dr., Orondo
- 23:28 Domestic Disturbance, 3 Richards Ave., Bridgeport

May 15

- 10:46 Harassment/ Threat, 200 E. Birch St., Waterville
- 11:33 Animal Problem, 13 Church Rd., Bridgeport
- 12:28 CPS/ APS Referral, 39 E. 1st Ave., Mansfield
- 14:50 Trespassing, 100 Orondo School Rd., Orondo
- 22:50 Suspicious Circumstance, 800 E. Locust St., Waterville

May 16

- 11:36 Agency Assist, 401 W. Ash St., Waterville
- 11:46 Trespassing, 102 S. Chelan Ave., Waterville
- 11:53 Harassment/ Threat, 217 S. Jefferson St., Waterville
- 15:54 Missing Person, 700 Fair-
- view Ave., Bridgeport 20:09 Disturbance, 10 block Spring Canyon Rd., Orondo
- 22:07 Missing Person, 513 E. Ash St., Waterville

May 17

- 05:45 Alarm, 268 Vineyard Dr., Orondo
- 07:41 Harassment/ Threat, 929 Maple St., Bridgeport
- 11:24 Welfare Check, 407 N. Adams St., Waterville

May 18

- 10:08 Assault, 1313 Jefferson Ave., Bridgeport
- 14:12 Attempt to Locate/ Contact, Bridgeport
- 5:51 Harassment/ Threat, 407

May 13

- 13:49 An intoxicated female subject was reported inside, yelling at the Exxon on Hwy. 97 in Brewster.
- 18:32 A domestic dispute was reported on Michel Rd. in Brewster when a caller's family member was drinking and being very aggressive.

May 14

- 09:20 A custodial call was reported on S. 7th St. in Brewster.
- 21:30 Two stray dogs were reported running on Hwy. 97 and N. Bridge St., they were described as a white shepard and a pit bull, both with collars.
- 23:31 An agency assist was requested on Richards Ave. in Bridgeport for a custodial interference.

May 15

- 00:36 A patient transfer was requested for a male subject on the side of Hwy. 97 in Pateros, advised he needed EMS, possibly a mental health issue.
- 13:05 Malicious mischief was reported on W. Cliff Ave. in Brewster.

May 16

- 03:44 An agency assist was requested for an unoccupied blocking vehicle on Hwy. 97 in Brewster, there were tools on the floor and the driver's seat, the ignition was punched out, reported as possibly stolen.
- 08:48 A domestic dispute was reported on S. Bridge St. in Brewster when a caller could hear a male screaming at a female subject next door and advised the male was hitting her.
- 11:24 An agency assist was requested on W. Bruce Ave. in Brewster.

May 17

- 04:40 A psychiatric patient was reported throwing things, kicking stuff out of the room at Three Rivers Hospital.
- 08:42 A panic alarm was activated but advised they were testing and there was no panic.
- 13:10 An information call was received from Hospital Way for a subject that escaped from Three Rivers Hospital.
- 15:59 A commercial panic alarm was triggered by workers onsite on S. Bridge St.
- 16:45 An assault was reported on Marthas Rd. in Brewster. 18:03 A citizen assist was re-

dress change on S. 3rd St. in Brewster.

16:22 Harassment was reported on W. Bruce Ave. in Brewster when a neighbor told a caller's little nephews something aggressively.

18:50 An agency assist was requested for a female subject being combative after being brought in on her collision.

Okanogan County Sheriff's Office

May 12

05:27 A one-vehicle collision on Brewster Airport Rd. and Hwv. 97 in Brewster left a blue car on its top and was non-blocking, injuries to the driver were unknown.

May 13

- 09:29 A juvenile problem was reported at Chevron in Pateros when a two-year-old boy was found wandering in the area westbound toward the highway.
- 17:43 An agency assist was requested on Hwy. 17 in Brewster when one subject was attacked by a bulldog. 18:32 A caller reported their
- brother drinking and being very aggressive on Michel Rd. in Brewster.
- 22:17 A noise complaint was received from Indian Can Canyon Rd. in Brewster.

May 14

- 08:42 An agency assist was requested from State Patrol on a traffic stop on Hwy. 97 in Pateros for a possible order violation.
- 11:57 An order violation was reported on Lakeshore Dr. in Pateros when a male subject attempted to send their son a friend request.
- 16:33 Property damage was reported on North Star Rd. when a big rock broke a window after driving over sand on the road with no sign.

May 15

06:57 An order violation was reported on Crandall Rd. in Brewster when a caller's ex-husband was caught on surveillance cameras making contact with them.

May 16

- 09:40 A 911-call was reported on Cameron Lake Rd. in Brewster
- 11:59 A two-vehicle non0injury collision was reported on Old Hwy. 97 in Brewster.

May 17

No local reports.

SugarBee® Apple sponsors the 2023 Scripps National Spelling Bee



SUBMITTED BY JULIE DEJARNATT, SUGARBEE® APPLE

BREWSTER - SugarBee® Apple, a leading apple brand known for its exceptional honey-sweet flavor and unrivaled crispness, is proud to announce its sponsorship of the 2023 Scripps National Spelling Bee, a week-long televised event that celebrates both students and their educators.

On May 28, over 200 student finalists from across the nation will take the stage in the Washington, D.C. area to experience Bee Week and compete for the title of National Spelling Bee Champion. By inspiring the exploration of words, the Scripps National Spelling Bee illuminates pathways to lifelong curiosity, celebrates academic achievement and enriches communities.

The SugarBee® Apple growers proudly support The Bee's mission to help every child unlock their potential, and honor the commitment of more than 70,000 educators who continue to champion the Scripps National Spelling Bee program year after vear. "To all of the families and students who work hard each year to compete in local, state, and national competitions, we are proud of your continued drive to excel," says SugarBee® orchardist Cass Gebbers, one of the proud growers of the Sugar-Bee[®] apple.

"We are thrilled to be sponsoring the Scripps National

words and the importance of literacy. We are proud to support the Bee's educators and their devotion to inspiring every child to unlock their potential and strive to reach incredible goals."

"We believe in the power of

In addition to sponsoring the Scripps National Spelling Bee, SugarBee® Apple is also presenting the Scripps Educator of the Year award. This prestigious award recognizes teachers who have demonstrated exceptional dedication to their students and have made a significant impact on their education and personal development. The recipient is chosen based on their outstanding contributions to the field of education and their ability to inspire students to achieve academic excellence.

The 2023 Educator of the Year is Gina Calhoun. An 8th grade language arts and social studies teacher at Ashe County Middle School in Warrensville, North Carolina, Mrs. Calhoun is passionate about going above and beyond to celebrate her students' success.

"We are honored to present the Scripps Educator of the Year award to Mrs. Calhoun," said Julie DeJarnatt, Marketing Director of SugarBee® Apple. "Teachers play a crucial role in shaping the minds and futures of our children, and we want to recognize and celebrate their exceptional efforts in creating a positive learning environment. SugarBee[®] Apple growers

educators and their devotion to inspiring every child to discover their potential to innovate and create something magical."

Α3

The mission of Scripps to inspire wonderment and curiosity aligns with that one curious little bee who carried pollen from an unknown tree to a honeycrisp tree, where the SugarBee® apple was born. For more information, visit sugarbeeapple.com/ scripps-national-spelling-bee.

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About the Scripps National

Spelling Bee: The Scripps

National Spelling Bee is the

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gest-running educational

program, having launched

in 1925. The purpose of the

Scripps National Spelling Bee

is to help students improve

their spelling, increase their

vocabularies, learn concepts

and develop correct English

usage that will help them all

their lives. Visit spellingbee.

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about the Scripps National

Spelling Bee, which is ad-

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N. Greene St., Waterville 17:16 Agency Assist, SR 173 and Sage St., Bridgeport 20:08 Suspicious Circumstance, 121 Ponderosa Rd., Waterville 21:24 Traffic Offense, SR 173 MP 4, Bridgeport Bar

Brewster Sheriff's Department

May 12

15:20 A non-injury accident was reported on N. Bridge St. and E. Jay Ave., in Brewster.

Have a *Community* or Sports Story idea?

Contact Mike Maltais at 360-333-8483 or gchreporter@ gmail.com

Sunday Worship 9:30 a.m.

16:02 A citizen contact was requested regarding an ad-



To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruthk@lakechelanmirror.com

Neighbors & Bulletin Board



May 24, 26, 30-31 Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery

Center is now serving meals at Noon, at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: May 24: Taco Soup. Corn Chips, Mixed Greens Salad, Mandarin Oranges, Dessert; May 26: Supreme Style Pizza, Garden Salad, Waldorf Salad, Dessert; May 30: King Ranch Chicken Casserole, Fiesta Salad, Orange Quarters, Dessert; May 31: Pepper Steak over Rice, Caesar Salad, Cinnamon Pears, WW Roll, Dessert.

May 24-27, 22-27

Senior Center Thrift Store

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

May 24-25, 29-June 1 **Chelan Valley Hope** Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat CHELAN - May is Mental Health BREWSTER - The Senior

Awareness Month. Mental health can impact families, workplaces, and communities. By promoting positive well-being and building strong communities, we can help create a world where mental health is prioritized, de-stigmatized, and accessible to all. During this month, Chelan Valley Hope strives to educate the community about the importance of mental health and how it affects us all, especially how it affects our unhoused community. To learn more about Mental Health Awareness Month visit our website ChelanValleyHope.org/newupdates. You may also call or visit us Monday - Thursday 9 a.m. - 3 p.m. (closed Noon to 1 p.m.), and speak with one of our helpful volunteers. Whether you are looking to get help or give help, we are waiting for you.

May 25

Bingo

BREWSTER - Brewster American Legion Bingo every Thursday night at 6 p.m. Card sales start at 5 p.m. -Be early

May 26

BREWSTER - Dance lessons by Jen Phillips at the American Legion for Country Cha Cha Dancing. For Information to join, contact Jen to sign up or for more info at 509-679-2582. Next class is Friday, May 26, 6:30-8 p.m.

May 25 Bridgeport School **District board** meeting

BRIDGEPORT - The regularly scheduled Bridgeport School District Board Meeting in May has been changed to, May 25 at 6 p.m., in the Bridgeport Middle School Commons, located at 1300 Douglas Ave., Bridgeport. For more information 509-686-5656.

May 25

School retirees to meet

OMAK - Okanogan County School Retirees' Association will hold a general meeting at 10 a.m., Friday, May 26 at Community Presbyterian Church of Omak, 9 Birch St, S, Omak. Refreshments served at 9:45 a.m. For more information call Rita, 509-422-3532

May 27

Ceremony honoring John T. Lane

BREWSTER - Special Memorial ceremony for John T. Lane at the Locust Grove Cemetary Brewster, Saturday, May 27 at 9 a.m. PFC Lane was killed in Vietnam 55 years ago and was awarded the Distinguished Service Cross. There is a movement to upgrade that medal to the Medal of Honor.

June 7 **American Legion** Auxiliary to meet

BREWSTER - The American Legion Auxiliary #97 meets the first Wednesday of each month, a the American Legion Hall at 6 p.m.

June 7. 21

American Legion meetings

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

June 8, 15

Brewster bus trips BREWSTER - OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is June 8. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, June 15 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.

June 12

Okanogan County Fair Advisory Committee

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

June 12, 26

Okanogan County PUD meeting

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

June 12, 26

Douglas County PUD meetings

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office.

June 13

Survivors of Suicide Loss Support Group

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

June 14

Annual Memorial Service/Butterfly

release

OMAK - Enhabit home Health and Hospice will have its Annual Memorial Service

and Butterfly Release on Wednesday, June 14, 6 p.m., at Dalton Klessig Memorial Park. 1066 Senna Street. adjacent to Apple Springs Senior Living. Join them for a **Community Memorial Service** to honor those who have passed. There will be music. fellowship, and celebration of life.You may submit names of loved ones to be read during the Butterfly Release Ceremony, which will be followed by cake and refreshments. This is a free public event open to everyone, to share memories and pay respect to those who have gone before us. For more information: Deb Oriero, Volunteer Coordinator at 509-422-8621.

June 14

Brewster Chamber to meet

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

June 19

Family and friends Support Group

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

Vitalant Blood drive to be held June 22 at fire hall



Washington Trust, National **Park Service seeking teens** to attend free summer camp

Deadline for applications extended to May 31

SUBMITTED BY HUY PHAM. WASHINGTON TRUST FOR HISTORIC PRESERVATION

verse perspectives to historic and cultural preservation of the nation's most important places. Clara Moore, a high school sophomore from Mercer Island who attended last year's camp in Port Townsend at Fort Worden State Historical Park. emphasizes the

a grim purpose. They also ask difficult questions about how to reconcile the history of labor force especially with African American and Latinx communities of the past and present Tri-Cities, recognizing the impact of this history and finding solutions to current issues that impact the community around the site. The Youth Heritage Project is a free program for selected high school students (including incoming freshman to graduating seniors) and is managed through a partnership with the National Park Service, the Washington State Department of Archeology and Historic Preservation, the Department of Energy, Tribal Nations, and local community partners. The overnight camp is will run from July 18 to July 21 and the deadline for student applications has been extended to May 31. For more information, visit preservewa. org/yhp.

Courtesy Vitalant.org

Pateros - There will be a blood drive hosted by Vitalant on Thursday, June 22, 2-6 p.m. Donations will be done at the Pateros Fire Hall,191 Industrial Way, on Vitalant's mobile blood donation bus. Appointments can be made at donors.Vitalant.org or by calling 877-25-VITAL (84825).

qcherald.com

The Youth Heritage Project (YHP) has been organizing camps in state national parks, historic districts, and other locations since 2014. This year's camp will take place at the Manhattan Project National Historical Park, also known as Hanford Nuclear Site, where participants will not only learn about history but also engage with science. ethics, tribal relations, site cleanup, and environmental stewardship.

The Washington Trust for Historic Preservation, a statewide nonprofit organization, and the National Park Service have designed to promote collaboration and diimportance of collaboration between students and local organizations and is looking forward to participating in the Hanford camp. While the camp organizers acknowledge the devastating impact of plutonium production at the site on Hiroshima and Nagasaki, they believe it is crucial to understand and recognize the implications of American history, both domestically and overseas.

The Hanford Site was originally inhabited by multiple Tribal nations and communities, and the camp organizers ask students to reflect on how the land has been stewarded and used for such

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald: An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge Memorials are priced per column inch.

Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 682-2213 or 689-2507 for more information Or email ruthk@lakechelanmirror.com



Say Congratulations

to your favorite 2023 graduate with a personal message in the Special Keepsake Graduation Edition.

Publication dates: May 31 (QCH) - June 7 (LCM) Deadline: May 24 (QCH) May 31 (LCM)

Check here if a photo is to be used in your message. Please attach the photo to this form along with a self-addressed stamped envelope (if you want the photo returned). Photos will be mailed after June 10



Sports & Outdoors

THE WASHINGTON OUTDOOR REPORT



Waiting to blast off at MarDon Resort for the first day of the tournament.

Tournament Bass Fishing, Part Two

By John Kruse, The Washington Outdoor Report

Last week I wrote about the Pro-Am bass fishing tournament I participated in at Potholes Reservoir where I personally didn't catch many bass fishing with two pros over two days but I certainly learns a lot.

The experience prepared me well for the tournament that took place the next two days, May 6 and 7. This was the Limit Out Marine Big Bass Tournament, also at Potholes Reservoir and hosted by Mar-Don Resort. A total of 86 boats with one or two anglers in each one signed up to fish the event.

These tournaments are really fun. There are hourly weigh-ins and the biggest bass weighed in is worth \$550 to the angler or team that caught it. Meanwhile, the biggest bass caught during the weekend is worth \$7500 along with whatever hourly winnings the angler or team of anglers earned.

Two things I enjoy about Big Bass tournaments is that even a blind squirrel like me can

occasionally find a nut or in this case, a big fish. Second, I believe a big bass tournament is good for the sport because there is less mortality to the fish. During a typical bass tournament, you have five fish in your live well and may have them there all day. If you are fishing a stormy day and making a long run back to the weigh in site or are fishing on a hot day you run the risk of killing some of these fish, and the longer the fish are in your live well the worse it often is for the health of the fish

Courtesy John Kruse Rusty Johnston with a quality bass caught during the tournament.

you immediately catch and release the fish you catch if you don't think they are big enough to win an hourly weigh-in.

I fished the tournament with my best friend and longtime fishing partner Rusty Johnston. Like everyone else, we headed back into the sand dunes, looking for bass in the shallows on spawning beds or near them. We were lucky enough to find a spot nobody else was at and fished it all morning. We had a great day, catching fish after fish with wacky rigged Senkos, (a plastic work hooked in the middle with little to no weight).

The vast majority of the fish weighed two pounds but we also caught a three-pound bass and one that was close to three and a half pounds. This fish was just an ounce or two shy of being a winning fish the first morning when a 3.6and 3.7-pound bass both took home hourly cash winnings. By the end of the day, we had caught 25 to 30 bass and were confident about the next day. Unfortunately, the weather cooled overnight and the bite cooled as well for just about everybody fishing this tournament. We caught some fifteen bass the second day fishing

the same area and trying a couple of others as well. Unfortunately, the biggest bass we caught that Sunday was only a 2 $\frac{1}{2}$ pound fish.

As for the winners? That was Josh Lucas and Ryan Williams who both live in Pierce County. This was actually Williams first tournament fishing experience. Like me, he fished the Pro-Am and Big Bass tournaments as a co-angler. The two won two hourly prizes over two days. On day one they weighed in a bass under four pounds to win and the second day they got the big one next to a flooded tree where Josh had caught big bass in the past. When Lucas cast his Senko next to the tree, it was grabbed by a 6.15-pound largemouth bass and that fish earned the two a total paycheck of \$8600.

If you want to fish next year's event or find out more about tournament bass fishing at Potholes Reservoir, contact Russ Baker at Limit Out Performance Marine in Spokane Valley or just go to his tournament series website at www. bigbasstrail.com. John Kruse – www.northwesternoutdoors.com and www.americaoutdoorsradio. com

Possible Toutle Lake rematch

Bears advance to state baseball Final Four



Bears first baseman Grant Baker fields a Crusaders hit and fires the ball to second base for a force-out.



In a big bass tournament

though, you generally have the fish in the live well for an hour or less before weighing it in and releasing it. This is much better way to reduce mortality. The other nice thing about a big bass tournament is that A return throw from second base arrives in time to put the batter out at first base for a double play early in the game.

By Mike Maltais Staff writer

BREWSTER – The Bears varsity baseball team swept aside its final obstacle standing in the way of a return trip to the State Final Four championships at home last Saturday, May 20. Brewster defeated Northwest Christian (Colbert), 8-2, and will be in Ephrata next weekend to see if they can do again.

The Bears hosted the Re-

gional playoff that began with a playoff game between eightplace seed Northwest Christian and ninth seed Ilwaco to see which team would survive to meet Brewster. The Crusaders handed the Pacific Coast Fishermen a 2-0 loss to move on.

Under 90-plus degree heat the Bears and Crusaders traded runs and were tied, 1-1. Brewster added two for a 3-1 lead and NWC scored another to close within 3-2. In the sixth inning Brewster put the game away with five more runs for an 8-2 final.

The Bears will face Tri-Cities Prep at 7 p.m., Friday, May 26, in Johnson-O'Brien Stadium at Ephrata. The other finalists are Adna and Toutle Lake raising the possibility that Brewster might face the Ducks in a rematch for the title.

Last year Brewster came from six runs down in a remarkable final inning recovery to defeat Toutle Lake, 7-6, for the championship.

Douglas PUD lowers Wells Reservoir to scour Methow sediment

By Mike Maltais Staff writer

PATEROS – Buildup of sediment at the mouth of the Methow River drew special attention from the Public Utility District No.1 of Douglas County last week. On Sunday, May 14, the PUD began lowering the Wells Reservoir by eight feet from its normal operating level of 780 feet above sea level. Combined with runoff forecasts the swifter moving water will accelerate removal of the silt.

"In order to effectively remove sediment from the mouth of the Methow River, there needs to be sustained high flows which are forecasted to occur May 15-20," said a PUD media release. "By lowering the Wells Reservoir, the rock jetties installed on the left bank of the Methow River will be exposed and channel the fast-moving water to scour out the accumulated sediment."

The sediment removal will benefit recreation and improve navigation on the lower Methow.

At the same time the lower reservoir levels provide an ideal time for dock maintenance and repair of irrigation equipment that are exposed



Mike Maltais/QCH

Columbia River carp, some dead and others trapped by the receding water levels, wait for the return of normal conditions.

in the dry shoreline margins.

The PUD advised that Cassimer Bar trails and shoreline at the mouth of the Okanogan River are closed during the drawdown and will be patrolled to prevent illegal activities such as artifact collecting and off-road vehicle operation on the exposed shoreline. The lower water level at Cassimer Bar stranded a number of Columbia River carp that swim up one of the channels spanned by a footbridge. Reservoir levels should have begiun rising after May 20.

PUD public information officer Meaghan Vibbert is available to address questions from the public at 509-881-2221.

Brewster softball stops Oroville, 12-3, to advance to state

BREWSTER – Following an extra-inning, 5-4, loss to Okanogan on May 16, the Bears varsity softball team clinched second in District 6 a final berth at the state cham-

pionships with a 12-3 win over Oroville last Friday, May 19.

The Hornets opened the first inning with two runs, but Brewster answered with five when they came to the plate. That early lead set the tempo for the remainder of the game.

It's on to Yakima for the first round of state competition starting at 10 a.m., Friday, May 26.

Grand Coulee Dam laser light show begins May 26

By Mike Maltais Staff writer

GRAND COULEE – The Bureau of Reclamation will begin operations of the "One River, Many Voices" laser light show and the John W. Keys III Pump-Generating Plant public tours on May 26.

The light show will run nightly at 10 p.m. through July 31. Beginning August 1, the show will start at 9:30 p.m., and from Sept. 1–30, it will begin at 8:30 p.m. Tickets are not required to enjoy the light show.

Public tours at the John W. Keys III Pump-Generating Plant will be available on a first-come, first-served basis at 10 a.m., noon, 2 p.m. and 3:30 p.m. PDT, running approximately one hour. Availability is limited and subject to change. Tours can be canceled without notice. Please call 509-633-9265 for accessible accommodations. For additional tour guidelines, visit usbr.gov/pn/grandcoulee/ visit/tour.html.

Admission is free to watch the laser light show and to join a public tour. The Grand Coulee Dam Visitor Center remains open daily from 9 a.m.–5 p.m. free of charge.



Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

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B2

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Commercial

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Commercial Large Baumfolder Model 1320F.3.P.3 paper folding machine. Worth over \$8000. Selling for \$5000. or MAKE OFFER! Call 509-548-5286 See photos on NCWMARKET.COM

Employment

Help Wanted

Part-time receptionist computer with skills. Flexible hours. Spa benefits. Pay DOE. Send or drop by resumes at: Chelan Valley Skin Care, 131 S. Apple Blossom Drive, #107, Chelan, WA 98816.

Bus Driver/Operator -**Full Time** Organization: **Okanogan County Transit Authority** (TranGO) **TranGO IS HIRING** DRIVERS; Full-time (36+ hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 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.co m 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@okanogantran sit.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 Equal



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Read it your way ... Print or Online 509-293-6780 www.qcherald.com

Help Wanted

Liberty Orchards Company, Inc. Seeks two Program Managers in Cashmere, WA. to be responsible for scale up of new products from bench top to the manufacturing floor. This position works closely with cross- functional areas within the organization to ensure that all parties understand pertinent requirements as well as ensuring compliance to product and process specifications is maintained. This role is also responsible for improving all aspects of the quality manufacturing process of confectionary products in the manufacturing plant. REQ: 5 years of experience in the job offered or Project Management plus 5 years of experience with product creation; identifying and selecting suitable equipment, equipment suppliers, and communicating with cross functional teams; assessing promotion of products within the market; and providing organization for the manufacturing of products. Requires less than 20% travel outside of normal commuting distance. Offered annual salary 69,930 - 75,000. Mail CV to Human Resources, 1 Walnut Street, Perth Amboy, NJ 08861. Reference Job

Help Wanted

The City of Chelan's **Public Works** Department is accepting applications for the Operations Manager Position. The annual salary range for this position depending on experience is \$83,268 to \$101,220. Application materials and a summary of benefits are located on the City's website: https://cityofchelan.us/Jo bs.aspx. Benefits include medical, dental, and vision insurance in addition to paid vacation, holidays, and sick leave. Please submit a complete application including a resume and cover letter through the City's website. First review of applications will be Wednesday May 31, 2023. The position will remain open until filled. The City of Chelan is accepting applications

for the position of Utility Worker. The monthly pay range for this position depending on experience is \$4,677 - \$5,685. Application materials and a summary of benefits are located on the City's website: https://cityofchelan.us/Jo bs.aspx. Benefits include medical. dental. and vision insurance in addition to paid vacation, holidays, and sick leave. First review of applications will be

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Deadline Noon on Friday for the next week's papers

Help Wanted

Looking for a great local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site. Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213

or email mirrorads @lakechelanmirror.com OR Leavenworth Echo **Cashmere Record** 509-548-5286 or send email to classifieds@leavenworth

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

echo.com

School District is seeking qualified applicants for the following position:

Substitute Bus Drivers

Starting wage \$22.68. Paid training including CDL License and CDL physical. Contact Cascade Transportation Director, Lori Duncan, at (509) 548-6039.

Brewster School District is Hiring! HS Art Teacher HS Special Education Teacher HS Math **HS** Spanish Applications may be

obtained on the district website. www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.



Code LO-PM-10042022.

Douglas PUD has an opening for: **On-Call Seasonal Fish** Counter, Details at www.douglaspud.org<htt p://www.douglaspud.org



Have you thought about NCWMarket.com the best online promotion available

Wednesday June 2, 2023. The position will remain open until filled.

Work Wanted

Asphalt Installation and Maintenance MP

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See photos on NCWMARKET.COM

Pets



Tri-Colored English <C 10 Springer Spaniels, weeks old, vet checked, shots, dewormed, 1st Black white tri (tan). 2 females left, ready to go, need room to run. \$1200.00 Rick 509-679-9492

Real Estate

Rentals

House For Rent Downtown Chelan \$1,500 monthly 2 bd 1ba W/D in unit 6 mo lease No pets No Smoking on premises We screen all applicants App Fee \$47 509-679-7647

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of LYNDA T. PHEASANT, Deceased. No. 23-4-00090-04 **PROBATE NOTICE TO** CREDITORS RCW 11.40.030

The personal representative environmental named below has been appointed mitigated. as personal representative of this This DNS is issued under estate. aim against the decedent must,

Public Notices City of Pateros STATE ENVIRONMENTAL POLICY ACT Determination of Non-Significance Date: May 3, 2023

Lead agency: City of Pateros Agency Contact: Kerri Wilson Agency File Number: Rock Garden Holdings Rock Garden Holdings has proposed а mixed-use commercial and residential project composed of two buildings. Building A will be constructed first and has three commercial units at the ground level and three residential units above that are accessed by a private staircase from an opening at one side of the adjacent commercial space. Building B will be constructed second and will have commercial units at the ground level and four residential units

above. They will be access in the same way as commercial Building A. The spaces will be "white box" spaces, designed out to be a blank canvas for small businesses to rent them. The types of offices that will likely be in this space will be

businesses such as lawyers/real estate offices, small retail, hair dressers/nail salon etc. As for the site as a whole, there will be a

parking lot at the plan view north side of the site dedicated to the building's multiple uses. There will be a public pedestrian path from the sidewalk down to the City of public Pateros's pedestrian promenade. The buildings orient to face the river and will have large glazed portions at the river facing side to maximize the views. The sizes of each building are broken down below: Building A:

Total Square Footage: 7,536 SF Ground Level Commercial SF: 3,551 SF (1,184 SF per unit) First Level Residential SF: 3,985 SF (1.328 SF per unit) Building B:

Total Square Footage: 9,741 SF Ground Level Commercial SF: 4,574 SF (1,184 SF per unit) First Level Residential SF: 5,167 SF (1,328 SF per unit) Site: Total Site Size: 0.600 Acres {26,200 SF)

Zoning: Central Business District Building Coverage on Site: 35% Impervious Surface Coverage on Site: 94% (100% Allowable) The City 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(2)(c). A copy of the Environmental Checklist and draft plan are available for review at Pateros City Hall.

This determination is based on following findings the and conclusions All

potential significant impacts are

Any person having a WAC 197-11-340(2) and the

May is National Osteoporosis **Awareness and Prevention Month**

May reminds me of my mother, and not just because of Mother's Day. May is National Osteoporosis Awareness and Prevention Month. During the last 10 years of her life, my mother suffered significant disability from complications of osteoporosis.

People with low bone density have bones that are more likely to break. Nearly 54 million Americans have low bone mass, according to the National Osteoporosis Foundation (NOF), a health organization dedicated to preventing osteoporosis and broken bones through awareness, education, and

This silent but devastating disease affects women more than men. Women have a 50% chance of suffering a hip, spine, or wrist fracture during their lifetime, while nearly 30% of men will also experience a broken bone related to low bone mass. If you are female, the likelihood of breaking a bone from osteoporosis is equal to your risk of having breast,

tures aren't just painful; they can be deadly. One in four women and one in three men will die within one year of experiencing a

wrist when she was 74, tripping on a curb while trving to catch a bus in downtown Seattle. Four years later, she broke her left hip when getting out of bed in the middle of the night.

She walked on it for 2



her to see a doctor. By then, the bone edges had slipped out of place, leaving her with one leg an inch shorter than the other for the last 10 years of her life.

Although its complications appear in old age, osteoporosis can start in childhood. The thinner your bones are when young, the more likely you'll experience a fracture later.

We build nearly 90 percent of our peak bone mass before turning 20. In middle age, that process begins to reverse. Women lose 1% of their bone mass yearly, doubling to 2% per year during the first few years of menopause.

Last year I turned 65 and had my first bone density scan. It showed I had already lost bone density. If this bone loss continues at the same rate, I will eventually lose enough bone to put me at risk of hip, spine, or other fractures.

To counteract that, I have faithfully eaten 50 grams of dried plums daily. At a visit with my family doctor last week, I described my five dried plums a day regimen. He told me he had never heard of dried plums for bone health.

"The evidence for plums is remarkably compelling," I told him. "Eating 50 grams of dried plums daily stops bone loss in men and postmenopausal women."

Earlier research proved that 100 grams daily of dried



plums stopped the process of losing bone mass in postmenopausal women. That sounds great until you realize 100 grams represents 10-12 dried plums Every day. Yikes!

Recent studies, like the Prune Study, have proven that 50 grams of dried plum are as effective in preserving bone mass as 100 grams daily.

For more information about bone health, check out the National Osteoporosis Foundation website at www.nof.org.

Here are 4 Tips to Keep Your Bones Strong:

1. Eat 50 grams of dried plums (prunes) daily.

Eating dried plums daily supports bone mass in both men and postmenopausal women by changing the balance of bone remodeling to favor keeping more bone cells.

Since dried plums can have a laxative effect, I suggest starting with 2 plums daily. Increase the amount by 2 dried plums weekly until you get to 5 large or 6 small dried plums daily. I have found the size of dried plums can vary, so whenever I start a fresh bag, I use my kitchen scale to measure out 50 grams. My favorite dried plums are the ones carried by Costco.

2. Do weight-bearing activities.

Walking, cycling, dancing, and gardening are activities that keep your bones strong.

Exercises like tai chi and strength training like bodyweight exercises and lifting weights strengthen your thigh muscles. It improves your balance, which helps prevent falls.

3. Don't smoke. If you do, quit.

Smoking cigarettes accelerates bone loss. My mother smoked for 68 years, starting at age 18. Stopping smoking could have helped her avoid the fractures which plagued her later years.

4. Track your bone density.

My mother had no idea how thin her bones were until she fell and broke her wrist. Earlier intervention could have prevented her hip fracture and subsequent disability. Talk to your doctor about your bone health.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-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. ©2023 Louise Achey





saying, "All human beings have three lives, public, private and secret." In our modern world of the Internet search engines and DNA testing,

research.

uterine, or ovarian cancer.

Osteoporosis-related frac-

My mother broke her left

weeks before the pain drove

broken hip.

before the time the claim would on May 30, 2023. Comments be barred by any otherwise and/or appeals must be made ir applicable statute of limitations, writing to present the claim in the manner Kerri Wilson, City Clerk, as provided in RCW 11.40.070 by City of Pateros, serving on or mailing to the P.O. Box 8, personal representative or the Pateros. WA 98846. personal representative's attorney 509 923 2571 at the address stated below a Published in the Quad City Herald May copy of the claim and filing the 17, 24, 2023. #5736 original of the claim with the Court in which the probate proceedings were commenced. 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 RCW provided under (2) four 11.40.020(1)(c); or 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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: May 10, 2023 Personal Representative: Jack C. Pheasant Attorney for the Personal Representative: David J. Bentsen Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00090-04 JACK C. PHEASANT Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP Bv: DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Quad City Herald May 10, 17, 24, 2023. #5722

comment/appeal period will end



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keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo/Record office, call for details, 509-548-5286.

Regional

Individuals who overdose on opioids mixed with xylazine cannot be revived with naloxone

SUBMITTED CHELAN DOUGLAS HEALTH DISTRICT, OKANOGAN COUNTY PUBLIC HEALTH DIS-TRICT, GRANT HEALTH DISTRICT AND KITTITAS COUNTY PUBLIC HEALTH DEPT.

EAST WENATCHEE -

Health agencies across the United States are reporting an increase of Xylazine detected in overdose deaths and in seized illicit drug supplies. Regional Local Health Jurisdictions (LHJs) warn the general public about Xylazine risk in opioid use.

Xylazine, also known as tranq, tranq dope, sleepcut and zombie drug, is a

synthetic tranquilizer approved by the Federal Drug Administration (FDA) for use in veterinary medicine. Xylazine causes sedation and is often mixed with fentanyl and other illicit drugs to prolong or strengthen the high or euphoric effect of those drugs. Individuals who overdose on opioids mixed with xylazine cannot be revived with naloxone, an emergency treatment that helps reverse an overdose from opioids. Because there is no medical treatment that counteracts a Xylazine overdose, deaths associated with Xylazine are on

the rise. Xylazine also causes tissue necrosis (premature cell death) or rotting skin when injected, later resulting in the need for life-saving amputation of fingers, arms and legs.

LHJs are actively monitoring local drug overdose reports with regional and state epidemiologists, to follow trends and the anticipated rise in overdose deaths that will come as Xylazine spreads through ongoing drug supplies. Currently, there are few available tests to determine if an individual has been exposed to Xylazine or if a drug was laced with Xylazine. As with past trends in drug overdoses, our only way of detecting the appearance of a new drug is a change in the pattern of overdoses and deaths.

As we anticipate an increase in Xylazine-containing drugs throughout North Central Washington, the general public should spread awareness of the severity of Xylazine and the importance of avoiding the use of illicit drugs and seeking care for substance use disorders. Individuals experiencing any substance use disorder should be aware that street drugs will likely contain Xylazine if they do not already.

Treatment for opioid use disorder and recovery services offered throughout North Central Washington are available and are safer alternatives than using drugs that might be laced with Xylazine.

The epidemic of substance use disorders are becoming more complex and more deadly. Our friends, family members, neighbors and community members are likely to be affected and may be in need of help for themselves or their loved ones. The best public health interventions are those focused on prevention of disease and promotion of health. LHJs recognize that substance use disorders often result from injury, dependence on well-intentioned prescription pain medications, behavioral health needs and difficulty in accessing resources for wellness and healthy living. LHJs will continue to participate in, and encourage community collaboration in making North Central Washington a healthy and thriving place to live.

Wenatchee Valley Veterans Hall holds open house

By Lindsay Timmermans Staff writer

WENATCHEE - The honored veterans of the Wenatchee Valley Veterans Hall invited the community to their Open House May 19-21 in their new building at 1206 N. Wenatchee Ave., the former banquet room in the Fraternal Order of the Eagles in Wenatchee. The local veteran organizers have pounded the pavement since 2020, receiving countless donations of time and effort, in-kind donations of building materials, luxurious kitchen top slabs and new carpet in the 3,000 square foot space. There were also donations of carpentry skill, including the Honor Board taking up the full west wall, housing plaquettes of donor names, officers, and honorees like The Bunker, another local veterans group, giving them their second donation.

This was an opportunity for the community to see the new Wenatchee Valley Veterans Hall made possible by City of Wenatchee Mayor Frank Kuntz who leased the Hall for the benefits of the veterans in the area, and for community members, and veterans who donated time, services, and financial support.

"We hope people come to



Lindsay Timmermans/Staff

CLOCKWISE FROM ABOVE: Veterans mingle with community members in their new space. The Open House fleet parked outside the Vet Hall welcoming community members. The Thomas Biddle Foundation is a local nonprofit opened based on the need for scholarships and funding for children and dependents of fallen military soldiers to suicide. The Open House fleet parked outside the Vet Hall welcoming community members. The Honor Wall Board hangs to pay respect to the generosity of many. Banners of fallen soldiers line every wall, with the colors flags of every branch of the military.







visit and see the legacy they helped build at the Vet Hall." said Bob Ashford a Board Member.

Banner flags of fallen soldiers donated by the Wenatchee Downtown Association line the hall leading in and proudly surrounding the space with local faces of patriotism. Respectfully hung by the local Thomas A Biddle Foundation, are two flags around the banner of Thomas "Allen" Biddle, a fallen active-duty military soldier fallen to suicide. The Blue Star flag was presented to mothers of active-duty military soldiers and the Gold Star with blue outline flag was given to mothers of fallen military soldiers in active-duty.

The Vet Hall is a place for veterans to gather, a location for veterans to use, and



is a resource for connecting veterans with additional veteran service organizations in the community.

"The most rewarding part of this is seeing vets helping other vets." said Army vet George Turner, crediting help from Douglas County Veterans Service Officer and Air Force veteran Sarah Simonson.

The Vet Hall is also home to a certified DAV Service Officer, Marine and Army vet Ron Bruno, who supports local veterans with disability claims and enrolling veterans in benefits, and he is there on Tuesday mornings and by contacting 509-679-2359 or ron.bruno@ frontier.com. Hall was proudly "built by veterans for veterans" and is here to support the greater region of North Central Washington. The Wenatchee Valley Veterans Hall is a 501(c)(3) tax deductible corporation and the facility is available for meetings at no cost for veterans or to the community via a veteran by donations which are saved to use for future maintenance. It can accommodate 250 people and they even have the chairs and tables on site. For more information visit www.facebook.com/WenVallevVetsHall or they welcome vets weekly at the Vet Hall on Tuesday mornings for coffee and camaraderie from 8-11 a.m.

The Wenatchee Valley Vet

