

MAY 17, 2023 • VOLUME 121, NO. 20

SERVING THE QUAD CITY AREA SINCE 1901

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# Paying her respects to an upperclassman



Mike Maltais/QCH

Brewster sophomore Isabella Tolen signs the senior poster for Perla Pamatz at last Wednesday's BCW2B League Championship track meet at Brewster. See more high school sports on page B1.

# Dancing horses hoof it to the beat



# John Timothy "Tim" Lane to be honored May 27

Lance Corporal Marvin Galbraith remembered

BY MIKE MALTAIS STAFF WRITER

**BREWSTER - Army PFC** John Timothy "Tim" Lane, 20, was killed in action in Vietnam 55 years ago on May 4, 1968.

Lane was stationed in Hua Nghia Province when he and three other men in a night defensive position came under attack from an enemy force infiltrating his unit perimeter.

During the fierce fire fight, an enemy soldier threw a hand grenade which exploded in the hole where the soldiers were located. With complete disregard for his own safety, Lane covered the explosion with his own body.

At the time of his death,

Lane was a member of the 9th Infantry, 25h Infantry Division. For his actions Lane was posthumously awarded the **Distinguished Service Cross** (DSC).

Columbia Post 97 of the **Brewster American Legion** Post recently became aware of PFC Lanes' sacrifice when a movement started by one of his army buddies, Jim Martin, sought to upgrade his DSC to the Congressional Medal of Honor (CMOH).

The Brewster American Legion will participate in a special ceremony honoring Lane at 9 a.m., Saturday, May 27. at Locust Grove Cemetery. Many dignitaries will attend including Congressman Dan



Courtesy findagrave.com John Timothy "Tim" Lane.

Newhouse, military personnel from the 25th infantry from Ft. Carson Colorado, the Brewster American Legion honor guard, local government officials, family, and friends.

Lane was a 1966 Brewster high school graduate. Following graduation, he worked briefly for Crane and Crane Custom Orchards.

PFC Lane was survived by his parents, Mr. and Mrs. John S. Lane, two sisters, Trecia Lane Johnson, and Jo Ella Lane (now Crossland), and his grandparents, Mr. and Mrs. John B. Stewart, La Habra, California.

Lane was the second Brewster casualty of the Vietnam conflict. Marine Lance Corporal Marvin Galbraith was killed six weeks before Lane. Lance Corporal Galbraith will also be mentioned and honored at the ceremony.

#### New extreme heat rules added

## **Okanogan PUD applies for Carlton broadband grant**

BY MIKE MALTAIS STAFF WRITER

OKANOGAN - The Okanogan County PUD commissioners discussed topics ranging from a broadband grant opportunity for Carlton and legislative updates to a national safety award and construction projects.

- Commissioners authorized staff to apply for \$5 million in funding from the USDA's Community Connect grant program to bring direct fiber to the home for the Carlton area. If the grant is awarded, it would require about \$750,000 total in matching funds from the PUD over several years.
- » Utility wildfire mitigation bill – requires utilities to create and share wildfire mitigation plans with the state Department of Natural Resources.
- Resource adequacy bill – requires the state to study the likelihood of insufficient power supply in years to come, especially considering the current push toward electrification and the shuttering of non-renewable energy sources.
- » Extreme heat moratorium bill - allows customers behind on bills to request not to be disconnected during periods of extreme heat, as determined by National Weather Service reports. Commissioners congratulated PUD staff on an Hon-

orable Mention Award for safety from the American Public Power Association. The program compares similarly sized electric utilities and their safety records over the past year.

- Customer Service Supervisor Mindy Morris reported that from October to April, more than 1,000 customers had utilized in excess of \$466,000 in payment assistance. Partner agency Okanogan County **Community Action Coun**cil is now operating on a full 12-month funding cycle and currently has assistance available for those in need.
- Engineering Manager

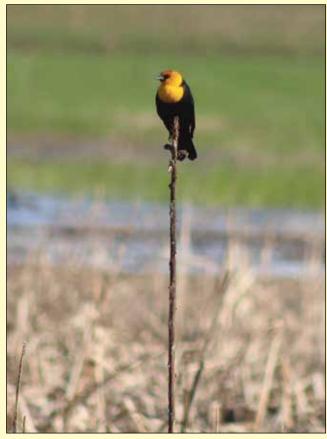
erside and would soon be working on Aeneas Valley replacing aging infrastructure.

 Chief Engineer Dan Simpson reported that Bonneville Power Administration (BPA) is working on two sections of their transmission lines that they identified as "high risk" for wildfire. If the area of the lines were to get a red flag warning and predicted wind speeds of 30-plus mph, BPA could choose to disconnect power. Although that would not likely affect the PUD because of its redundancy, it could have some local impacts if other issues oc-

Mike Maltais/QCH

Dancing horses step to the live music from the band in the background on Main Street during the Mother's Day/ Cinco de Mayo celebration in downtown Brewster last Saturday, May 13.

## Stalking bird



Mike Maltais/QCH This yellow-headed blackbird claims the prime roosting spot in the marsh perched atop a dried cattail stalk.

· Legislative consultant Jason Herbert of Energy Northwest shared some highlights and challenges from the 2023 legislative session. Among the bills discussed:

Allen Allie shared that the Tonasket substation rebuild would get power transformers soon. Also, contract crew Olympic Electric was working on Pharr Road outside Riv-

curred at the same time. BPA's planned maintenance on the lines could remove them from the high-risk list, but exact dates for that maintenance are unknown.

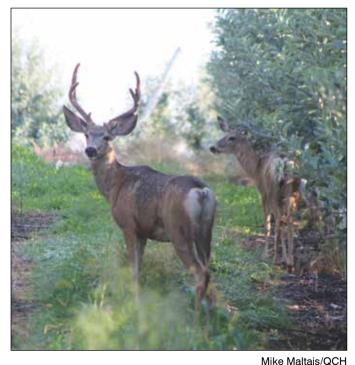
# WDFW will discuss deer herd health May 22

MIKE MALTAIS STAFF WRITER

TWISP - How do you think the deer fared last winter? Road kills on both old and new Highway 97 were a toocommon sight as the herds navigated both highways and heavy snow.

The Washington Department of Fish and Wildlife (WDFW) would like to hear public comments about how local deer emerged from the snows, so it is holding a public meeting from 6:30-7:30 p.m., Monday, May 22 at the Twisp Valley Grange, 344 W. Second Avenue in Twisp.

The early winter with its high snow load raised concerns from area residents that local mule deer populations could be negatively affected by the harsh conditions. Members of the public called on WDFW to initiate an emergency feeding program. Department staff periodically evaluated conditions and monitored radio-collared



This young mule deer buck, still in August velvet was looking at a tough winter ahead.

does over the winter to assess herd health.

Now, with winter over, the Department wants to meet

**INSIDE THIS WEEK** 

with the public to discuss this winter's impact on deer and winter feeding in general. "We kept a close eye on the situation over the entire winter," said Region 2 (North Central) Director Brock Hoenes. "But emergency feeding of wildlife is never ideal. In the end, conditions weren't as bad as anticipated for an extended amount of time, but we want to address the concern for future years."

Information provided by tracking collars on mule deer wintering in the area shows that adult deer were not highly affected by winter conditions. In addition to presenting this information at the meeting, staff will discuss deer biology and adaptations to survive without the help of humans, lessons learned from historical feeding programs, and the many ways feeding programs can do more harm than good.

The WDFW works to preserve, protect, and perpetuate fish, wildlife and ecosystems while providing sustainable fish and wildlife recreational and commercial opportunities.

Community	A1-A4, B1, B2	Regional News	B4	PO	
School		0		Ch	
Bulletin Board	A4	Classfied Index		988	
Obituaries/Death Notices	A4	Classifieds, Puzzles	B2-B3	900	
Sports/Outdoors	B1	Public Notices	B2-B3	www.q	
Health	B3	Puzzles	B3	•	



#### Box 1922 helan, WA 816-1922 cherald.com

### School & Community

#### QUAD CITY HERALD • MAY 17, 2023

# STCU awards \$20,000 in classroom grants

SUBMITTED BY DAN HANSEN, STCU

BREWSTER/BRIDGEPORT - Teachers in the Columbia Basin and North Central Washington are among those receiving \$200 for their classrooms.

STCU, which was founded by high school teachers in 1934, is again honoring its roots by awarding a total of \$20,000 to 100 randomly drawn educators. Winners can spend their grants on anything that will enhance students' classroom experience, whether a basic need or something special.

District

- Justin Thompson, Lake Roosevelt Jr./Sr. High School
- Moses Lake School District Stacey Clark, Moses Lake School District
- **Okanogan School District** · Heather Downey and
- Kathy Bryson, Okanogan Middle School **Omak School District**
- · Catherine McGeorge and May Riggan, Omak High School

#### **Othello School District**

Michael Flores and Skylar Van Winkle, McFarland Middle School

The online drawing was

open to teachers, counselors, and other classroom-based positions at public and private districts served by Washington ESDs 101, 123 and 171, or in the eight northernmost counties of Idaho. 2023 marks the tenth year that STCU has offered the grants, which received an inflationary bump from \$150 to \$200 in 2022.

About STCU

Founded by educators in 1934, STCU has more than 270,000 members from all walks of life. The credit union has 38 branch locations in Washington and North Idaho, and will break ground this year on its 39th, in Moses Lake.

# Local graduates named to Community Colleges of Spokane honor rolls

SPOKANE - Community Colleges of Spokane announced that seven recent graduates of Brewster, Pateros. and Bridgeport high schools have made the 2023 winter quarter honor rolls.

Jacqueline Garcia-Corrales, Duvan Martinez, Britany Perez, and Sarahi Tinoco all of Brewster are among 1,358 students at Spokane Community College (SCC) who maintained a grade point average of 3.0 or above to be listed on the

honor roll.

SCC serves more than 15.000 students and is known for its programs in career and technical training as well as its apprenticeship programs, but it also offers associates degrees including those that are transfer-ready for those going into universities.

Local winners, who were

Katie Walsh, Coulee City

notified recently, are:

**Almira School District** 

**Elementary School** 

ementary School

Middle School

**Elementary School** 

**Brewster School District** 

· Cindy Brown and Randi

**Bridgeport School District** 

Terri Zahn, Bridgeport

Debbie Roff, Bridgeport

**Grand Coulee Dam School** 

Robertson, Brewster El-

Alonzo Garza of Bridgeport, Adaih Najera of Brewster, and Jennifer Flores-Xhurape of Pateros are among 1,904 Spokane Falls Community College

(SFCC) who made the winter quarter honor roll there.

SFCC serves more than 5,000 students and is renowned for its theater, music and fine arts as well as exceptional STEM programs. About 60 percent of its graduates transfer to fouryear colleges and universities.

Community Colleges of Spokane is a dynamic,12,300square-mile state community college district that includes Spokane Community College, Spokane Falls Community

College and six rural education sites, serving residents in Pend Oreille. Stevens. Whitman, Ferry and parts of Lincoln counties.

CCS offers high-quality academic transfer, careertechnical and eLearning degree and certificate programs; business and community training; and adult literacy programs throughout northeastern Washington, enrolling approximately 34,000 students a year.

# WVC hosts Welcome Wednesdays every Wednesday in May, June

SUBMITTED BY HOLLY THORPE, WENATCHEE VALLEY COLLEGE

WENATCHEE - Every Wednesday from now through June, Wenatchee Valley College (WVC) will host Welcome Wednesdays on the Wenatchee campus for new and returning students, their families and community members. Students can get hands-on support with registration, advising, financial

aid and more. These events are free and open to all WVC students and anyone curious about enrolling at WVC.

Visitors and students can drop in between 8 a.m. and 5 p.m. to meet with WVC staff and faculty. They can get help with:

- Admissions and placement at WVC, including help applying and scheduling a placement test for English and math classes.
- · Financial Aid, including help with the FAFSA and WASFA application process.
- WVC resources, including an overview of WVC resources such as academic support, student groups and more.
- WVC programs, including an overview of WVC academic programs, with information about what areas of study WVC of-

fers, the difference between different two- and four-year degrees, and more.

Career Services and advising for undecided students, including using career interest assessment resources, reviewing results with students and discussing their options for college. For more information, call the public information office at 509-682-6420.

Have a

# A paint horse grazes beside a painted pool



Mike Maltais/QCH

The late cowboy humorist Will Rogers once said: "There is something about the outside of a horse that is good for the inside of a man." This paint horse was spotted along Highway 17 between Bridgeport and Grand Coulee.

### County commissioners discuss how to get the word out

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

**OKANOGAN** - The Board of County Commissioners discussed options to bring news of their meetings and proceedings to the attention of county residents who do not have computers. Regular printed news releases mailed to residents were among the possibilities discussed. Monday, May 1

- · Bob Eubanks made a public comment about zoning issues in the county area between Omak and Okanogan. He and his neighbors prefer to remain in the county instead of being annexed into a town.
- Pete Palmer, Planning Director Pete Palmer would like to hire someone to help the department work on proposed planned developments.
- **Emergency** Management Director, Maurice Goodall, described some areas of flooding from spring runoff.
- Palmer and Commissioners finished discussing the proposed county rezone code, except for the District Use Chart, scheduled for agenda of Monday, May 8.
- Tuesday, May 2, morning

work on resolutions and/ or ordinances to codify changes. Things like office hours need to be updated for all departments. BOCC is the legislative body to determine these. There are some rules/regulations that come from the Health District.

- Team Okanogan to come to BOCC next week.
- Discussion of whether to assess a misdemeanor or infraction for non-compliance with Planning.
- Public Works Update: Maintenance & road conditions, Owhi Lake, Bonaparte Lake, Seal Creek, Wolf Creek, upcoming projects - speed reduction for Barnholt Loop Road requested. Waiting for the sale of Hunter Mounting acquisition to close. First draft of 2024-2029 road project list in draft form.
- Okanogan Homeless Coalition looking for funds to continue construction.

#### Tuesday, May 22 afternoon

- Housing officials appeal for funds to cover \$750,000 spending gap for Oroville Housing
- Authority's 16-unit project, due to break ground in June; county can foot half the bill.
- Human Resources director says Lifeline is the cheapest for CPR/defibrillator training:
- \$5,000 for 100 employees; cost of adding defibrilla-

ousted to build Oroville's

affordable housing devel-

opment. Commissioner

Branch mentioned county

right of way activity, prob-

lems with the State waiv-

Water Board member ap-

Commissioner Hover's

comment letter asking for

participant status in grizzly re- introduction plan

signed by Whatcom and Skagit counties; Chelan

and Snohomish wrote sep-

ing rules.

proved.

arate letters.

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#### Community or Sports Story idea?

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

Wells Reservoir Users

Douglas PUD will lower the Wells Reservoir about 8 feet to 772 feet above sea level for the week of May 14th. This is necessary to remove sediment from the Methow River near Pateros.

Cassimer Bar trails and shoreline are closed during this time. Patrols will be conducted for illegal activities.

- Public comments: Meettors (with spare parts) to ings, special meetings, and courthouse: significant action should • \$4,500. be publicized better since • First opioid settlement received, more to follow. a lot of Okanogan County folks don't have comput- Commissioner Neil not ers. News releases might happy about farmers' be helpful and/or mailing. emergency winter housing
- Discussion of code revisions/policy changes with the Civil Deputy - removing things that are obsolete. Civil Deputy will





• In informal discussion **Commissioners Branch** and Neil expressed skepticism over animal management programs; Branch suggests possible BOCC third term. Quad City Herald



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#### **Office Hours**

Mon. to Fri. 9:00 a.m.-5:00 p.m.

#### **On The Internet**

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#### Services

Back Issues are available up to one year after publication for a small fee

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\$40 Okanogan/Douglas Counties (yearly) print & web \$45 \$50 \$52

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

#### News Tips

Have an idea for a story? Call Quad City Herald at 689-2507

#### 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: 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

#### (USPS 241-920) is published every Wednesday by NCW Media. Inc. PO Box 39, Leavenworth, WA 98826 Telephone: 509-548-5286. Periodical postage paid at Brewster, Wash. Postmaster:

Send address corrections to: Quad City Herald, PO Box 1922, Chelan, WA 98816

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### **OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT**

#### **Douglas County** Sheriff's Office

#### May 5

16:02 Civil Dispute, 300 Entiat Pl., Orondo

#### May 6

15:14 Noise Complaint, 200 block 6th St. area, Bridgeport 16:39 Burglary, 2919 Kropp Rd., Bridgeport

#### May 7

16:38 Theft, 1220 Kryger St., Bridgeport 19:15 Traffic Offense, SR 173

MP 5, Bridgeport Bar 20:54 DUI Arrest, McNeil Canyon Rd. MP 8, Mansfield

#### May 8

- 00:09 Noise Complaint, Columbia Ave. and 9th St., Bridgeport
- 15:08 Disturbance, Tacoma Ave. and 15th St., Bridgeport 19:03 Civil Dispute, 104 Arden
- Ave., Bridgeport

May 9 05:22 911-call, 1025 Jefferson Ave., Bridgeport 08:18 Animal Problem, 37 Richards Ave., Bridgeport

19:02 Burglary, 2227 Columbia Blvd., Bridgeport

#### May 10

- 10:42 Agency Assist, 123 State Ave., Bridgeport 15:06 CPS/ APS Referral, 262 Brays Landing Rd., Orondo
- 21:27 Domestic Disturbance, 945 Columbia Ave., Bridgeport

- May 11 06:58 Alarm, 602 Foster Ave., Bridgeport
- 16yh St., Bridgeport 08:48 CPS/ APS Referral, 505
- 16th St., Bridgeport 09:37 Drugs, 2405 Monroe Ave.,
- Bridgeport 19:27 Suspicious Circumstance, 2417 Monroe Ave., Bridgeport

19:31 Fraud/ Forgery, 1220 Kryger St., Bridgeport

#### **Brewster Sheriff's** Department

#### May 5

- 11:00 Fraud was reported on N. 7th St. at Brewster High School involving photos being released on social media unless money was paid.
- 12:39 A suspicious circumstance was reported on S. 3rd St.
- from Hull Rd. in Brewster, there was static on the line and everyone was fine.
- 20:19 A citizen reported a cow Rd. and North Star Rd. in
- 21:27 A traffic offense was reported on S 7th St. and W. Cliff

22:08 A noise complaint was

reported on S. Bridge St. in Brewster.

- 22:22 A subject in a Chevy Silverado was reported on Hwy. 97 in Pateros traveling at erratic speeds with excessive lane travel and was reportedly responsible for a near-miss collision.
- 22:29 A possible DUI was reported for a vehicle traveling 13 MPH and was partially blocking a driveway.
- 23:43 An intoxicated hispanic male subject was reported leaning against a building on Hwy. 97 in Pateros, then tried to ride away on a bicycle, fell over and was sitting on a curb, then tried to get on the bike again.

#### May 7

- 19:08 A caller on S 3rd St. reported a vicious animal after a dog bit a 25-year-old female subject and she was bleeding from the leg. Four dogs were on scene and they were unsure which one bit her, they were still loose.
- 20:46 Loud music was reported in the area of E. Douglas Ave. in Brewster.

#### May 8

10:06 A vehicle rollover accident was reported on Old Hwy. 97.

#### May 9

20:01 A juvenile problem was reported on S. 4th St. when a female subject was kicked out of a Quinceanera practice and the caller requested options as she would only leave if she was trespassed, however she was not quitting the Quinceanera because it was coming up too soon.

#### May 10

13:08 A non-injury accident was reported on Hwy. 97 in Brewster that occurred on private property leaving a bike with some damage and the suspect was on scene.

#### May 11

13:00 An attempt to locate and transfer a subject was requested on Hwy. 97 in Brewster.

#### **Okanogan County** Sheriff's Office

May 5 18:57 A 911-call was received

#### with static on the line from Hull Rd. in Brewster.

A3

#### May 6-7 No local reports.

#### May 8

- 10:06 An abandoned roll-over vehicle was reported on Old Hwy. 97, it had no plates.
- 12:02 A hit-and-run was reported on Jack Wells Rd. in Bridgeport for a subject that crashed into fencing and took out 20 posts and more than 100 feet of fencing. The caller had photos of a possible suspect vehicle.

#### May 9

No local reports.

#### May 10

13:39 A caller on Daniel Dr. in Brewster reported a threat after a message from his exbrother-in-law on Facebook advised him to get his guns to defend himself.

#### May 11

10:54 Extra patrols were requested on Paradise Hill Rd. in Brewster for people speeding.

# Candidate filing week is May 15-19

SUBMITTED BY CHRISTA LEVINE, CHAIRPERSON, OKANOGAN COUNTY REPUBLICAN PARTY

OKANOGAN COUNTY -Our government is designed to function as a representative republic. It is important to have citizens willing to step up and represent their friends and neighbors. If you are concerned about the direction our county is taking and want to be a part of positive change, please consider running.

Over 130 local offices are up for election this fall, ranging from fire district boards to city



council positions. To see what positions might be a good fit for your skills and experience, visit the official state election website at https://voter. votewa.gov/ScheduledRaces. aspx?y=2023&c=24 Candidates must file during the week of May 15-19.

The Okanogan County Republican Party will have their office open during filing week to assist people in filing for office. The office is located at 637 ½ Second Avenue South in Okanogan. Office hours will be 11 a.m.-1 p.m. and 5 p.m.-7 p.m. Monday through Thursday, and 11 a.m.-7 p.m. Friday. Computers with internet will be provided to make filing easy, and volunteers will be on hand to assist with any questions you might have.

# qcherald.com



#### **WORKING FAMILIES TAX CREDIT**

A new tax credit for Washington workers. Apply in 2023 if you:



Lived in Washington State over half the year in 2022.





Are between 25-65 years old or have quilifying children.



Have low-to-moderate income.



# National Poppy Day May 26



Courtesy graphic 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

08:23 CPS/ APS Referral, 505 May 6 Brewster.

- 18:57 A 911-call was received
  - - in the roadway on Pioneer

Ave. in Brewster.

directly to help our veterans, military, and their families.

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#### **CRÉDITO FISCAL PARA FAMILIAS TRABAJADORAS** Un nuevo crédito fiscal para los trabajadores de Washington.

Solicite en 2023 si usted:



Vivió en el estado de Washington más de la mitad del año en 2022.



Presentó la declaración federal de impuestos en 2022 con su número de seguro social (SSN) o su número de identificación individual de contribuyente (ITIN).



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



Tener ingresos bajos o moderados.



¡El Programa puede devolverle hasta \$1,200! occac.com/working-families-tax-credit-finanical-literacy



# **OUAD CITY CHURCH GUIDE**

### **BREWSTER • BRIDGEPORT • PATEROS**

BREWSTER



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

"With men this is impossible; but with God all things are possible." - Matthew 19:26



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

### **Neighbors & Bulletin Board**

COMMUNITY Want to place Your Community News Online? Go to NCWMARKET.COM 24/7 Local, 퇃 Any non-profit 501(c)-(3) group, person(s). igsimes Garage and Yard Sale Ads are paid events, please email those to Regional BULLETIN 🐁 Must provide: full name, city, phone number. heraldads@qcherald.com or NCWMARKET.COM Community 🍾 For more info call: Quad City Herald at 509-689-2507 News & b Items pertaining to local events that are free or minimum charge. BOARD Email to: ruthk@lakechelanmirror.com **Events** 

#### May 17, 19, 23-24, 26

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

BREWSTER – The Senior 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

### DEATH NOTICES

### Heather Mae Kilgour

Heather Mae Kilgour, 48, of the Brewster/Bridgeport area, Washingon, passed away on May 7, 2023.

Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

### **Philip Bange**

Philip Bange, 53, of Pateros, Washington, passed away on May 1, 2023.

Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

**Obituary &** 

**Memorial Policies** 

donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: May 17: BBQ Chicken , Rice Pilaf, Broccoli Normandy, Spring Salad, Strawberry Shortcake; May 19: Swedish Meatballs, Egg Noodles, Glazed Carrots, Spiced Salad, Cherries & Pineapple, Dessert; May 23: Biscuits & Sausage Gravy, O'Brien Potatoes, V-8 Juice, Chilled Pears, Dessert; May 24: Taco Soup. Corn Chips, Mixed Greens Salad, Mandarin Oranges, Dessert; May 26: Supreme Style Pizza, Garden Salad, Waldorf Salad, Dessert.

#### May 17-20, 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.

<u>May 17</u>

#### 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.

#### May 17-18, 22-25

Chelan Valley Hope Serving Bridgeport, Mansfield,

Waterville, Orondo, Chelan, fo

Memorials are priced per column inch.

Manson, Chelan Falls, Entiat CHELAN - May is Mental Health Awareness Month. Mental health can impact families, workplaces, and communities. By promoting positive wellbeing 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/new-updates. 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 18

#### Bingo

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

#### May 18, June 8

#### 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, May 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.

#### May 19

#### Dance lessons

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 Classes started May 12. Next class is Friday, May 19, 6:30-8 p.m.

#### May 22

#### 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

#### May 22

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. May 25

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

#### 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 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 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.



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

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.



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#### Sports & Outdoors

#### Two dozen advance to District

Bears have a field day at League Track Championships





BY MIKE MALTAIS STAFF WRITER

**BREWSTER** – The Bears varsity track and field team had a literal field day hosting last Wednesday's CW2B League Championships. The new track facilities must have agreed with the home team as the men's side took first and the women second among the eight schools that competed.

Mens results
Brewster1272
Tonasket1163
Liberty Bell1114
Okanogan915
Oroville626
Lake Roosevelt466
Manson468
Bridgeport40
Womens results
Okanogan2192
Brewster1253
Tonasket1094
Manson605
Oroville436
Liberty Bell407
Lake Roosevelt338
Bridgeport27
Junior Cort Gebbers outdis-

Junior Cort Gebbers outdistanced his nearest rival by 50 feet in the discus and six feet in the shot. His shot toss of 48 feet, 1 inch, was short of his earlier personal record and new school record of 49'9" set on April 28 at the Rieke Invitational in Leavenworth.

Senior Francisco Duran had a good day winning both the 110-meter and 300M high hurdles. Duran also helped his team win the 4x400 relay,

Junior Kaydence Carrington owned the distance events, winning the 800M, 1600M, and 3200M meter runs. Junior Dave Hampe won the 400-meter run and senior Juan David Martinez captured the 1600M. Two dozen Bears will advance to the 2B District Cham-



Mike Maltais/QCH Rosario Olvera qualified for district in the 1600 meters.

#### Francisco Duran was league champion in the 110-meter and 300-meter high hurdles and 1600-meter relay.

pionships in Oroville on May 17. The top two finishers in each district event advance to State on May 25 at Eisenhower High School in Yakima.

#### **League Champions**

- (and District qualifiers) • Dane Hampe - 400M,
- 1600M relay. Cayden Milton - 1600M
- relay. Juan David Martinez -
- 800M,1600M relay. Francisco Duran
- -110M hurdles, 300M hurdles,1600M relay.
- Cort Gebbers shot put, discus.
- Ava Mitchell pole vault. • Kadence Carrington -800M. 1600M. 3200M.

#### **District qualifiers**

• Dave Hampe - 100M, 200M.

• Rafael Cruz - 400 relay

Mike Maltais/QCH

Mike Maltais/QCH

In addition to winning

three running events, Ava

Mitchell was also the league

champion pole vaulter.

- Clayton Isensee shot put. • Diego Guzman - triple iump.
- · Jonah Rains pole vault. • Ava Mitchell – 400M, 400M
- relay, 1600M relay.
- Kadence Carrington 1600M relay,
- Sarah Pamatz 100M, 200M, 400M relay, 800M relay.
- Karime Garcia 200M, 800M relay.
- Aubrey Thorn 200M, 400M relay, 800M relay.
- Julissa Najera 800M, 1600M relay.
- Rosario Olvera 1600M.
- Kara Pulsifer 1600M, 3200M
- Victoria Contreras 100M hurdles, 300M hurdles, 1600M relay, javelin.
- Julissa Rincon –

# **Bears beat Bulldogs, Tigers,** advance to Regionals

Brewster leads 2B ranking

BREWSTER - The defending state champion Brewster varsity baseball team punched its ticket for a return trip with a 6-2 win over Okanogan in a loser-out league/district game last Tuesday, May 9.

The Bulldogs had earlier ended Manson's season, 4-3, but in three previous regular season games Brewster had defeated Okanogan by a score of 11-3 on March 28, and 3-0 and 16-1 in an April 1 double-

Head coach Todd Phillips said his team started slower than usual in the four-hitter game, falling behind in the first inning for only the second time this season.

we have ever had in a win."

had some early trouble locating the strike zone but still only allowed one hit to one of the better Bulldog hitters in the league.

"We really should have gotten out of there with only one run on the board, maybe a shutout, but we made a few bad decisions defensively," said Phillips. "(Schertenleib) was one batter away from getting the complete game."

In the first inning Okanogan's Carson Boesel drew a walk, stole second, stole third and then scored on a throwing error attempting to throw him out, Phillips said.

The Bears evened the score in the second inning when Nico Maldonado was hit by a pitch, advanced on a fielder's choice and scored from second on an errant throw off the bat of Kash Vandelac, said Phillips.

The Bulldogs reclaimed the lead when Boesel singled up the middle, stole second, advanced on a fielder's choice, and scored on a ground out by teammate Brayden Meyer.

The Bears took their first lead in the bottom of the third. Cole Aparicio led off with a single, Reese Vassar singled, and Brady Wulf laid down a bunt to advance both runners. Aparicio scored on a passed ball and Vassar followed on an overthrow to the pitcher who was covering home plate. In the fifth inning Aparicio drew a walk, and Vassar



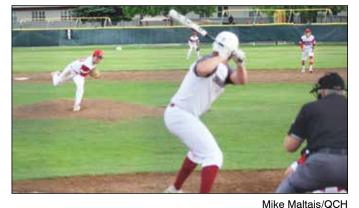
Mike Maltais/QCH

An Okanogan runner trying to steal home is caught between



Courtesy brewstersports/facebook

Outfielder Cole Aparicio made the play of the game with this spectacular diving catch in the third inning



Tyson Schertenleib sends a pitch toward the plate. He allowed only one hit in the game.

reached first on an error. A wild pitch advanced both runners. When Okanogan failed a run-down attempt "allowed us to score two more on the fielder's choice off the bat of Brady Wulf," Phillips said.

In the sixth inning Grant Baker reached base on an error, Vassar walked, and Wulf walked to bring in Baker on a wild pitch, Phillips said.

Summing up the game Phillips said, "Aparicio may have been our offense player of the game and he flashed some rankings with the remaining top four teams being:

- 2. Cle-Elum/Roslyn (19-2)
- 3. Jenkins (Chewelah) (18-3)
- 4. Toutle Lake (19-2)
- 5. Tri-Cities Prep (15-3)

Tonasket (11-10) comes in at 21, and Liberty Bell at 23 (8-11). Stats

- Inning:.....1 2 3 4 5 6 7 R H E Okanogan.1 0 1 0 0 0 0 2 1 3 Brewster ... 0 1 2 0 2 1 X 6 3 1 W-Tyson Schertenleib (7-0)
  - L-Cutter Pritchard

S-None

2B-None

#### MIKE MALTAIS STAFF WRITER

header.

'Taking ten days off and going into a loser out game left us a little tight," Phillips said. "I think it was the lowest team batting average in a game that

Pitcher Tyson Schertenleib



· Cayden Milton - 400M, high

- jump, pole vault. • Juan David Martinez -
- 1600M.
- Francisco Duran 400M relay.
- Freddi Torres 200M, 400M relay
- Jarel Pacheco 400 relay

**On to District** 

hurdles.

- Brisa Gutierrez 400M relay.
- Perla Pamatz 800M relay.
- · Gimena Hurtado shot put, discus.
- Maribel Perez shot put, discus.
- Maritza Ochoa discus.

leather on a pretty diving play in the outfield."

That was a running, diving catch Aparicio made on a high fly ball outside the left field line.

As of this writing the 21-1 Bears lead the state 2B RPI

Bears soccer team loses bid

for state competition

3B-None **HR-None** 

Brewster defeated Tonasket, 10-0 in five innings on Saturday, May 13, in Wenatchee's Rec Park to win the District title. Both teams advance to Regional play.

#### Won CW2B League title

**BREWSTER** – After sealing

the CW2B League champi-

onship with a 7-1 win over

MIKE MALTAIS

STAFF WRITER

# **Bears will face Okanogan for** district softball championship

BY MIKE MALTAIS STAFF WRITER

**BREWSTER** – The Bears varsity softball team is on its way to the District Championships following its 5-2 semifinal win over Lake Roosevelt at home last Friday, May 11. The girls defeated the secondranked 9-3 Raiders, 6-5, in an

April 28 doubleheader. Brewster, currently fourth in the CW2B standings, will face No. 1 Okanogan that defeated Oroville., 12-6, last Saturday, May 12. The District Championship game will be at 4:30 p.m. in Okanogan on Tuesday, May 16. The winner of that matchup heads to state. Oroville will face Lake Roosevelt on May 16. The loser of Brewster v. Okanogan will face the winner of Oroville vs. Lake Roosevelt High School on May 19, for the last state slot.

# YOUR FAMILY, YOUR HEALTH, YOUR CHOICE Our family, here for yours

Physical-Emotional-Social Whole Person Health Oroville on May 3, the Bears varsity soccer team opened district competition against Cascade on May 10 at the Wenatchee Apple Cup. The Bears lost to Cascade,

0-3, and faced Tonasket in a loser-out match at 3 p.m., Saturday. May 13. The score was tied 1-1 at halftime. Tonasket scored in the second half to clinch a trip to state.





Mike Maltais/QCH Tori Hull got it done for Brewster on the pitcher's mound against Lake Roosevelt.



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**B**2

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Administrative

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



Announcements

#### Lost & Found

Happy Ads Do you have a SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY Add unlimited text and pictures, video for your online ad at www.NCWMarket.com Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions. The Lake Chelan or Quad City Herald or email mirrorads@ lakechelanmirror.com For The Leavenworth Echo or Cashmere Valley Record Call 509-548-5286 or email classifieds@leavenworth echo.com Commercial **Business Equipment** Commercial Large Baumfolder

Model 1320F.3.P.3 paper folding machine.

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or MAKE OFFER! Call 509-548-5286 See photos on NCWMARKET.COM

#### Employment

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**Deadline Noon** on Friday for the next week's papers

**Help Wanted** 

**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.

NCW

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

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



Part-time or Full-Time Preschool Teacher needed at the Upper Valley Christian School (Leavenworth, WA). An undergraduate or associate degree in preschool teaching required. Teaching experience preferred. 20-40 hrs./wk, 7:30-3:30. Visit our website to apply: uvcschool.org/employment

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Douglas PUD has an opening for: Contract Coordinator Details at www.douglaspud.org<htt p://www.douglaspud.org

for your Antiques and **Collectibles by placing** them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site. Want Print Only? Call Lake Chelan Mirror **Quad City Herald** 509-682-2213 or email mirrorads @lakechelanmirror.com or call The Leavenworth Echo Cashmere Valley Record 509-548-5286 classifieds@leavenworth echo.com Deadline: Noon on

Friday for all papers.

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May 17, 2023 • Quad City He	RALD	lassfiieds/Public	<b>Notices &amp; Health</b>		B3
Real Estate	Legals	Public Notices	Public Notices	Calcium does a	
Acreage	Public Notices	SUPERIOR COURT OF WASHINGTON	IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON	just keeping ou	r bones strong
AcreageBeachfront bargainImage: Second stressImage: Second stressImage: Second stressHighly sought after waterfront homesite. Quiet waters in a picturesque bay.Ideal southern exposure, sandy beach, adjacent to new marina and steps to the village center, pools, 	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 a 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 4 commercial units at the ground level and four residential units above. They will be access in the same way as Building A. The commercial spaces will be "white box" spaces, designed out to be a blank canvas		THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF KING In re: the Matter of the Estate of: ALAN DEWAYNE MEHUS, Deceased. No. 23.4-02768-7 SEA PROBATE NOTICE TO CREDITORS RCW 11.40.010 et seq. Lori Ann Nydegger has been appointed and has qualified as Administrator of the above-captioned 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 Administrator or the Administrator's attorney at the address stated below, a copy of the claim with the court. The claim must be presented within the later	<b>Q:</b> How much calcium should I take to prevent osteoporosis (thin bones)? Several years ago, after stepping out of her front door, my 75-year-old neighbor Barbara turned around and, after losing her balance, fell down a flight of stairs, shattering her left ankle and breaking her right arm in 3 places. Barbara then endured 2 surgeries, one to reinforce her arm with a steel rod and pins and a second, grueling 5-hour marathon during which the surgeon collected and fit the multiple pieces of her ankle back together. She had been taking prednisone daily to control her lupus, a painful inflammatory condition. After her emergency surgery, her doctor informed her she had osteoporosis, or "thin bones," and prescribed a bone-building medicine, plus a daily calcium and vitamin D supplement.	<b>r bones strong</b> <b>Ask</b> <b>Dr.uise</b> painful kidney stones. For these reasons, bone and kidney specialists discourage their patients from relying on getting all of their recommended daily calcium by taking a calcium supplement. Most forms of calcium sold as supplements are calcium carbonate or calcium citrate. Calcium carbonate is the most concentrated form of supplemental calcium. It is available as flavored chewable tablets (Tums) and large pills. Calcium carbonate causes constipation in some people. You won't absorb calcium carbonate well when taking acid-blocking medicine like omeprazole (Prevacid®). Instead, you should choose calcium citrate. Have trouble
Oroville, Washington. Four-bedroom cottage plans included \$659,900 verandabeach.com	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, beir defices and retail,	11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this	the notice. If the claim is not presented within this time frame, the claim is forever barred, except	Calcium does a lot more for us than just keeping our bones strong. Our muscles, nerves, and blood vessels depend on calcium to work	swallowing large tablets? Calcium supplements are also available as gummies. Here are 5 Tips on Getting Enough Calcium:
Boat Slip For Sale	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	barred, except as otherwise		properly. For example, every time your heart beats or you breathe, your heart and chest	<b>1. Eat calcium-rich foods.</b> Most people get 300mg of calcium daily from non-dairy
\$161,500	building's multiple uses. There will be a public pedestrian path from the sidewalk down to the City of Pateros's public 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:	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:	DATED: April 25, 2023	muscles work for you, keeping you alive and well thanks to adequate amounts of calcium in your blood. If you run low on calcium in your blood, your body will take the calcium it needs out of your bones. It's like an ATM (automated teller machine) but extracting calcium instead	calcium dany from hon-dary sources. You also get 300mg of calcium per serving of dairy products like milk, yogurt, and cheese. Green vegetables, oranges, and figs also contain calcium. <b>2.Check out the Calcium</b> <b>Calculator app.</b> This app lets you keep track of your calcium intako. You can

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3, 10, 17, 2023 #5672

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Published in the Quad City Herald May

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StatePoint Media

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

the following findings and conclusions: significant potential All

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 By: 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

# **Address**

but extracting calcium instead of \$20 bills.

If you sometimes run low on calcium, your body occasionally must grab some calcium from your bone cells. That's not considered a problem. But consider this: if your body needs to find additional calcium regularly, these withdrawals will eventually weaken your bones, increasing your risk of a hip fracture or worse.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50 and 1200mg for adults older than 50. Most postmenopausal women get only 600-900mg of calcium daily through their food. This falls short of the 1000-1200mg daily calcium goal by 100-600mg daily. Some women make up that difference by taking a calcium supplement.

Supplemental as tablets, capsules, and chewable caramels are easy ways to ensure women and men at risk for osteoporosis get their recommended daily dose of calcium. Unfortunately, recent studies have shown that taking a calcium supplement may provide too much calcium. This can result in increased risks of heart attack or stroke. It's theorized that there's a spike in blood levels of calcium when taking a concentrated calcium supplement, which may damage your blood vessels.

This app lets you keep track of your calcium intake. You can also check the lists of calciumrich foods on the International Osteoporosis Foundation website, www.iofbonehealth. org.

3. You need adequate calcium and vitamin D when taking bone-building medicine.

Medicines like alendronate (Fosamax®), risedronate (Actonel®), ibandronate (Boniva®), and teriparatide (Forteo®) strengthen your bones by adding calcium back into them. If you don't have enough calcium in your diet, they won't work.

4.Limit supplements of calcium to 500mg at a time.

Your body absorbs calcium better at lower doses. This avoids a potential "spike" in your calcium level that can increase your risk of heart attack or stroke.

5.Get at least 400 IU of Vitamin D every day.

environmental impacts are mitigated.

This DNS is issued under WAC 197-11-340(2) and the comment/appeal period will end on May 30, 2023. Comments and/or appeals must be made in writing to Kerri Wilson, City Clerk, City of Pateros, P.O. Box 8, Pateros, WA 98846. 509 923 2571

Published in the Quad City Herald May 17 24 2023 #5736

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THEME: WEATHER 101 DOWN ACROSS 1. \*Road hazard 1. Found in Pandora's box 2. Evelid hair 3. Oahu shindig 4. Assumes bad posture 8. Toothy freshwater fish 5. Chill-inducing 6. Bearded ruminants 15. Biblical twin 7. Unrivaled 8. \*Barometer reading Russian river or Russian mountains 17. Understand (2 words) 9. Tiny bit 10. Purl partner 20. Law school test acronym 11. Three ahead of PST 13. Certain beachgoers' philosophy \*Cold weather is needed for this meltable home 25. Squawked or crabbed 19. Part of small intestine 22. Cathode-ray tube 30. Two dots above a letter 23. Hit the road 33. Jasmine of "Aladdin," e.g. 24. Falcon's home 25. Mentor or expert 26. The Obamas' daughter 27. Bruce Lee's " \_the Dragon" 38. "Metamorphoses" poet 28. Treat without respect 29. Wallop 31. Scottish lake 32. \*Rainbow shape 35. \*Weather warning 37. Archeologist's find 47. \*Check the weather before hitting 39. Venom source 40. Filled with dread 43. State indirectly 45. African antelopes 54. Classic TV's Mrs. Brady 47. Living room centerpiece? (2 words) 48.4 x 4 race 49. Cleanse 50. #14 Across, sing. 58. Elephant poacher's ware 51. They don't mix with water 60. \*The first sign of rain? 52. Sight for what eyes? 53. Between walk and canter 54. El \_\_\_\_ of medieval Spain 63. MacFarlane or Rogen 57. \*Knot alternative, acr.

\_ a jolly...

Taking calcium supplements has another dark side: they encourage the formation of

Vitamin D is necessary to help your body absorb calcium. Although you can get vitamin D from sun exposure, salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces) are also good sources.

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

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# **Rotary takes over Leavenworth with 'Imagine Rotary** Reimagined' District Conference - 'a new way to conference'

The general public is invited to participate in a week filled with unique experiences and inspiring presenters.

SUBMITTED BY JAMIE HOWELL HOWELL AT THE MOON PRODUCTIONS

**LEAVENWORTH - Rotary** District 5060 is excited to unveil a unique, first-of-its-kind conference coming to Leavenworth May 19-21. Designed to provide a transformative experience for all participants, for the first time ever, Rotary is opening the annual district conference and all associated events to the general public this year.

"We've turned it inside out," explains conference executive producer Colin Brine. "Thisconference is not about what participants can sit and listen to, it's about what kind of new experience they can create on their own, it's about relationship building, it's about imag-

ining a new future not just for Rotary, but for themselves and the world they live in."

There are so many activities surrounding the conference, in fact, that the City of Leavenworth issued a proclamation officially declaring the week of the conference "Rotary Week in Leavenworth.'

In a break from tradition, Rotary is inviting the general public to participate in any and all of its conference events. Here are some of the highlights planned for the upcoming event:

 Prologue Events: A series of social events in the days leading up to the official start of the conference starting Wednesday, May 17.

· Going Green Golf Tournament and Game Olympics - May 17, 9 a.m. - 1 p.m., at the Leavenworth Golf Club with events for golfers and nongolfers alike.

• The Great Leavenworth Geo-Hunt - May 17, 2 - 5 p.m., will send participants on a discovery/scavenger hunt around town.

• Roady Rally for the Environment - May 18, 9:30 a.m. - 1 p.m., takes participants on 2.5-hour journey of discovery



by car.

• Tour de Leavenworth Discovery Ride - May 18, 2 - 6 p.m. is two-hour guided bike or e-Bike tour, led by Bavarian E-Bike Tours co-owner Tom Potter.

• U.S. vs. Canada Mini-Golf Tournament - May 19, 12:30 -2:30 p.m., at the Icicle Village Resort features a silent art auction and prizes for the winners.

· Special guests: The conference itself will feature entertaining and inspirational presentations from Olympic gold-medal winning crosscountry skier Kikkan Randall and mountaineering legend Ed Viesturs. In addition, The Paperboys will play a private, live concert in the Leavenworth Festhalle for all attendees and their families. The entire event will be led by Master Facilitator James Carter.

• "Build a Dream" Bikes for Tikes program: Conference organizers plan to give away 100 bikes, helmets, locks, and backpacks to youth in need.

• Rotary Causes Expo Village: "Rotary Cause Vendors" will line the blocks around the Leavenworth Festhalle during the three days of the conference, with booths featuring local organizations whose products or missions align with one or more of

**Rotary's Seven Causes.** 

 Community Impact Project and Team Challenges: Participants will focus on building together to create a positive impact on the community through guided activities designed in part by the participants themselves.

• Rotary Youth Leadership Awards (RYLA): Rotary is working to provide scholarships for up to 100 high-school age students to participate directly in this year's conference, as part of the annual RYLA Camp taking place at the Lake Wenatchee YMCA Camp.

"Imagine Rotary Reimagined" is the second annual district conference to be held by Rotary District 5060 since

before the COVID pandemic. The district conference is hosted in the home of its 2022-23 District Governor, Karl Ruether of Leavenworth.

Rotary International is one of the world's largest nonprofit service organizations, counting more than 1.2 million members in over 32,000

clubs across 200 countries. The Rotary motto, "Service Above Self" guides their efforts to create positive impacts on the communities where they live and work, as well as on a global scale. To find out more or to register for any of the events listed above, visit rotaryreimagined.com.

### Welcome-Willkommen to the District Conference

Having the District Conference in Leavenworth is a long time coming. Past District Governor Jim Adamson Senior introduced me to Rotary back in 1994 and the rest is history as they say.

Jim Willems, Tom Boyd, and Bill Forhan and others encouraged me to apply for District Governor and I took over as Assistant District Governor for Area 8 from Carol Adamson and then shortly after I was chosen to be the District Governor for



Karl Ruether, **District Governor 5060** 

Rotary year 2022-2023 and this conference is a culmination of several years of training and serving District 5060. This conference is however very different than any previous one, hence the name "Rotary Reimagined" following this year's Rotary Theme of "Imagine Rotary". If Rotary is to stay relevant and successful far into the future, then we need to tell our story better and often so that everybody understands what Rotary is and more importantly what Rotary does. Come and join us on May 18 to the 21 and see for yourself.

Karl Ruether, District Governor 5060

# WVC hosts Bird Fest open house, faculty receives Bird Fest award

SUBMITTED BY WENATCHEE VALLEY COLLEGE

- The WENATCHEE Wenatchee River Institute's annual Leavenworth Spring Bird

Fest this May will include a bird collection open house on the Wenatchee Valley College Wenatchee campus. The open house will be hosted by biology faculty Dr. Dan Stephens,

who is receiving a Bird Fest Founders' Award this year.

The open house, which will feature Dr. Stephens' extensive collection of bird skins, will be held from 2-6 p.m., Wednesday,

May 17, on the third floor of Wenatchi Hall on the WVC Wenatchee campus. Main festival events take place May 18-21. Learn more at wenatcheeriverinstitute.org.

# We can help make a difference

### Benefit concert *May 21*

SUBMITTED BY JUDY KELTS AND SUSIE SCHELL-DIETSCH

WENATCHEE - On Sunday May 21, 2 p.m., Wenatchee First United Methodist Church is sponsoring and hosting a special concert called Music

The Wenatchee Big Band, The Apollo Club, The Appleaires, a combined church choir, and other solo artists.

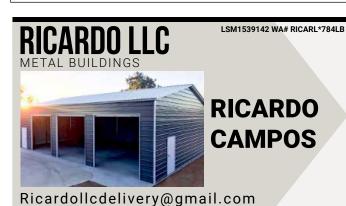
Our concert will directly benefit Ukrainian refugee families in Chelan, Douglas, and Grant counties, through the Friends of Ukrainian Refugees (FOuR). Admission is free, and a freewill offering will be taken.

Did you know today th

are around 50 Ukrainian refugee families in North Central Washington? They're quietly living among us, practicing, and learning English, going to school, finding their way around new neighborhoods; studying to get a driver's license, finding jobs, paying their rent, and trying to make new friends and new lives.We watch the news and read the

paper, shocked by devastating pictures of the war in Ukraine.

Many of us are feeling called to do more, and our words can only go so far. When words fail music speaks. Let's show our compassion and caring, and truly make a difference for the Ukrainian families in our area. Please join us and bring your extended family, friends, and neighbors



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## 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

### Sample ad sizes

Hang in there Justin! Love, the Fam 1x1" <sup>\$</sup> 15	You did it!	Congratulations Rache
Email information/photo to: ruthk@lakechelanmirror.com Call 509-689-2507/QCH or 509-682-2213/LCM to Prepay with a Credit Card or send a check to PO Box 1922, Chelan, WA 98816	Love, Mom & Dad 1x2" <b>\$20</b>	Your whole Cox family, uncles, aunts and cousins are so
Your Name: Address:		proud of you! Love you!
City, St., Zip:	1x2" - \$15	Grandpa & Grandma Cox
Ph #: Name of graduate:	Call for larger ads	1x3" <b>\$30</b>