

Throw the bums out!

Candidate filing week is May 15-19

By MIKE MALTAIS STAFF WRITER

OLYMPIA -- Candidate Filing Week is May 15-19, and the Office of the Secretary of State is joining county elections offices across Washington to accept applications for public office.

Nearly 3,400 local offices across the state are up for election this year, including more than 100 mayorships; many city and county council positions; and port, hospital, water, fire, and parks and recreation districts.

Citizens interested in running for local or county offices may file with the county elections department in which a position resides. For filing instructions, candidates should contact their respective county elections office.

Applicants may also download a Declaration of Candidacy form and mail it along with a check for the required fee to Candidate Filing, Office

of the Secretary of State, P.O. Box 40229, Olympia, WA 98504-0229, or drop it off in person at the Secretary of State's office in the Legislative Building, 416 Sid Snyder Ave. SW in Olympia during normal business hours. Filings and fees delivered by mail or in person must be received by 5 p.m. May 19.

Candidates who cannot file online and who need in-person services should contact their county or state elections office to learn more about available services and business hours.

Once their filing is completed by the state or county, candidates will receive an email with instructions for submitting their Voters' Pamphlet statement and photo online.

For more information, visit the Candidates & Campaigns page on the Secretary of State's Elections site. There, applicants can download a candidate filing guide, read answers to frequently asked questions, and more. A brief instructional video is also available.

More than \$500,000 donated

United Methodist Committee on Relief grants support wildfire recovery

By MIKE MALTAIS STAFF WRITER

PATEROS -- The United Methodists Committee on Relief (UMCOR) has donated more than half a million dollars toward rebuilding homes lost in the 2020 wildfires in the greater Okanogan area. Three of those homes were dedicated in ceremonies at Monse, north of Brewster, on April 29, and in Bridgeport and Coulee City on April 30.

Rev. Sheila Miranda, associate for connectional ministries in the Pacific Northwest Conference, attended the dedication ceremonies and was amazed by the work many different organizations and volunteers put into rebuilding homes.

"One homeowner said, 'you haven't just given me back my home, you've given me back my life,'" Miranda said. "It was just a wonderful experience of seeing how organizations can accomplish so much more when they work together."

In the two years since the wildfires the Okanogan County Long Term Recovery Group (OCLTRG) has closed all but 30 of the 200 cases it opened for initial damage assessments, said Dana Bryson, co-disaster response coordinator for the PNW Conference. The initial goal was to build six homes but thanks to the steady pace of funding that number was expanded to nine.



Mike Maltais/QCH

The rebuilt James McCraigie home near Monse was among three recently dedicated by the OCLTRG.

Four of the nine homes identified have been completed by OCLTRG working with ecumenical partners. Three of the remaining homes are under construction and on schedule to be completed this spring.

Bryson said a new UMCOR \$88,000 extension grant will allow OCLTRG to continue funding a volunteer coordinator and rebuilding manager and purchase supplies.

"I focused this grant on what we needed to support our volunteers," Bryson said.

A combination of factors has allowed the rebuilding

phase to move along swiftly.

An initial \$10,000 UMCOR Solidarity Grant allowed disaster response personnel to provide immediate support in the form of hygiene and school supply kits.

UMCOR supplied a \$100,000 Recovery Grant.

The PNW Conference Disaster Response Fund provided \$60,000 for wildfire recovery.

UMCOM provided another \$250,000 last year to support continued rebuilding efforts.

A recovery structure was already in place following the 2014-15 wildfires. That made getting organized for the 2020 fires much faster and easier. Disaster rebuilding and recovery efforts typically take four or five years.

UMCOR's letter of intent to support OCLTRG triggered collaboration from ecumenical partners including the Red Cross, Catholic Charities, and Mennonite Disaster Services. OCLTRG hopes to close any remaining cases this year, less than three years after the 2020 fires.

Watch online webinar May 16

Local governments can apply for records grant funds through May 26

By MIKE MALTAIS STAFF WRITER

BREWSTER -- Local governments have until May 26 to apply for state funding through the Washington State Archives to upgrade their records management and retention to allow better response to public records requests.

Brewster Finance Director/City Clerk Misty Ruiz commented at a recent city council meeting about the workload the clerical staff of small municipalities are under to respond to citizen requests for city data. One source Ruiz noted was from college grad students doing research papers using data gathered from city governments.

Since its 2005 inception, LRGP has awarded more than \$4 million to hundreds of cities, towns, and counties; fire, school, hospital, port, and public-utility districts; transit authorities; and more.

Qualified agencies and entities can apply online at www.sos.wa.gov/archives/RecordsManagement/Local-Records-Grant-Program.aspx. The application form has been revised and simplified to include multiple-choice and short-answer questions for a streamlined grant process.

During the summer, an Archives Advisory Committee of county and city officials and association representatives will review applications and send recommendations to the Office of the Secretary of State. Grant recipients will be announced in mid-August.

"The Local Records Grant Program demonstrates our commitment to helping resource-strapped local governments preserve and protect their vital, irreplaceable records," said Washington State Archivist

Heather Hirota. "Records management can be painstaking and challenging work, but what our local governments are able to achieve with the help of these grants is amazing. We are grateful for the opportunity to support their efforts to better manage their records."

Washington State Archives will host a webinar on sos.wa.gov/archives/recordsmanagement/TrainingSignup-Form.aspx?s=1136 on Tuesday, May 16, to help local government agencies and entities prepare their grant applications. A prerecorded version, How to Apply for a Local Records Grant, is available at youtube.com/watch?v=ZgElFzYIOTe.

A division of the Office of the Secretary of State, Washington State Archives collects and preserves the state's historical records and makes them available to the public, including government agencies, researchers, historians, and journalists. With branches in Bellevue, Bellingham, Cheney, Ellensburg, and Olympia, the State Archives offers access to records for research and records-management education and training for local and state agency staff.

Washington's Office of the Secretary of State oversees a number of areas within state government, including managing state elections, registering corporations and charities, and governing the use of the state flag and state seal. The office also manages the State Archives and the State Library, documents extraordinary stories in Washington's history through Legacy Washington, oversees the Combined Fund Drive for charitable giving by state employees, and administers the state's Address Confidentiality Program to help protect survivors of crime.

Came from 20 states and Canada

Mennonite Disaster Service reports hours and volunteers

By MIKE MALTAIS STAFF WRITER

PATEROS -- At the annual meeting of the Okanogan County Long Term Recovery Group (OCLTRG), Michelle WhiteEagle, Mennonite Disaster Service (MDS) Region 4 Board Chair, delivered a report of MDS expenses and volunteers for the period of November 2021 through January 2023.

Volunteers came from 20 states and two Canadian provinces, and many served more

than once on Okanogan projects.

"Volunteers came to serve survivors but the relationship with OCLTRG made them return," said WhiteEagle. "The reputation and rapport built between OCLTRG and MDS volunteers was a big influence and drew people in."

WhiteEagle said one newlywed couple experienced their first MDS service in Okanogan and another found their love connection after they first met in Okanogan and married in March 2023.

"Okanogan was the first project I was involved with from the start as Regional Board Chair," said WhiteEagle. "Serving in Okanogan has been an encouraging and building opportunity for the Washington Unit and Region 4. OCLTRG has set a standard for other LTRG's working with MDS."

Expenses and volunteers

- Nov. 2021 - \$17,336.48, 11 weekly, 4 daily volunteers x 2 weeks, totaling 114 volunteer days.
Jan.-April 2022 - \$270,495.93,

159 weekly/monthly volunteers x 17 weeks totaling 1,509 volunteer days.

- Sept.-Oct. 2022 - \$13,072.85, 24 volunteer days x5 weeks, totaling 165 volunteer days.
Jan 2023 - \$2,195.29 - 5 volunteers x 1 weeks, totaling 25 volunteer days.
April 2023 - \$4,250 known expenses. Support still in process.
203 volunteers over 25 weeks totaling 1,813 volunteer days.
Total: \$307,350.55

Pateros Resource Center considers options for remaining assistance

By MIKE MALTAIS STAFF WRITER

PATEROS -- The meeting of the board of directors of the Pateros Brewster Community Resource Center (PBCRC) on April 26, was short but consequential. After dispensing with the election of officers for the next year members turned their attention to remaining assistance the agency has available.

"Our Covid assistance is

diminishing," said executive director Gene Dowers. "I don't know if the need is diminishing as much as the organization, we work for has used up its budget."

Requests for that help has declined as well.

"We still have lots of assistance available but we're not getting the requests through the channels we normally hear from," said Dowers. "One of the things we're looking at is trying to deal with the

inventory we have before our fiscal year ends, which is the first of July."

PBCRC will not lose those resources when that date arrives.

"It stays with us whether we use it or not, which is nice," said Dowers providing examples. "We can donate it to food banks or use it for fire relief if we have fires."

The administrative part which usually sends us our referrals has gone offline so

we're working on getting that back.

PBCRC continues working with the Okanogan County Community Action Council on rental assistance, a program that, according to Dowers, "is going very well."

WorkSource in Okanogan sends a representative to PBCRC every Thursday, "and she's busy all day," said Dowers. "She is jammed all day long with a full schedule of appointments and walk-ins."

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Salmon Creek doubles in size overnight



Mike Maltais/QCH

Snow melt and overnight rains Thursday, May 4, brought the water volume in Salmon Creek up to 300 cubic feet per second (CFS). The following night, May 5, water release from Conconully Reservoir doubled that volume to 600 CFS. Okanogan County Emergency Management advised that the higher levels would reach the city of Okanogan by 2 a.m., Saturday, May 6. Persons were asked to stay away from Salmon Creek.

The work continues...

Fire recovery groups review eight years of rebuilds, replacements

By MIKE MALTAIS
STAFF WRITER

PATEROS – The three home dedications in Monse, Bridgeport, and Coulee City by the Okanogan County Long Term Recovery Group (OCLTRG) on April 28-29 were just the latest in an eight-year campaign to get wildfire survivors back into rebuilt residences.

A look back over the work begun by the original Carlton Complex Long Term Recovery (CCLTR) on Jan. 1, 2015, and continued by the renamed OCLTRG reveals years of accomplishments for scores of families.

Home Rebuilds/ Replacements

- 1 bedroom (2014) 1 (2015) 2
- 2 bedrooms (2014) 11 (2015) 8 (2020) 7
- 4 bedrooms (2015) 2 (2020) 2
- Unique builds (2014) 2 (2015) 2

- Manufactured homes (2014) 7 (2015) 2
- Total: (2014) 21 (2015) 17 (2020) 9

Rebuild Stats

- Veterans (2014) 4 (2015) 3 (2020) 4
 - Total People Housed (2014) 41 (2015) 32 (2020) 16
- Rebuilds with Colville Confederated Tribes
- Tribal member and Reservation land (2015) 3 (2020) 3
 - Non-Tribal member, Reservation land (2015) 1 (2020) 3
 - Total: (2014) 4 of 17 (2020) 6 of 9

Sign to Save Program (given out primarily in Okanogan, Douglas, and Chelan counties)

- Orders 1,260. Total 1,568

In 2014-2015 the average cost per home was \$72,000 excluding unique and multi-family houses.

In 2020 the average cost of the first eight homes, some not fully complete, was \$117,000.



Courtesy OCLTR

Shifting to more contractors to finish the last two homes has increased the estimated pricing. The eighth home is currently at \$148,000.

Nine of the homes built were off the grid (solar), seven of those in 2014-15, and two in 2020.

Four of the rebuild clients have passed away. All but two homes are still occupied by the original survivors, two of the deceased clients have their family owning the properties.

The Community Foundation of North Central Washington started as the CCLTR fiscal sponsor.

State capital budget includes \$670,000 for courthouse rehab

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

OKANOGAN – The recently approved state capital budget allocates almost \$9 million in funding for the 2023-25 biennium including \$670,000 in funding to rehab the Okanogan County courthouse. The BOCC discussed that and other issues at its meetings on April 24-25.

Monday, April 24

- Planning Director, Pete Palmer and the commissioners discussed a gravel pit operated by Lloyd Logging that's out of compliance with the Planning Department (its Conditional Use Permit (CUP) expired in 1987) and is also out of compliance with its Department of Natural Resources (DNR) permit. Discussion included enabling the Planning Department to issue fines to ensure compliance.

- Palmer and the commissioners continued discussions about Zone Code revisions.
- The commissioners, DNR and the Okanogan Conservation District (OCD) discussed wildfire resiliency planning in the county and the importance of tailoring Firewise programs to each community.
- The commissioners and Dave Mullins discussed funding issues of the Tonasket EMS District. Mr. Mullins has a list of possible solutions to provide more hours of service in the district. Commissioner Branch promises that the BOCC will consider the items on his list.

Tuesday, April 25, a.m.

- Deputy Prosecutor Esther Milner negotiated contract agreement with rep from County's on-call Engineering firm; Licensing Dept. doorway, Fairground barns, Jail geo-thermal to benefit.
- Coroner presented Snohomish County autopsy services contract for approval and is excited

about imminent purchase of Radox machine for drug testing.

- WA State Capital Budget passed approving \$670,000 for Courthouse rehab with 5-7 percent administrative fee.
- Decision made for Auctioneer Services for County Surplus Auction on May 15 – GovDeals – online and in person,
- Update from Solid Waste and Public Works – Upcoming meeting with Environmental Protection Agency regarding Air Quality – new rules

Tuesday, April 25, p.m.

- Discussion regarding incorrect notice for Planning Meeting and no public comment period – zoning and rural character of county.
- Approved two subdivision proposals: Long Plat (Park Place) 2021-2, and Warner (on East Lake) Long Plat alteration 2022-1.
- Approved Fairgrounds' Manager bid recommendation for 40 stall Horse Barns with Noble Panels.
- Letters of interest for District 1 & 3 LTAC position.

Teen short fiction contest, \$200 in cash prizes

SUBMITTED BY NCW LIBRARIES

NCW Libraries is once again partnering with Write on the River to sponsor a short fiction contest for NCW teens.

This annual competition gives teens the opportunity to share their original creative work with our great community, and the chance to earn cash prizes provided by Write on the River.

All students in the libraries' service areas, Chelan, Douglas, Okanogan, Grant and Ferry counties, and in

grades 9 to 12, including private and home school students, are encouraged to submit their original short fiction writing.

Submissions can be a complete short story or the first chapter of a novel but must be between 500-2000 words. The writing must be the student's own original, unpublished work written by them without the assistance of artificial intelligence chatbots. Students may submit one piece of writing per year. The submission deadline is

May 15, 2023.

All entries will be judged by representatives from Write on the River (WOTR) and NCW Libraries, on the fiction's development, expression, central theme or plot, and adherence to grammatical conventions.

\$200 in cash prizes will be distributed among the top three winning students, sponsored by Write on the River & New York Times best-selling author Chelsea Cain. For questions email info@newlibraries.org.



NATIONAL HOSPITAL WEEK 2023

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P.O. Box 1922, Chelan, WA 98816
Phone: 509-689-2507

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On The Internet

website:
www.qcherald.com
news e-mail:
qchreporter@gmail.com
advertising e-mail:
ruthk@lakechelanmirror.com

Services

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Contact Information

Publisher

Carol Forhan • 509-548-5286
publisher@leavenworthecho.com
Bill Forhan, Publisher, Ex Officio

Reporter/Photographer

Michael Maltais
qchreporter@gmail.com

Reporter/Photographer

lcmcditor@gmail.com

Advertising Sales Director

Carol Forhan • 509-548-5286
carol@leavenworthecho.com

Advertising Sales

RuthEdna Keys • 509-682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans
509-860-7301
adexec1@ncwmedia.net

Contact Information

Classifieds/Legals

Laura Husa
heraldads@qcherald.com
Circulation: 509-293-6780
Laura Husa
circulation@lakechelanmirror.com

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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.

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OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff's Office

April 28
21:45 Civil Dispute, 532 McNeil Canyon Rd., Orondo
22:55 Juvenile Problem, 1636 Fisk Ave., Bridgeport

April 29
10:07 Suspicious Circumstance, 40 Jenkins Ln., Orondo

April 30
11:53 Suspicious Circumstance, 1510 Lincoln Ave., Bridgeport
18:10 Agency Assist, 101 W. Marine View Dr., Orondo
23:37 Noise Complaint, 9th St. and Columbia Ave., Bridgeport

May 1
15:32 Suspicious Circumstance, 1255 Fairview Ave., Bridgeport

May 2
08:13 Trespassing, 422 S. Harrison St., Waterville
09:11 Malicious Mischief, 505 16th St., Bridgeport
15:31 Trespassing, 5 Richards Ave., Bridgeport
18:19 Traffic Offense, McNeil Canyon Rd. MP 3, Orondo
21:28 Burglary, 417 E. Birch St., Waterville

May 3
09:31 Theft, 113 W. Locust St., Waterville
11:33 CPS/ APS Referral, 303 W. Ash St., Waterville
16:48 Public Assist, 300 Entiat Pl., Orondo
17:01 Civil Dispute, 300 Entiat Pl., Orondo
18:31 Harassment/ Threat, 800 E. Locust St., Waterville
19:00 Non-injury Accident, 115 Pine St., Bridgeport Bar
20:07 Warrant Arrest, 303 E. Ash St., Waterville

May 4
09:06 Scam, 53 Chelan Hills Rd., Chelan
10:26 Agency Assist, 20 Pine Hollow Dr., Orondo
11:06 Welfare Check, 860 SR 173, Bridgeport Bar
21:44 Suspicious Circumstance, 8 AMC Rd. area, Bridgeport
22:05 Trespassing, 811 Jefferson Ave., Bridgeport
22:13 Miscellaneous, US Hwy. 97 MP 213, Orondo
22:47 Noise Complaint, 123 W. Poplar St., Waterville
22:51 Traffic Offense, US Hwy. 97 MP 218, Orondo

Brewster Sheriff's Department

April 27
17:33 A non-injury accident was reported on Hwy. 97 involving a 2003 Chevy Suburban that backed into a white Toyota.

April 28
17:06 A non-injury accident was reported when a male subject with a trailer backed into a caller's black 2019 Chevy Silverado on N. Bridge St. in Brewster.

April 29
09:04 A citizen assist was requested for a female subject at Brewster Market asking for help and asking to call the police.
11:14 Extra patrols were requested on S. Bridge St. for an ongoing issue with speeding vehicles in the area.
23:04 A noise complaint was received from S. 3rd St. in Brewster for loud music ongoing for one hour.

April 30
No local reports.

May 1
13:29 A citizen dispute was reported on W. Main Ave. in Brewster.
13:30 A caller reported a male subject that asked them to call the police on S. 3rd St. in Brewster.
13:38 A caller reported receiving threats in the Brewster area.
17:45 An intoxicated hispanic male subject was reported on W. Main Ave. in Brewster that was not leaving and the situation was escalating.

May 2
13:34 A subject with reported bipolar disorder was having a psychotic episode on Golf Course Dr. in Pateros.
13:49 A traffic stop was reported on Lakeview Way and N. Bridge St. in Brewster.

May 3
06:49 A work tool was reported stolen from a vehicle on S. 3rd St. in Brewster.

May 4
00:06 A traffic hazard was reported when a white van was parked sideways in the middle of the road on Old Hwy. 97. The van was reportedly full of stuff and did not appear to be occupied, with no lights on.

Okanogan County Sheriff's Office

April 27
09:28 A civil dispute was reported on Hwy. 97 in Brewster for a caller's ex that wanted his property.
11:21 Road rage was reported on Unger Rd. and Hwy. 97 in Brewster involving a driver with dogs in the back of a truck with no tailgate.
16:52 Rape was reported in Pateros.
17:55 An agency assist was requested on Hwy. 97 in Pateros for a disabled, blocking vehicle.

April 28
10:58 An agency assist was requested on Hwy. 97.

April 29
11:32 An unattended death was reported on Pedersen Rd. in Pateros.

April 30
16:52 A DUI arrest was made on Monse River Rd. and Old Hwy. 97 in Brewster to a subject in a Ford truck reportedly with excessive lane travel that pulled over then got back not the roadway and went into a ditch a couple times before stopping back on the roadway.
23:28 Barking dogs were reported on Indian Dan Canyon Rd. in Brewster.

May 1
15:20 A vehicle was reported high-centered on a rock and the driver reported if he goes down over the edge of the rock he will be in the river, on Pateros Fish Hatchery Rd. in Pateros. The call was labeled as a DUI.

May 2
08:01 A caller on Alta Lake in Pateros reported a violation of a parenting plan when their ex was holding their 17-year-old.
13:34 A female subject was

reported having a psychotic episode on Golf Course Dr. in Pateros and needed assistance.

May 3
12:54 A caller on Hwy. 97 in Brewster reported theft when they found mail in a vehicle at the location, opened. The mail had his name on it and the vehicle belonged to his mother's boyfriend.
23:30 An ongoing noise problem was reported on Indian Dan Canyon Rd. in Brewster with many dogs barking at the location since 7 p.m., advised neighbors have weapons and shoot in their yard.

May 4
00:06 A traffic hazard was reported on Old Hwy. 97 for a white van parked sideways in the middle of the roadway, reported to be full of stuff, and did not appear occupied.

Geographic name changes include Okanogan County site

By MIKE MALTAIS
STAFF WRITER

PATEROS – The Washington State Committee on Geographic Names approved five names - including one in Okanogan county and one on Chelan County – among new names submitted by tribes for three places that previously bore a term derogatory to Native American women.

The five names include a name for a reopened Puget Sound passage in Jefferson County, an official name for a ditch in Thurston County, and proposals from tribes for new

names for a ridge in Okanogan County and lakes in Kittitas and Chelan counties. After their approval, the proposals will be presented to the Board of Natural Resources for adoption.

Okanogan County

The two-mile-long ridge about eight miles west of Pateros would be named **Swarm Creek Ridge** after the creek that runs below it. The creek previously bore the same derogatory name, but the Board of Natural Resources approved the change of its name in 2018.

The name was proposed by

the Confederated Tribes of the Colville Reservation (CCT), coming from a Methow tribal elder. Staff will also submit the name Mokheil, a traditional name for this landform proposed by the CCT and Bands of the Yakama Nation, to the federal geographic naming database as an alternate name for the ridge.

Chelan County

The five-acre lake west of Lake Wenatchee would be named **Masawii Lake**, a name proposed by a Wenatchi elder and submitted by the Confederated Tribes of the Colville Reservation.

Don't face the unknown without getting a 2nd opinion!



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~ Matthew 19:26



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OBITUARIES

Marie T. Wesselman

Our loving mother, Marie, age 89, went peacefully to be with Our Lord and Savior on May 1, 2023, surrounded by her sons and family.

Born October 20, 1933, to Domie and Ursula Cavadini in Wenatchee, Washington, the first of five children, Marie graduated from Mansfield High School in 1951 and served as part of the Apple Blossom Rally.

Ed and Marie married in 1951, and settled in Leahy Junction, Washington to farm Ed's sister's wheat ranch. Dad was the love of her life. They lovingly raised and wrangled six sons while proudly farming the ranch for the next 50 years. Mom was known for her hospitality as family and friends traveled through the area or visited the ranch.

Mom actively served in the Catholic Church as Eucharistic Minister, Catechist, Altar Society and the Diocesan Council of Catholic Women as well as Leahy Homemakers Club. She helped her boys with their 4-H, FFA, and sports activities. She loved to create wheat weavings, make baskets and sew quilts for the grandchildren and great-grandchildren. Mom also enjoyed volunteering as a census taker.

Moving to Spokane in 2004, Marie and Ed enjoyed spending time with friends and family. Marie enjoyed the many friends she made in Mom's Club at Shenandoah Park and Orchard Crest and was known for playing a little pool, cards, and building puzzles while visiting. Mom relished seeing her boys marry which led to special bonds with her daughters-in-law.



We would like to express our sincere appreciation to Orchard Crest and Horizon Hospice for tender care of our mother.

Marie was preceded in death by her parents, husband (Ed), and sister (Lucille Cavadini-Miller), and is survived by sisters Deloris Davis (Tom) and Donna Hegge; brother (Norman Cavadini); sons Roger, Ron (Joy), Robert (Tracy), Randy, Rodney, and Ric (Judy); 12 grandchildren, and 19 great-grandchildren.

A Catholic Service will be held for Marie at 11 a.m. on May 13, 2023 at St. John Vianney Parish, 503 North Walnut Road, Spokane Valley, WA 99214. A Rosary for Marie will precede the service at 7 p.m. on May 12, 2023 at St. John Vianney.

A committal service will take place at a later date at the Washington State Veterans Cemetery.

The family asks that in lieu of gifts or flowers, donations may be made in Marie's name to St. Jude Children's Hospital or St. John Vianney Catholic Church of Spokane Valley.

Bridgeport School District announces Summer Food Service Program

SUBMITTED BY BRIDGEPORT SCHOOL DISTRICT

BRIDGEPORT - The Bridgeport School District announces the sponsorship of the Summer Food Service Program for children. Meals are available at no charge to children 18 years of age and younger.

Meals will be served at the following location: Bridgeport Elementary, June 20 through August 18. Breakfast 7:30-8:30 a.m. Lunch 11:30 a.m.-12:30 p.m. For more information contact: Scott Sattler 509-686-5656.

In accordance with Fed-

eral civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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plaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: 202-690-7442; or email: program.intake@usda.gov.

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COMMUNITY BULLETIN BOARD

May 10, 12, 16-17, 19

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 donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: May 10: Beef Taco Pie, Southwest Salad, Pears, WW Roll, Dessert; May 12: Pork Roast, Herbed Potato Bake, Lettuce & Tomato Salad, Pineapple, WW Roll, Oatmeal Cookie; May 16: Sloppy Joe Sandwich, Jo Jo's, Coleslaw, Peaches, Dessert;

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 10-13, 15-20

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 10-11, 15-18

Chelan Valley Hope

Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat CHELAN - It is increasingly busier at Chelan Valley Hope (CVH), and you may wonder what is happening at Hope. In just the first quarter of 2023, Hope has provided over 400 services to individuals and families in Chelan County. Terri's Non-Food Pantry has provided over 125 bags of essential items such as; shampoo and conditioner, laundry soap, toothpaste, and more. Forty families and individuals have received rent or utility assistance. This would not be possible without the help of our fantastic community and team of volunteers. The Hope volunteers and board members have served over 1,000 hours in the first quarter of 2023. For more information, you may call or visit us Monday - Thursday, 9 a.m.-3 p.m. (closed Noon to 1 p.m.), and

speaking with one of our helpful volunteers. Whether you are looking to get help or to give help, we are waiting for you.

May 11

Bingo

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

May 17

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 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 10

Senior Center Membership Drive, Elections

BREWSTER - The Brewster, Bridgeport, Pateros Community Senior Center is having a Membership Drive and elections. If you are interested in being a member, officer, nominate someone for officer, or receive an absentee ballot, you can contact Tracy Miller at 509-

449-0596, tracymiller36@gmail.com. The election will be May 10 at 12:30 p.m. at the Center.

May 10

Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, May 10, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwchamber@gmail.com or Mike Mauk, 509-449-0605.

May 11, 18

Brewster bus trips

BREWSTER - OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is May 11. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, 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 13

Dia de Las Madres, Mother's Day Celebration

BREWSTER: 12-10 p.m., Main Street between 6th and 5th. The Brewster Chamber of Commerce and Brewster Business Association would like to invite you to their Dia de las Madres event. They will be having live music, folklore dancers, dancing horses, vendors, and more. La Camara de Comercio y Brewster Business Association los invita a celebrar el Evento del Dia de las Madres. Tendremos Musica en Vivo, Danzas Folklorica, Caballos Bailadores, Puestos de Comida, y Mucho Mas.

May 15

Family and friends Support Group

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

DEATH NOTICES

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.



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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 509-689-2507 for more information
Or email ruthk@lakechelanmirror.com

Threw 11 season shutouts

League champion Bears close regular season with DH win over Raiders

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The league champion Bears varsity baseball team ended its regular season with a doubleheader win over conference opponent Lake Roosevelt on April 28. Brewster racked up a 15-0 league record and 20-1 overall. “Senior Day is always a bit-sweet day,” said head coach Todd Phillips. “We get to celebrate our seniors, who this group especially have made such a significant impact on our baseball program, as well as our school and community.”

Phillips said the players inspired many generations of Brewster baseball players with their exploits on the field and did a phenomenal job of interacting with the youth in this community, volunteering to umpire and just being around their games and being role models.

“It’s tough to say goodbye to this group,” said Phillips. “They have been special.”

Phillips noted that the team won 83 percent of its games so far, with a career record of 74-17. Eight of those 17 losses were to 4A schools in the COVID shortened season.

“In fact, they only have two losses to 2B schools,” said Phillips, “both one-run losses in the playoffs their eight grade year.”

The coach singled out several players for special comment:

- Nico Maldonado has been one of the toughest kids we have ever had here and has done nothing but work hard in order to get better to help his team.
- Eric Ramirez has been a part of this program as long as I have been coaching, starting as a manager and developing into a

leader and key component of this program.

- Reese Vassar is our baseball junkie who lives and breathes the game of baseball and has done a phenomenal job of working with, teaching and leading are young baseball players this season.

- Tyson Schertenleib is one of the most physical specimens we’ve ever had, a multi-tool player who has been asked to play a wide variety of positions while being a fantastic pitcher and hitter.

Phillips said Maldonado did a great job against the Raiders in his debut as a leadoff hitter. He started the game off with a single and reached third on an error, scoring on a wild pitch.

Reese Vassar walked, advanced to second, stole third and scored on a wild pitch as well.

“Taking the lead early has been our M.O. all year and something that needs to continue into the playoffs,” Phillips said.

In the second inning, Tyson Schertenleib led off with a walk, stole second and advanced to third on a passed ball before scoring on Maldonado’s two-out single.

“We scored a lot of runs today with two outs, that is what good teams have to do,” Phillips said.

The Bears added three in the third. Brady Wulf walked, stole second and advanced to third on a wild pitch. Grant Baker doubled to plate Wulf and advanced to third on a wild pitch. Blake Burgett picked up an RBI and reached base via an error and stole second. Schertenleib bunted for a base hit and Burgett came around via the error.

Lake Roosevelt scored its only run of the day when Vas-

sar allowed his first and only run of the season.

“Dang near made it through the entire season without giving up a single run,” marveled Phillips. “Something I have never heard of.”

Brewster broke it open in the fourth. Wulf doubled with one out and scored on a Ramirez single. Baker reached first with two outs via an error. Burgett singled and an error on a pickoff play brought in Baker and moved Burgett to second. Schertenleib reached base via an error that brought in Burgett. He scored on an error off the bat of Kash Vandelac.

The Bears reached the 10-run limit in the fifth when Vassar reached base on an error and was able to advance to second. He made it to third on a passed ball and scored on Wulf’s sacrifice fly.

“The real difference in the game was we made plays and Lake Roosevelt didn’t, racking up 10 errors to our 0,” said Phillips, “We were just more intense than they were.”

Game 1 stats

Inning	1	2	3	4	5	R	H	E
Lake Roosevelt	0	0	0	1	0	1	4	10
Brewster	2	1	3	4	1	11	7	0

W-Reese Vassar (7-0)
L-Britt Egbert
S-None
2B-Brewster: Brady Wulf (6), Grant Baker (4); Lake Roosevelt: Egbert

3B-None
HR-None

“Last game of the year played some guys at some different positions,” said Phillips. “Made the game a little more fun, especially letting the seniors go out like that.”

Phillips said Maldonado tore the cover off the ball. Schertenleib kept the bats silent. Vassar drove in some runs and Ramirez got to make a play in his only career in-

ning at shortstop to end the game.

“Gotta love it,” Phillips said. The Bears blew the game open early, Maldonado led off with a triple, scored on Vassar’s single. Wulf singled behind him and then stole second. Ramirez drove in a run. Scored another on an error off Baker’s bat and Burgett hit a sacrifice fly to bring in Baker.

In the second the Bears scored all their runs with two outs. Maldonado doubled, Vassar tripled, Wulf singled, Ramirez doubled, and Baker singled. Five straight hits with two outs to score four runs.

Brewster added one run in the third when Schertenleib bunted for a base hit, went to second on a balk, third on a wild pitch and scored on the double steal.

Brewster reached the ten-run rule with four more runs in the fourth. Vassar was hit by a pitch and scored on Wulf’s triple. He scored on an errant pick-off attempt. Baker walked, Burgett reached base on an error, Schertenleib bunted for a base hit to load the bases. Vandelac hit a sacrifice fly, Cole Aparicio was hit by a pitch to load them again and another run scored on a dropped third strike.

“We threw our 11th shutout of the year,” said Phillips. “We ten-ran our opponents in 13 of 15 league games this year.”

Game 2 stats

Inning	1	2	3	4	5	R	H	E
Lake Roosevelt	0	0	0	0	0	3	7	
Brewster	4	4	1	4	X	13	12	0

W-Tyson Schertenleib (6-0)
L-Tanner Kiser
S-None
2B-Brewster: Nico Maldonado (4), Eric Ramirez (4); Lake Roosevelt: Bear Vargas

3B-Brewster: Nico Maldonado (2), Reese Vassar (2), Brady Wulf (2); Lake Roosevelt: None
HR-None



Mike Maltais/QCH

A Brewster batter puts an Okanogan pitch in play...



Mike Maltais/QCH

...and tries without success to make it to first base ahead of the ball.

Brewster fastpitch takes second in league

By MIKE MALTAIS
STAFF WRITER

BREWSTER – For the second time in two days the Bears varsity softball team lost to the league-winning Okanogan Bulldogs, 11-3, on Senior Day

last Thursday, May 4. Okanogan defeated Brewster 5-2, on May 2 to clinch the league title.

The 11-4 Bears are second in league and will play at home on May 12 against either Lake Roosevelt, Liberty Bell, or Oroville.

THE WASHINGTON OUTDOOR REPORT

Outdoor opportunities in May

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Looking for some things to do outdoors in the days ahead? Here are seven suggestions, allowing you to get outside and do something new every day this week.

WILDFLOWER HIKES – The wildflowers are blooming around Eastern Washington and now is a great time to go on a hike and immerse yourself in their presence. A few of my favorite places to go include Columbia Hills State Park in Klickitat County, Hay Canyon and Nahahum Canyon near Cashmere, Ingalls Creek south of Peshastin, the Turnbull National Wildlife Refuge south of Cheney and the area around Palouse Falls State Park.

WATERFALLS – Speaking of Palouse Falls, this is the best time of year to visit this state park near Starbuck in



Courtesy John Kruse

The waterfall at Ancient Lake.

Southeast Washington. The spring runoff on the Palouse River sends a voluminous amount of water crashing into the 198-foot deep basalt basin below the falls. Other waterfalls worth checking out right now include Rainbow Falls near Stehekin, Silver Falls west of Entiat and Periwee (also known as Peewee) Falls in Pend Oreille County which cascades 233 feet into Boundary Lake.

BASS FISHING – The bass are in the shallows and getting

ready to spawn. This is arguably the easiest time of year to sight fish for bass. Casting finesse rigs like senkos, jigs or Texas rigged worms and lizards can readily draw strikes. Look for these bass in thick cover and be prepared to scratch up the boat a bit to get at them.

TROUT FISHING – Most of those trout planted prior to the lowland lakes opener two weeks ago are still there and this is a great time to go fishing for them. If you are looking for places to go check out the WDFW derby lakes where trout with blue tags have been planted. If you catch one of these trout, they are worth a prize which could be anything from a gift card to a canoe. <https://wdfw.wa.gov/fishing/contests/trout-derby>

CATFISH FISHING – Another option for anglers right now is to go after catfish. You can find them in the lower John Day River between the mouth and the falls as well



Courtesy John Kruse

Arrowleaf balsamroot blooming above Hay Canyon near Cashmere.

as the mouth of the Palouse River near Lyons Ferry State Park. Channel catfish are also plentiful in the Snake River.

DESERT HIKES – As the weather warms desert hikes become a lot less enjoyable but if you go now, you can still take advantage of the great

scenery and some of the lakes found in these regions. Some of my favorite desert hikes are the lower route to the Ancient Lakes or Dusty Lake (1.5 and 3 mile one-way hikes respectively) or a walk near Frenchman or Winchester Wasteway in the Desert Wildlife Area in

Grant County. If you go check yourself for ticks at the conclusion of your excursion.

TURKEY HUNTING – The spring turkey season continues through May 31 and the northeast corner of the state is definitely your best bet if you want to bag a gobbler. Washington Department of Fish and Wildlife staff say, “If you’re not sure where to hunt, there is plenty of opportunity on public land in Pend Oreille, Stevens and Ferry counties, including the Colville National Forest, the Little Pend Oreille National Wildlife Refuge, and WDFW’s Sherman Creek, LeClerc Creek, and Rustler’s Gulch wildlife areas. In the southeast part of WDFW’s Region 1, the Asotin Creek, Chief Joseph, and W.T. Wooten wildlife areas also have good hunting opportunity.”

John Kruse – www.northwesternoutdoors.com and www.americaoutdoorsradio.com

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Administrative

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

S	P	L	A	T	F	E	D	D	R	A	G
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Announcements

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Leavenworth/Cashmere 509-548-5286 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror** 509-682-2213 or **Quad City Herald** 509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

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Employment

Help Wanted



School District is seeking qualified applicants for the following position:

- Alpine Lakes Elementary School Life Skills Teacher

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

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.



School District is seeking qualified applicants for the following position:

- Alpine Lakes Elementary School Resource Room Teacher 23-24

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

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Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

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

City of Cashmere Lifeguards and Cashiers/ Job Announcement

The City of Cashmere is now accepting applications for full and part-time seasonal Lifeguards, Swim Instructors, and Cashiers to work at the city pool from June through August 2023.

Lifeguards must be certified in American Red Cross Lifeguard and CPR for the Professional Rescuer; or be willing to gain certification before employment.

Lifeguard duties include strong communication skills, patron safety, cleaning, maintenance, paperwork and water chemical testing. Cashier duties include cash register operation /balancing, answering phone, cleaning, maintenance, and paperwork. Must have cash handling experience.

Application and job descriptions are available at <https://www.cityofcashmere.org/government/human-resources>

For inquiries contact Christie, Pool Manager at poolmgr.christie@gmail.com or 509-782-3513

Help Wanted

Facilities Maintenance/Custodian – Full-time Organization: Okanogan County Transit Authority (TranGO) TranGO IS HIRING A FACILITIES MAINTENANCE/ CUSTODIAN.

Full-time (36 plus hours per week), schedule may vary, position available now; hourly non-exempt. Compensation is \$18.62-\$20.14 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation.

Commercial Driver's License with Passenger Endorsement preferred. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position.

E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled.

Okanogan County Transit Authority is an Equal Opportunity Employer.



Douglas PUD has an opening for: Contract Coordinator Details at www.douglaspu.org



Try the pet section on NCWMarket.com

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 See photos on NCWMARKET.COM

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Acreage

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\$161,500



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.
808-298-1031
 Seller is licensed Realtor Maui, HI

WHAT'S HAPPENING

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Legals

Public Notices

CITY OF PATEROS NOTICE OF PUBLIC HEARING
 Notice is hereby given that the Council for the City of Pateros, Washington will hold a public hearing for the purpose of receiving comments on an application for a short plat located on 356 Ives Street, Pateros WA. The public hearing will be held on Monday, May 15, at 6:00 pm in council chambers 113 Lakeshore Drive, Pateros WA. Pateros City Hall is accessible to all persons and person requiring translation or other special services are requested to contact Pateros City Hall at 509-923-2571 at least one day prior to the meeting. Published in the Quad City Herald on May 10, 2023. # 5706

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 named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court 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 provided under RCW 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 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**
 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

Public Notices

IN THE SUPERIOR COURT OF 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 and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets.
DATED: April 25, 2023
FIRST PUBLICATION: May 3, 2023

/s/
 Donna M. Calf Robe,
 WSBA No. 18852
 Attorney for the Administrator
 Address for Mailing or Service: **BROTHERS & HENDERSON, P.S.**
 936 N. 34TH STREET, SUITE 200
 SEATTLE, WASHINGTON 98103
 Published in the Quad City Herald May 3, 10, 17, 2023 #5672

Public Notices

Superior Court of Washington for Chelan County

In the matter of the estate of
Montene M. Frazier, Deceased.
No. 23-4-00114-04
Notice To Creditors
(RCW 11.40.030)

The persons named below have been appointed as co-personal representatives of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the co-personal representatives or their attorney at the address stated below a copy of the claim and filing the 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 co-personal representatives served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: April 26, 2023.

TOMMY D. FRAZIER and CYNTHIA G. WELDIN
 Co-Personal Representatives
 Attorney for the Personal Representatives:
 Joseph C. Brown, Jr.,
 WSBA# 17991
 Address for Mailing or Service:
 J.C. Brown Law Office, PLLC
 200 Aplets Way, P.O. Box 384
 Cashmere, WA 98815
 (509) 782-1111
 Court of probate proceeding and cause number:
 Chelan County Superior Court,
 Cause Number: 23-4-00114-04
 Published in the Quad City Herald on April 26, May 3, and May 10, 2023.#5641

How long do you need to take a bone-building medicine?

Q: My doctor wants me to start taking a particular medication once a week to strengthen my bones. How long do I have to take it?

Our bones can lose strength as we age, making them thinner and more likely to break. How long do you need to take a bone-building medicine? That depends on how thin your bones are and if you have a history of a fracture due to thin bones.

May is National Osteoporosis Awareness and Prevention Month. Osteoporosis is a disease that causes your bones to become thinner. When you have osteoporosis, a simple fall can shatter a bone, causing months of painful rehabilitation and, for some, permanent disability and loss of independence.

Sometimes, bones are so weak that they break spontaneously. A hip fracture can cause a fall instead of being the result of one. The vertebrae of your spine can become so frail that they collapse. This can pinch nerves and twist muscles out of position, causing deformity and pain.

When heavy equipment resurfaces a highway lane, it removes the top layer of the road surface, mixes it with hot tar, then pours it back onto the road surface.

Our bones follow a similar pattern, continuously recycling the calcium, phosphorus, and other minerals they contain. Like the machines that chew up the top layer of roadway, then lay it down as a new surface, we continuously take up bone cells, then lay them back down.

Until age 35, this process increases our bone density. As our body recycles bone cells, it puts back a few more bone cells than it takes out, which makes our bones stronger. But around age 35, that balance starts to shift. Eventually, our bone cell recycling process no longer returns all the cells it takes out. Over time, our bones become thinner.

Luckily, there is a way to discover the density and "strength" of your bones, the DXA scan, also called a DEXA scan. DXA scans measure bone thickness in several critical areas to determine bone mineral density.

During this painless procedure, two low-dose X-rays are sent into the pelvis, hip, and lower spine bones. The results are used to calculate the bone mineral density of each area. The lower the density of those bones, the greater your fracture risk.

If your bone density is low, further bone loss can be slowed with treatment. You may be at an increased risk of thin bones if you are post-menopausal or have taken certain drugs frequently, especially prednisone.

Certain conditions accelerate the process of losing bone cells. Taking prednisone for



months to years decreases bone density, and smoking cigarettes can accelerate bone loss. Menopause also triggers a doubling of the rate of bone loss.

About half of repeat fractures from osteoporosis can be prevented with appropriate treatment.

Bone-building drugs like alendronate (Fosamax®), risedronate (Actonel®), and Boniva®, called bisphosphonates, are the first choice for boosting thin bones. These powerful medicines have complicated directions and are easier to take in the once-a-week or once of monthly formulations. They must be taken with a full glass of water on a completely empty stomach, and you must sit upright for at least 30 minutes afterward.

Keeping yourself upright and drinking a full glass of water helps avoid irritating your esophagus. An empty stomach is essential because only 2-3% of the medicine in each tablet will be absorbed into your body.

What does get into your bones stays there. These drugs become part of your bone cells and help build bone for you even years after you stop these medications.

Another form of bisphosphonate is a yearly infusion. This is particularly helpful if you cannot take the pills because of problems with your stomach or esophagus.

So how long do you have to take Fosamax® or Actonel®? That depends; you and your doctor should decide together.

Five years of treatment should be enough if you have not yet had a fracture, and take them only as prevention. Both alendronate (Fosamax®) and risedronate (Actonel®) help to prevent hip and vertebral fractures for up to ten years, even after you stop taking them.

Beyond five years, there is more risk of having a dental emergency called osteonecrosis of the jaw.

Bone-building medications include bisphosphonates you take once weekly, once monthly, or once yearly. Another type of bone building medication available requires twice yearly injections.

Getting adequate calcium and vitamin D, plus weight-bearing exercises also helps strengthen your bones. Check with your doctor about your risk of osteoporosis and your options for treatment.

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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CROSSWORD PUZZLE

CROSSWORD

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- THEME: GRADUATION
- ACROSS**
- Like a bug on windshield noise
 - G-man
 - Late actor Ledger
 - Waikiki necklace
 - Group of lions
 - Knight's shiny garb
 - Ensign, for short
 - One to beat
 - "Graduation proof"
 - "School's Out" singer
 - An indigenous person in Laos
 - 6-shooter
 - Founder of People's Republic of China
 - Porous rock
 - "MFA or BA"
 - Comrade in arms
 - Be inclined
 - Had in mind
 - Was a passenger
 - Ventricular beater
 - Same as ayah
 - Trick, rock band
 - Nicholas II, e.g.
 - Initiation ceremony, e.g.
 - "Pollock" actor Ed
 - Foolish one
 - Ever, to a poet
 - "House of Gucci" star
 - Masters Tournament peg
 - "Mortarboard attachment"
 - "No more ____, no more books"
 - Fancy boat
 - Mozart's "L" del Cairo"
 - Arm bones
 - Orderly arrangement
 - Granola grain
 - Gustatory sensation
 - Lord Byron's composition
 - Dashboard unit
 - Weasel's aquatic cousin
- DOWN**
- Herring's cousin
 - "Frasier" actress Gilpin
 - Bulb holder
 - Coral reef island
 - Neck cavity
 - Pestilence pest
 - Even, to a poet
 - "Saturday Night Fever" music genre
 - Type of coffee maker
 - Gauche or Droite in Paris
 - Month of Purim
 - Styling product
 - For the time being, Latin (2 words)
 - Cave opening
 - Like Hemingway's certain man on sea
 - Type of rummy
 - "One in "Pomp and Circumstance" series
 - Hello to Israel Kamakawiwo'ole
 - Ahead in years
 - "You have brains in your head, you have ____ in your shoes"
 - Cleats to soccer player
 - China grass
 - Related on mother's side
 - Olden days anesthetic
 - "School ____, which is about 180 days
 - No-win situation
 - Old-hat
 - Wilbur's home
 - Famous frat house
 - Adjective in sheet music
 - Low light
 - Enthusiastic approval
 - Tropical edible root
 - Land measure
 - Beaten by walkers
 - Research facet
 - It's better than never?
 - Tiresias in "Oedipus Rex"
 - Small dog's bark
 - Gown's companion

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New WVC machining operator certificate course offered

SUBMITTED BY HOLLY THORPE, PIO AT WVC

WENATCHEE - Wenatchee Valley College developed a new Machine Operator Certificate which will begin in the Spring 2023. The new certificate was developed with \$20,000 in grant funding from

the Alcoa Foundation awarded to the Wenatchee Valley College Foundation.

The new short certificate is designed as a bridge to high-demand certificates and degrees at WVC such as aerospace electronics, network administration, machining, or welding.



Courtesy WVC

Grant funds will be used for training instructors teaching certificate courses.

The 10-credit short cer-

tificate covers safe operations of machine tools, precision measurement, benchwork skills, and operating band saws and a drill press. In addition, students will learn about hazardous material awareness and safety procedures in industrial facilities such as mills, smelters, power plants

and packing facilities. They will have the opportunity to earn first aid, CPR, forklift, OSHA-10, Hazmat and flagger certifications.

"The support from the Alcoa Foundation helps provide training and funding to enhance the pathway for the Machine Operator Certificate,"

said Yuritzi Lozano, dean of allied health and professional technical programs.

"The students who engage in this certificate will have the opportunity to bridge coursework for longer term certificates and degrees at WVC." For more information visit the machining page: wvc.edu/Machining.

Celebrate Wildfire Awareness Month: Sign up for Wildfire Ready Neighbors

SUBMITTED BY WASHINGTON STATE DNR

OLYMPIA - This May, the Washington State Department of Natural Resources (DNR) and Commissioner of Public Lands Hilary Franz encourages Washington residents to smell the spring flowers, appreciate the re-emerging sunshine, and

take steps to make homes more resilient to wildfire.

Gov. Jay Inslee has proclaimed May 2023 as Wildfire Awareness Month, noting that Washington residents all share the responsibility to prevent and prepare for wildfires.

"At DNR, we often say that no one is immune to the effects of wildfires," said Franz,



Courtesy DNR

who leads DNR. "But even the simplest measures, such as cleaning up pine needles and dry leaves, or moving firewood 30 feet away from your home, can make your home more

resilient to the growing threat of wildfire."

This spring, DNR's Wildfire Ready Neighbors program has expanded to Mason, Thurston, and Pierce counties in Western Washington in addition to the six active Eastern Washington counties - Okanogan, Chelan, Spokane, Yakima, Kittitas, and Klickitat.

Residents throughout the state can go to wildfireready.com to sign up to get a free Wildfire Ready Plan to help make their property more resilient to wildfire.

Residents in the nine counties listed above can also sign up for a free Wildfire Ready Home Visit from a wildfire professional who can give personalized advice and

recommendations about wildfire preparedness.

"Wherever you live in Washington, Wildfire Awareness Month and National Community Wildfire Preparedness Day is an excellent time for communities to work together to take simple actions to protect themselves from the threat of wildfire," Franz said.

Personal use firewood cutting program now open

SUBMITTED BY ROBIN DEMARIO, US FOREST SERVICE

WENATCHEE - Woodcutters are now able to obtain a free permit to cut firewood on the Okanogan-Wenatchee National Forest. Those who receive free use firewood permits may use the firewood for cutting, manufacturing, or other processing, but not for resale.

"This is the second year we have participated in this free permit program which benefits people who rely on firewood as their primary heat source. It not only benefits local woodcutters, but also allows us to dispose of material that otherwise would have a cost to burn or remove," said Forest Supervisor Kristin Bail.

Woodcutters need to obtain

a free permit, firewood tags, map, and also have a copy of the regulations on hand when cutting and transporting firewood. The free use firewood permits and tags will be available at Okanogan-Wenatchee National Forest Ranger District offices beginning May 1 and are valid through December 31. Permits will also be available at local vendors in the Methow Valley and Ellensburg; vendors will charge a \$2 administrative fee per permit.

Procedures for issuing free personal-use or commercial use permits will vary by office, so please check to verify hours and permit purchase options for each location. People will need to provide their driver's license to obtain a permit and the permit holder must be



Courtesy U.S. Forest Service

Cutting firewood from the national forest.

present during firewood gathering on the National Forest.

Free personal use firewood collection is allowed in all des-

ignated areas authorized for firewood collection on the for-

est which are marked on the woodcutting map, which will be provided when firewood tags are distributed.

Generally, woodcutters may cut wood lying on the forest floor and standing dead trees, except wildlife habitat trees. Be aware that western larch, also known as tamarack, drops its needles and may look dead, but isn't. No woodcutting is allowed in Congressionally designated Wilderness areas.

Firewood permit requirements for the Naches Ranger District are different from the rest of the forest. Special rules and conditions exist which limit the dates of the firewood cutting season on the Naches Ranger District. Please visit the Naches Firewood information page for details.

National Nurses week history

BY ANA ENTERPRISE

National Nurses Week begins each year on May 6 and ends on May 12, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses' associations promotes the nursing profession at

the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses' associations, other specialty nursing organizations, educational facilities, and independent health care companies and institutions.

A Brief History of National Nurses Week

1953 Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

1954 National Nurse Week was observed from October 11 - 16. The year of the observance marked the 100th anniversary of Florence Nightingale's mission to Crimea. Representative Frances P. Bolton sponsored the bill for a nurse week. Apparently, a bill for a National Nurse Week was introduced in the 1955 Congress, but no action was taken. Congress discontinued its practice of joint resolutions for national weeks of various kinds.

1972 Again a resolution was presented by the House of Representatives for the President to proclaim, "National Registered Nurse Day." It did not occur.

1974 In January of that year, the International Council of Nurses (ICN) proclaimed that

May 12 would be "International Nurse Day." (May 12 is the birthday of Florence Nightingale.) Since 1965, the ICN has celebrated "International Nurse Day."

1974 In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

1978 New Jersey Governor Brendan Byrne declared May 6 as "Nurses Day." Edward Scanlan, of Red Bank, N.J., took up the cause to perpetuate the recognition of nurses in his state. Mr. Scanlan had this date listed in Chase's Calendar of Annual Events. He promoted the celebration on his own.

1981 ANA, along with various nursing organizations, rallied to support a resolution

initiated by nurses in New Mexico, through their Congressman, Manuel Lujan, to have May 6, 1982, established as "National Recognition Day for Nurses."

1982 In February, the ANA Board of Directors formally acknowledged May 6, 1982 as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

1982 President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

1990 The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6 - 12, 1991, as National Nurses

Week.

1993 The ANA Board of Directors designated May 6 - 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

1996 The ANA initiated "National RN Recognition Day" on May 6, 1996, to honor the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses' associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

1997 The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student Nurses Day.

How families and friends can support the nurses in their life

BY CAREREV

Offer a listening ear. Understand how best to celebrate your nurse hero by asking them how they're doing.

Write encouraging notes. Send them off to work with an uplifting message (You're amazing! You've got this! Have a great day!)

Cheers to the nurses. Plan a celebratory night out with friends.

Take something off their

plate. This could be as small as taking on extra chores around the house, picking them up from work, or walking the dog so they can rest.

Prep a special meal. Cook a homemade meal they can take to work or order their favorite food during their break.

Plan a staycation. During their days off, take advantage of what your hometown has to offer - or maybe just binge the newest episodes of your

favorite show.

How patients can give thanks

Write a thank you note. Show how much you appreciate your nurses with a handwritten card.

Give them a gift card or bring in a sweet treat. Pick up goodies from a bakery or coffee from a favorite local shop.

How nurses can celebrate each other

Be each other's cheer-

leader. This can be as easy as writing a quick post-it-note and leaving it on someone's desk or giving a shout out in a meeting.

Support fellow nurses while treating yourself! Show some love to one of these nurse-owned businesses.

Toast to one another. Plan a team happy hour or luncheon.

Be an ally. Connect with nurses who are new to the field to see how they are doing.

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