

Join the crew April 22

Brewster trash targeted by
Earth Day cleanup volunteers

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The city is going to undergo a trash-out on Earth Day, April 22, when a group of volunteers led by Brewster resident CasSandra Hogan and La Milpa owner Ernie Santos gather at the city park at 10 a.m. where vests, gloves and bags will be available for everyone.

This Earth Day event held last year about around 45 people and they picked up 150 bags of trash, Hogan said. She hopes to see that benchmark broken this year.

Earth Day is more than a half century old. From its founding in 1970 to the present day it now involves more than a billion people worldwide in more than 190 countries and is considered the birth of the environmental movement.

It was a massive oil spill off the California coast that triggered creation of the first Earth Day. Wisconsin Senator Gaylord Nelson

Earth Day has spawned several related movements including:

- The Canopy Project: Improves the environment through planting trees now numbering in the tens of millions.
• The Great Global Cleanup: A worldwide campaign to rid the planet of waste and plastic pollution.
• Sustainable Fashion: The fashion industry creates 150 billion garments a year and almost 90 percent of those wind up in a landfill. Fashion for the Earth refers to a clothing supply chain that is ecologically and socially responsible.
• The Climate Literacy Campaign: Launched in 2020

the Climate Literacy campaign, urged governments attending the 26th United Nations Climate Change Conference in 2021 (COP26) to make climate literacy a core feature of school curriculums across the globe. Four hundred organizations representing 100 countries and more than 300 million signed on in support of stepped-up action at the climate summit.

- Educators Network: More than 95% of primary and secondary schools in the U.S. and millions of schools globally observe Earth Day each year. Established in 2004 Educators Network reaches educators in 149 countries, providing students with the knowledge and skills to build environmental and climate literacy.
• Green Ribbon Schools: Launched in 2011 in partnership with the U.S. Green Building Council and the Department of Education, the Green Ribbon Schools Program is the first federal program that recognizes public and private schools that reduce environmental impact and costs, improve the health of students and staff, and provide interdisciplinary environmental education.
• Landmark environmental laws: The Clean Act, the Clean Waters Act, the Endangered Species Act.
• MobilizeU: Launched in 2012, MobilizeU empowers college organizations and students to make a difference on their campuses while also encouraging universities and colleges to set an example for the rest of the higher education community to follow. More than 500 colleges and universities in 51 countries and every U.S. state have participated.
To learn more about Earth Day visit its website at info@earthday.org.

Work resumes on
Pateros winter barn



Mike Maltais/QCH

The ribbed metal roof is almost halfway installed arching over the end-to-end 40-foot containers that serve both as walls and storage for the new winter barn on Industrial Way.

By MIKE MALTAIS
STAFF WRITER

PATEROS – Passersby on Highway 97 are noticing that work on the public works winter barn located on Industrial Way east of the city has resumed this spring. The initial work that began last fall was suspended over the cold months.

Methow Valley Industrial

was hired last year to begin installing the corrugated metal roof supported by four 40-foot storage containers. City Administrator Jord Wilson said he chanced upon the unique combination of weatherproof storage with a domed cover while researching a design that would meet the specific needs of a winter vehicle shelter for city vehicles.

Pateros Fire Department hosts Easter
egg hunt in Ives Landing Park



Mike Maltais/QCH

Would it really be Easter without a chance to get a photo with the Easter Bunny?



With the Columbia River in the background, eager hunters scour Ives Landing Park littered with colored eggs.



Hunter Judd, 10, son of Rebecca and Evan Judd of Pateros, was one of the winners of a grand prize basket.



Hayden Buchmann, 2, brought her parents Dakota and Zachary.



Callie Allen, 3, her mother, Klancy, and grandmother, Joyce are all ears waiting for the hunt to begin.



Lucky hunters who found eggs with grand prize tickets inside redeemed them for these grand prize baskets.

Pateros reservoir solar
project nears completion

By MIKE MALTAIS
STAFF WRITER

PATEROS – The solar panel project installed at the new Pateros reservoir is 95 percent complete as of the latest update from the city administrator at the March meeting of the city council. Jord Wilson said the remaining parts to get the array online should arrive and be installed soon.

The city applied to the Energy Division of the state Department of Commerce (DOC) last September for the first half of a solar grant to pay for the installation

ballast-mounted solar photovoltaic system that will result in an energy cost reduction for both the water and sewer departments.

DOC awarded the city two solar grants, one for \$60,000 and the second \$125,013, totaling \$185,013.

An energy production assessment was completed and showed that between \$4,000 and \$5,000 a month would be saved in energy costs per year, said Wilson. "With the city investment, the project would break even in year 5 or 6. Life expectancy of the panels is greater than 30 years."



Mike Maltais/QCH

The array of solar panels assembled on top of the Pateros reservoir on Cemetery Road is near completion.

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Applications now open

FWEE STEM Academy

By Mike Maltais
STAFF WRITER

WENATCHEE – The Foundation for Water and Energy Education (FWEE) announces an expanded program this year for high school students interested in applying for FWEE's STEM (Science, Technology, Engineering, and Math) Career Academy during the week of June 19.

Applications are now open at two FWEE academies – one in Wenatchee and one in Tri-Cities. Registration costs are low and both academies provide scholarships.

"It's all about students looking to the future from both career and STEM perspectives," said Sheila Corson, FWEE Board President and Okanogan PUD Public Relations Coordinator.

Both academies feature hands-on learning activities like build your own hydro-power, design, and race a solar car, and build and fly a drone. During the week, students also learn about career path-



Courtesy fwee.org

FWEE STEM students experience a hands-on, learn-by-doing environment.

ways while being mentored by engineers, plant operators, natural resource managers, skilled trades workers, and others.

One Academy graduate said, "I still remember the fun mini-projects we got to work on with other students. The most significant benefit however is how it illuminates potential job opportunities for students and shows how to

get their foot in the door for the careers that were shown."

Both the Tri-Cities and Wenatchee schedules are available on the Academy website at fwee.org/academy.

Each program features activities and partners unique to their area. In the Tri-Cities, for instance, students will visit a nuclear power plant and consider the needs of agriculture. In Wenatchee they will peek

into the future by exploring hydrogen-powered fuel cells.

"We're very proud of the diverse students who attend," Corson said. "They have many different backgrounds and grade point averages. The Academy attracts a lot of students who thrive in a hands-on, learning-by-doing environment."

And both academies have an impressive list of partners and sponsors. In Wenatchee, Microsoft and National Renewable Energy Laboratory (NREL) are partnering with Chelan, Douglas and Grant PUDs. In the Tri-Cities, Benton PUD and Benton Conservation District put together a coalition that includes Pacific Northwest National Laboratory (PNNL) and a dozen state and local organizations.

For those outside the immediate area, the Wenatchee Academy can connect students with a host family.

"Just a unique, great opportunity for high school students," said FWEE Executive Director Andy Dunau.

win streak snapped at 21

Bears give up rare 1-0 loss to Meridian Trojans

BREWSTER – The Bears varsity baseball team had its 21-game winning streak snapped on April 7 with a 1-0 loss to the Meridian 1A Trojans.

"It was the longest we had here since the 2006 team went undefeated for two straight years," said head coach Todd Phillips. "It's been awhile since we put up a goose egg as well."

Phillips said the Bears just could not get their bats going. That combined with what the coach said was a "phenomenal catch" by Meridian's centerfielder that prevented three Brewster runners from scoring.

"That play really might have been the difference in the game," Phillips said.

The coach sent a shout-out to Dave Kirk and Cody Preungshat for being willing to come down and umpire at the spur of the moment.

"The great service they provide for our kids and they don't get enough recognition for that," Phillips said

Inning.....1 2 3 4 5 6 7 R H E
Meridian.....0 0 0 0 1 0 0 1 5 0
Brewster...0 0 0 0 0 0 0 0 4 4

W-Jonah Aase
L- Grant Baker (2-1)
S-None

2B-Brewster: None; Meridian: Ian Forbes, Jaeger Fyfe
3B-None
HR-None

Meridian scored its only run in the fourth.

In the fifth, Reese Vassar singled, Schertenleib walked, and both scored on a Nico Maldonado sacrifice bunt. Maldonado reached third on an error and scored on Wulf's third straight single.

Brewster added the final run in the sixth when Vassar walked, moved to second on an error and scored on Wulf's fourth hit of the game.

"I look forward to this Meridian spring break matchup every year," said Phillips. "They are always quality, always have guys that do things the right way. Always a fast, efficient game."

Inning.....1 2 3 4 5 6 7 R H E
Meridian.....0 0 0 1 0 0 0 1 1 3
Brewster...0 3 1 0 3 1 X 8 9 1

W-Tyson Schertenleib (3-0)
L-Alex Schoft
S-None
2B-None
3B-None
HR-None

Chelan falls 10-0 in five

"We struck first again," said Phillips of the April 4 game against Chelan. "Vassar led off with a walk and stole second, Schertenleib reached base on an error and stole second, and Maldonado had a towering moon-shot home run for our first of the year."

The Bears scored three more in the fourth. Vandellac led off with a single, and moved to second on Aparicio's sacrifice bunt. Schertenleib walked. Maldonado was hit by a pitch and Wulf doubled all three of them in.

"In the fifth, we reached the ten-run rule when Burgett led off with a walk, Grant Baker walked and Vandellac was hit by a pitch," said Phillips. "Aparicio hit a sacrifice fly to score Burgett. Vassar was hit by a pitch to load them back up and Schertenleib picked up the RBI walk. Vandellac and Vassar scored on wild pitches to end the game."

Inning..... 1 2 3 4 5 R H E
Chelan.....0 0 0 0 0 0 1 3
Brewster...3 0 0 3 4 10 5 1

W-Brady Wulf (1-0)
L-K. Reinhart
S-None

2B-Brewster: Wulf (3); Chelan: None
3B-None
HR-Brewster: Nico Maldonado; Chelan: None

Celebrate Libraries in April

SUBMITTED BY NCW LIBRARIES

NCW - April has many opportunities to celebrate the vital role that libraries and library workers play in transforming lives and strengthening communities. National Library Week, Library Day, Library Workers Day, Library Outreach Day, and School Librarian Day all take place in April, making this a perfect month to spotlight our libraries and services. We invite you to explore all the ways you can engage with NCW Libraries, from books, movies and our Library of Things, to online resources, to outreach services like the bookmobiles, Latinx programs and the Mail Order Library. You'll discover that libraries are for everyone.

Relax With Us

Join us for a four-week virtual wellness series, Spring Breathing. During these 45-minute guided relaxation sessions, learn about the na-

ture of the mind and how to manage emotions through breathing techniques with meditation instructor Shubhada Dantale. No prior experience is needed. Feel free to join one or all four. Thursday, April 13 at 7 p.m., Thursday April 20 at 5 p.m., and Thursday April 27 at 5 p.m.

Listen and Learn

Join writer and biologist Eric Wagner in a free, virtual program as he takes you on a journey through the Mt. St. Helens blast zone. Explore the surprising ways that plants and animals have survived in the 40-plus years since the May 18, 1980 explosion, and the complex roles that people have played in the recovery. Join us on Thursday, April 27 at 7 p.m.

Free comics and more

Did you know that reading comics and graphic novels helps develop verbal and visual literacy simultaneously? The images and text work



Courtesy NCW Libraries

Did you know that reading comics and graphic novels helps develop verbal and visual literacy simultaneously? The images and text work together to create meaning, which can communicate the message faster and more efficiently.

together to create meaning, which can communicate the message faster and more efficiently. This can be especially helpful with reluctant readers. With your library card, you have free, unlimited access to thousands of comics, graphic novels and manga on ComicsPlus at any time without a wait

or limits. You can read on your computer, tablet or phone.

Gather, learn, play, craft

Attend a free program this month at your local library! Find something for everyone, no matter your age, stage, or interest. Most of our libraries offer regular children's story times and weekly craft programs. This month, you can also: Swap seeds and talk plants with a Master Gardener at Curlew; Take an Earth Day bird walk with Audubon members at Peshastin; Engineer with Keva planks at East Wenatchee; Learn to play the ukulele at Cashmere or join a ukulele circle at Peshastin; Test your knowledge in all-ages trivia at Leavenworth; Celebrate Arbor Day at Oroville; Hear great community stories at Twisp; Link into the yarn circle at Pateros; Eat pizza and watch anime movies at Chelan; Design your own journal at Tonasket; Get crafty at adult craft night at Soap Lake; Play Dungeons and Dragons at Omak; Join Club de Lectura at Wenatchee.

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

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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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BREWSTER POLICE, DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

Douglas County Sheriff's Office

March 31
No report available.

Apr. 1
01:21 Alarm, 1106 Columbia Ave., Bridgeport
10:57 Juvenile Problem, 1400 Tacoma Ave., Bridgeport
13:56 Civil Dispute, 115 Singleton Rd., Orondo
16:03 Drugs, 1206 Douglas Ave., Bridgeport

Apr. 2
08:59 Burglary, 309 S. Central Ave., Waterville
15:54 Harassment/ Threat, 102 S. Chelan Ave., Waterville
16:09 Court Order Violation 206 Falcon Ridge Rd., Waterville
17:45 Trespassing, 422 S. Harrison St., Waterville

Apr. 3
10:09 CPS/ APS Referral, 700 Fairview Ave., Bridgeport
13:52 Agency Assist, 417 W. Ash St., Waterville
16:06 CPS/ APS Referral, 60 S. Douglas Creek Rd., Waterville

Apr. 4
00:42 Suspicious Circumstance, 1513 Tacoma Ave., Bridgeport
10:50 911-call, 740 Rd. D SW, Waterville
12:28 Animal Problem, 255 Columbia Ave., Bridgeport
13:35 Civil Dispute, 5 Richards Ave., Bridgeport
21:34 Suspicious Circumstance, 1513 Tacoma Ave., Bridgeport

Apr. 5
No local reports.

Apr. 6
17:00 Agency Assist, 2340 Monroe Ave., Bridgeport
17:08 Sex Offense, Waterville

Brewster Sheriff's Office

March 31
06:21 A recovered vehicle was reported on W. Indian Ave. in Brewster.
13:23 Fraud was reported on E. Main Ave. in Brewster.
16:49 Stray dogs were reportedly placed in the pound from S. 3rd St. and E. Indian

Ave. in Brewster.
21:56 A caller on S. 6th St. in Brewster requested to have their vehicle unlocked, she advised her husband broke a phone and took off with keys to the vehicle.

Apr. 1
21:16 A commercial burglary alarm was triggered on Hwy. 97 in Brewster.
23:22 A noise complaint was received from Brewster Grange Rd. for a neighbor playing loud music since 5 p.m.

Apr. 2
08:12 A commercial burglary alarm was triggered on W. Main Ave.

Apr. 3
13:43 A citizen assist was requested following an incident described as a new social media encounter that became explicit, photographs were taken and used as leverage for the female subject to gain access to the caller's Netflix information from him, and

making threats to him.
16:10 A two-vehicle collision was reported in a parking lot on Hwy. 97 in Brewster.

Apr. 4
15:12 A caller on N. 5th St. in Brewster reported a male subject had been following her, called her stupid old lady, said he had a lot of money and the caller was waiting in her vehicle to use an ATM, the male subject reportedly stood behind her.

Apr. 5
06:21 A one-vehicle, abandoned collision was reported on Valley Rd. in Brewster. It was nonblocking and the silver four-door Honda had the vehicle lights on.
06:54 A caller on W. Griggs Ave. reported their father's gray 4-door Honda was stolen and a dark green Subaru Legacy with tinted windows was also stolen.

Apr. 6
05:57 Brewster police assisted with a search warrant issued on Sand Dust Rd. in Omak.

Okanogan County Sheriff's Office

March 31
No local reports.

April 1
19:18 A missing vehicle was reported on Monse Bridge Rd. and had been at the location for a week, it was then returned.
23:22 A caller reported loud music on Brewster Grange Rd.

April 2
10:23 A caller reported they were walking with their child and a subject driving a red Camaro came up west-bound on Sunset Dr. in Brewster, from behind and almost ran them over.

April 3
No local reports.

April 4
12:16 A caller on North Star Rd. reported several dogs tied up at a location that the owners were believed to no longer live at, and the ani-

mals appeared abandoned.
12:26 An order violation was reported on Lakeshore Rd. in Pateros when a male subject drove by the location three times that day.

April 5
06:21 An abandoned silver Honda was reported crashed and with the lights on, on Valley Rd. in Brewster.
06:22 Theft was reported on Pioneer Rd. in Brewster for a Subaru, last seen in their driveway overnight. The caller advised it was odd that their two small dogs did not bark during the incident.
08:13 Three vehicles were reported broken into on Valley Rd. in Brewster.
22:19 A domestic dispute was reported on Hwy. 97 involving a male and female subject fighting.
22:30 A caller on Indian Dan Canyon Rd. reported a mother attacking them and his father, staking the caller in the head.

Newhouse announces 2023 Central Washington Congressional Art Competition

SUBMITTED BY MIKE MARINELLA, OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. – Rep. Dan Newhouse (R-WA) has announced the start of the annual Central Washington Congressional Art Competition. All high school students are eligible to participate. The winning entry will be displayed in the U.S. Capitol.

“One of my favorite events of the year is the Congressional Art Competition,” said Rep. Newhouse. “Central Washington is full of young artistic talent, and I encourage all to participate. This is a great opportunity to showcase your skills for the whole country to see.”

The Congressional Art Competition is open to all high school students in Central Washington. All artwork must be submitted to one of Rep. Newhouse's district offices by April 25. Office locations and contact information is listed below.

In addition to being displayed in the U.S. Capitol, the winning artwork is also featured on the Congressional Art Competition page. Honorable mention winners will be invited to have their artwork hung in one of Rep. Newhouse's district offices.

The following is a summary of the Congressional Art Com-

petition rules and submission deadlines:

Artwork entered in the contest may be up to 26 inches by 26 inches, may be up to 4 inches in depth, and not weigh more than 15 pounds. If your artwork is selected as the winning piece, it must arrive framed and must still measure no larger than the above maximum dimensions.

- Paintings: Including oil, acrylics, and watercolor
- Drawings: Including pastels, colored pencil, pencil, charcoal, ink, and markers (It is recommended that charcoal and pastel drawings be fixed.)
- Collages: Must be two dimensional
- Prints: Including lithographs, silkscreen, and block prints
- Mixed Media: Use of more than two mediums such as pencil, ink, watercolor, etc.
- Computer-generated art
- Photography

All entries must be original in concept, design, and execution and may not violate any U.S. copyright laws. Any entry that has been copied from an existing photo or image (including a painting, graphic, or advertisement) that was created by someone other than the student is a violation of the competition rules and will not be accepted. Work entered must be in the original

medium (that is, not a scanned reproduction of a painting or drawing).

All entries will need to fill out the online release form by the artist: https://newhouse.house.gov/sites/evo-subsites/newhouse.house.gov/files/evo-media-document/2023_student_release_form.pdf. The honorable mention winners will hang in district offices in Yakima and Richland for the same duration of time as the 1st place winner's entry. There is no limit to the number of students from one school that can submit a piece of art, but each student can only submit one entry.

Please contact Paige Ash (Paige.Ash@mail.house.gov) with additional questions or to schedule a time for the artwork to be dropped off at one of Rep. Newhouse's district offices.

Tri-Cities District Office
3100 George Washington, Suite #130
Richland, WA 99354
Phone: (509) 713-7374

Yakima District Office
402 East Yakima Avenue, Suite #1000
Yakima, WA 98901
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Bridgeport Chamber hosts Easter egg hunt in Berryman Park



Mike Maltais/QCH

The Easter Bunny holds a young fan at the Bridgeport Chamber of Commerce Easter Egg Hunt held on Sunday, April 9 in Berryman Park. See more photos at qcherald.com and in next weeks Quad City Herald.



Same-Day Appointments

If you have an urgent need for a same-day primary care visit, we've got room in our schedule, Monday-Friday. The last appointments of the day start at 4:30 p.m.

(509) 689-3749
brewsterclinic.org



Roy Huffstetler, PA-C

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QUAD CITY CHURCH GUIDE

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www.cbcbrewster.com
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“With men this is impossible; but with God all things are possible.”
~ Matthew 19:26



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

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OBITUARIES

Candy Ann LaRoche August 15, 1951 - April 3, 2023 East Wenatchee

Candy Ann LaRoche, 71, passed away at home, on April 3, 2023 after a long battle with cancer. Candy had battled breast cancer, which she beat, but was later diagnosed with lung cancer. After a 4 1/2 year battle, she made the decision to terminate her treatments. She fought long and hard, but somehow still managed to be strong, and the voice of comfort in her family's lives.



Casino with Dan and her twin sister Wendy. Candy's greatest loves were her grandchildren and her one great-grandchild. She devoted her days to doting on and spoiling every one of them, as they were her pride and joy. Nothing could put a smile on her face like mention of her grandkids. Even while she was battling cancer, and was feeling her poorest, the mention of her grandkids brought a smile to her face. She was their biggest fan and was always there for them. Much advice was given out on Candy's front porch, to grandkids and kids alike. Candy's family was her world, as she lived and breathed.

She was born on August 15, 1951, in North Bend, Washington to Elaine and Jack Button and attended school in Snohomish and Winthrop, Washington. On September 6, 1968, she married Daniel LaRoche in Twisp, Washington and they made their first home at Ft. Lewis, Washington after Daniel returned from Vietnam.

Candy and Dan lived in Winthrop, Washington where their first child, Jenny, was born. Not too long after, they moved to Okanogan, Washington where their son, DJ, was born. They later moved to Bridgeport, Washington where they resided for 16 years. Candy worked for Chore Services, providing home care to elderly folks, which she enjoyed immensely. While her kids attended school and participated in sports, Candy was very involved, from keeping score at softball games to hosting dinners for all the kids in town. Their home was like a second home to many of the Bridgeport kids. Many lifelong friends were made in Bridgeport, and she cherished every one of them.

In 1990, Dan was elected as the Douglas County Sheriff, and that is when they made the move to East Wenatchee. Candy decided to open an in-home daycare facility, which she ran for 16 years. She provided care for the children of many friends and families, including her own grandchildren, and was essentially a second mom to all her daycare kids.

In 1993, Rebecca came into the LaRoche family's lives and shortly after, became a member of the family.

Candy's hobbies were many, but she especially enjoyed traveling to Grayland/Westport Beaches, where she loved hunting for agates and just sitting on the porch taking in the sounds of the ocean. Candy also devoted her time to her flowers and yard, as she had a big green thumb. Not many folks knew that Candy was also a very talented painter. One of Candy's favorite pastimes was going to Mill Bay

Candy is survived by her husband, Daniel, and three children, Jenny Schlaman (Dean), DJ LaRoche (Traci), and Rebecca Henry, (Josh). She is also survived by her grandchildren, Emily Nores, Megan Schlaman, Sydni LaRoche, Tristan LaRoche, Brayden LaRoche, and Noah Henry, and one great-grandchild, Mila Jo Nores. She is also survived by her twin sister, Wendy Lundine. Candy was preceded in death by her parents, Jack Button and Elaine Westman, sister, Cindy Button, and brother, Jack Button. Candy was blessed with many wonderful nieces and nephews as well.

The family will hold a private memorial at a later date but appreciates everyone's kindness and well wishes. You are invited to view the website at www.HeritageMemorialChapel.com and leave a memory.

She is strong and respected and not afraid of the future. She speaks with a gentle wisdom.

She is always busy and looks after her family's needs.

Her children show their appreciation, and her husband praises her.

He says, "Many women are good wives, but you are the best of them all."

Proverbs 31:25-29

Write On the River presents Four Minutes of Fame open mic

SUBMITTED BY WRITE ON THE RIVER

WENATCHEE - Write On the River (WOTR) presents Four Minutes of Fame open mic at 6:30 p.m. on Wednesday, April 26, at the Wenatchee Valley Museum & Cultural Center in Wenatchee and on Zoom.

Four Minutes of Fame is an open mic for writers of all genres. Previously held quar-

terly, the open mic has been on an extended hiatus. This is the first time the event has been held in a hybrid format, with listeners and readers able to attend online via Zoom. Writing contest winners from the past three years have already been invited to read their winning entries.

There will be a no-host bar serving wine and refreshments.

"We're so excited to bring back Four Minutes of Fame," said WOTR president Lorna Rose-Hahn. "It is so valuable as a writer to share your work and to hear other people's work. It's also so important to feel camaraderie with other writers. All of this improves your craft."

Attendance is free. To reserve a spot to read in-person or on Zoom, visit writeon-

theriver.org. A Zoom link will be sent upon successful registration.

WOTR is dedicated to nurturing and inspiring local writers, whether in fiction, nonfiction, or poetry. It supports aims for traditional and indie publishing and local sharing of the written word. Learn more or become a member at writeontheriver.org.

COMMUNITY BULLETIN BOARD

April 12, 14, 18, 19 (closed), 21 menu

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:

April 12: Hearty Turkey Noodle Soup. Cottage Cheese, Tossed Salad, Fresh Fruit, Cornbread, Dessert; April 14: Baked Ham, Scalloped Potatoes, Caesar Salad, Waldorf Salad, WW Roll, Dessert; April 18: Tater Tot Casserole, Green Beans, Tossed Salad, Apricots, WW Roll, Apple Oat Bars; April 19: CLOSED for all staff training; April 21: Fish & Chips, Coleslaw, Fruit Tray, Cheesy Garlic Toast, Dessert

April 12-15, 17-22

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.

April 12-13, 17-20

Chelan Valley Hope

Serving Bridgeport, Mansfield, Orondo, Chelan, Manson, Chelan Falls, Waterville, and Entiat

CHELAN - Chelan Valley Hope (CVH) is open Monday thru Thursday, 9 a.m.-Noon and 1-3 p.m. Come visit Terri's Pantry. It offers non-food hygiene items to those in need. You can choose between several items such as shampoo and conditioner, laundry soap, toothpaste and toothbrushes, toilet paper, diapers, feminine hygiene items, period packs, soap, dish soap, dog food, cat

food, and more. Donations are welcome and can be left during business hours, or give us a call, and we'll gladly make arrangements. CVH is located at 417 S. Bradley Street. CVH provides services at no cost to all individuals and families in need, empowering people to improve their own lives. HOPE is clearly the message by giving people the support and tools needed in crisis or difficult life circumstances; by providing relief, emergency shelter, rent and utility assistance, food and fuel vouchers; and bringing solutions and relevant resources to achieve long-term independence and stability. More information at chelanvalleyhope.org, including a Donate Button. Call 509-888-2114 for a client appointment or to volunteer.

April 12

Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, April 12, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.

April 13

Bingo

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

April 13, 20

Brewster bus trips

BREWSTER - OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is April 13. 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, March 16 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.

April 17

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

April 19

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.

April 24

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

April 24

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.

April 24

Bridgeport School District

BRIDGEPORT - The Bridgeport School District Board meets the last Monday of each month, at 6 p.m. in the Middle School commons.

May 1 deadline

OCSRA Scholarship Announcement

OMAK - Okanogan County School Retirees' Association is offering a \$1,500 college scholarship for an Okanogan County high school graduate who is at least a college junior working towards an initial certificate in education to work in public schools. The application deadline is May 1. Applications are available at okanogancsra.com. For more information, contact Rita Figlenski at ritafig2@gmail.com.

May 8

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.

May 9

Survivors of Suicide Loss Support Group

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

May 10

Membership Drive, Election

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 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.

Donate Your Vehicle advertisement with steps: 1. Contact Us, 2. Schedule Pickup, 3. Receive Top Tax Deduction. Includes benefits for veterans.

GENERAC advertisement: Prepare for power outages today with a home standby generator. \$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS. Request a free quote.

Obituary & Memorial Policies advertisement from NCW Media, Inc. including contact information and service details.

THE WASHINGTON OUTDOOR REPORT

Outdoors Roundup

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

PUBLIC SHOOTING RANGE CLOSES FOR UPGRADES

The public shooting range at the Swakane Unit of the Chelan State Wildlife Area north of Wenatchee will be closed until this fall so that the Washington Department of Fish and Wildlife can make improvements. The range, long used as an unofficial shooting area, was built into a formal public shooting range in 2021 with a berm and target area along with shooting tables and benches.

The agency plans to upgrade the range so it meets the standards established by the National Rifle Association. These improvements include a separate 25-yard pistol range along with shed style covers over the berm and shooting tables.

One problem that has plagued this range (and other ranges open to the public on state and federal lands) has been the slothful ethic of some users who drag pallets, logs or other wood onto the range area to post targets on. After they are done shooting, they leave these items there as well as their targets and their spent cartridges and shells, creating a huge litter problem that gives the entire shooting community a black eye.

The old saying for hikers and campers holds true for shooters at these ranges as well. "Leave no trace" and "Pack it out".

RAZOR CLAM LIMITS INCREASE

Washington Department of Fish and Wildlife (WDFW) shellfish managers announced spring razor clam digging can proceed as planned until May 14 with an increased daily limit of 20 clams per person.

"Now that we have the toxicity closure behind us and are turning the corner into spring morning digs, we're looking forward to better digging conditions and larger sacks of clams due to an increased bag limit," said Bryce Blumenthal, a WDFW coastal shellfish biologist.

These digs will take place if marine toxin results from the



Courtesy John Kruse

All ready to go at the Swakane Shooting Range.

Washington Department of Health show razor clams are safe to eat at these beaches. You can check current domoic acid levels at the following web page <https://wdfw.wa.gov/fishing/basics/domoic-acid/levels>.

On all open beaches, the daily limit from April 6 through May 14 is 20 clams instead of the usual 15. Each digger's clams must be kept in a separate container, and all diggers must keep the first 20 clams they dig, regardless of size or condition.

The next round of digs takes place on the following dates at the listed beaches:

- April 12, at 12:12 p.m.; 0.1 feet; Long Beach, Twin Harbors, Mocrocks (digging extended until 1 p.m.)
- April 19, at 6:44 a.m.; -0.4 feet; Long Beach, Twin Harbors, Mocrocks
- April 20, at 7:28 a.m.; -0.9 feet; Long Beach, Twin Harbors, Copalis
- April 21, at 8:09 a.m.; -1.2 feet; Long Beach, Twin Harbors, Mocrocks
- April 22, at 8:50 a.m.; -1.1 feet; Long Beach, Twin Harbors, Copalis
- April 23, at 9:31 a.m.; -0.8 feet; Long Beach, Twin Harbors, Mocrocks
- April 24, at 10:14 a.m.; -0.4 feet; Long Beach, Twin Harbors, Copalis
- April 25, at 11:01 a.m.; 0.1 feet; Long Beach, Twin Harbors, Mocrocks

SPRING CHINOOK SEASON OFF TO A SLOW START

This year's spring Chinook salmon forecast calls for over

198,000 springers to return to the Columbia and Snake Rivers, more than what returned in 2022 (185,209) and significantly more than the ten year average of 150,485 salmon. You wouldn't know that from the early returns though. Angler success has been low thus far on the Columbia River below Bonneville Dam and as of April 5, only 359 adult Chinook had passed through the Bonneville Dam fish ladder. This is way below last year's run on this same date which saw 925 Chinook over Bonneville Dam and also quite a bit below the ten year average of 648 adult salmon.

It is too early to tell if the run has been delayed due to cold water temperatures in the Columbia, decimated by an abundant population of sea lions in the lower river, or if the fisheries biologists just got the forecast wrong. Despite this, the Columbia River from the Tower Island power lines (approximately six miles below The Dalles Dam) upstream to the Oregon/Washington border, plus bank angling by hand-cast only between Bonneville Dam and the Tower Island power lines is open until May 6.

The daily limit is six salmon, including no more than two adults of which no more than one may be an adult Chinook. Anglers must release all wild steelhead and all salmon other than hatchery Chinook. The salmon must be 12 inches or longer to keep them.

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

Spring fuels reduction plans across Okanogan-Wenatchee National Forest announced

SUBMITTED BY ROBIN DEMARIO, U.S. FOREST SERVICE

WENATCHEE - This spring, Forest Service crews plan to use prescribed/controlled fire across approximately 6,300 acres in the Okanogan-Wenatchee National Forest. Prescribed fire projects reduce the quantity of burnable fuels in the forest, improve forest health, better protect nearby communities, and help lower the risk of future high-intensity wildfires. Frequent, low-intensity fire is essential for restoring public lands and the communities who depend on them.

"Prescribed fire and thinning activities could start as early as this week, depending upon local weather conditions, and extend through late May or early June," said Deputy Fire Staff Officer Matt Castle. "As the snow recedes, we will gain access to our spring prescribed fire units. Although we have thousands of acres planned for treatment this spring, it all depends on fuel and weather conditions whether we will be able to complete all that work or not."

Burning conditions include correct temperature, wind, fuel moisture, and ventilation for smoke. When these criteria are met, firefighters implement, monitor, and patrol each burn to ensure it meets forest health and public safety goals including air quality. All Okanogan-Wenatchee N.F. prescribed burns are weather dependent and fire specialists will cease burning as soon as possible if objectives are not being met or weather conditions are unfavorable. Their primary concerns include favorable winds that can minimize smoke impacts to public health and the risk of fire escape.

"We are looking at bringing in additional resources, if conditions are good, in order to accomplish more treated acres across the forest in support of the Central Washington Initiative and the Wildfire Crisis Strategy," Castle said.

People can expect to see and smell some smoke during burning operations. Even though smoke from prescribed fire is usually light



Courtesy U.S. Forest Service

A Firefighter stands next to burning handpiles.

and doesn't last long, it is important that smoke-sensitive individuals plan ahead and be prepared. For more information on smoke and public health, please visit wasmoke.blogspot.com or airnow.gov fires.

For real-time prescribed fire maps and updates check out the forest website, social media sites, or listen to the day of burn recorded voicemail message:

- Facebook: www.facebook.com/OkaWenNF/
- Twitter: twitter.com/OkaWenNF
- Interactive map: tinyurl.com/harqmw8
- Phone: 509-996-4040

Managed burning operations, consisting of mainly underburning projects with some hand pile units, are planned on national forest lands in the following counties.

Okanogan County: (1,074 underburn acres and approximately 500 acres of piles in the Methow Valley Ranger District)

- Lost Driveway unit 1 - 70 acres, located 8 miles northwest of Mazama, WA
- Lost Driveway unit 3 - 40 acres, two and a half miles northwest of Mazama, WA
- Lost Driveway unit 10 - 50 acres, less than a mile west of Mazama, WA
- Lost Driveway unit 15 - 39 acres next to Highway 20

about a mile northwest of Mazama, WA

- Goat Unit 2 - 870 acres located two and a half miles southeast of Mazama, WA
- Crews also plan to ignite approximately 500 acres of debris/hand constructed piles across the Methow Valley Ranger District this spring if conditions allow.

Chelan County: (total of 2,468 acres)

- Upper Peshastin project area, 350 acres near the top of Blewett Pass, approximately 13 miles southwest of Cashmere in early May
- Moe unit 53 - 53 acres 8 miles west-northwest of Entiat, WA
- FJ unit - 1,412 acres, 12 miles northwest of Entiat, WA
- Crum Canyon unit 23 - up to 100 acres 6 miles northwest of Entiat, WA. Crews ignited the layer of built-up needles (called duff) under trees (in tree wells) to reduce those fuels and lessen the effect of future fires on mature trees in that area
- Falls Coyote units - a total of 553 acres in two units located 19 and 21 miles northwest of Chelan, WA. Additional prescribed fires and pile burns may be conducted if favorable conditions allow.

Annual Washington wolf population report shows growth in wolf packs, breeding pairs in 2022

SUBMITTED BY WASHINGTON DEPARTMENT OF FISH AND WILDLIFE

OLYMPIA - Washington's wolf population continued to grow in 2022 for the 14th consecutive year.

The Washington Gray Wolf Conservation and Management 2022 Annual Report was released April 7 by the Washington Department of Fish and Wildlife (WDFW) and shows a 5% increase in wolf population growth from the previous count in 2021. WDFW also documented Washington's first pack to recolonize the south Cascades this winter. "The growth we're observing in the North Cascades continues to be encouraging and having a pack become established in the South Cascades is a big step toward recovery of wolves in Washington," said WDFW Director Kelly Susewind. "The goal has been for wolves to spread into all three recovery zones, and we are pleased to see their progress in recolonizing their former range." As of Dec. 31, 2022, WDFW and Tribes counted 216 wolves in 37 packs in Washington. Twenty-six of these packs were successful breeding pairs. These numbers compare with the previous year's count of 206 wolves in 33 packs and 19 breeding pairs. Eight new packs formed in 2022 including the Big Muddy pack in Klickitat County, the Napeequa and Maverick packs in Chelan County, the Chopaka and Chewuch packs in Okanogan

County, the Wilmont pack on the Confederated Tribes of the Colville Reservation (CTCR) in Ferry County, the Five Sisters pack in Stevens County, and the Mt. Spokane pack in Spokane County. Wolves are counted annually through activities like track, aerial, and camera surveys. As in past years, survey results represent minimum counts of wolves in the state due to the difficulty of accounting for every animal - especially lone wolves without a pack. Because this is a minimum count, the actual number of wolves in Washington is higher. Since the first WDFW survey in 2008, the state's wolf population has grown by an average of 23% per year.

Most wolf packs were not involved in documented livestock depredation in 2022. Eighty-one percent were not involved in any known or probable livestock depredations, while 19% of known wolf packs were involved in at least one confirmed depredation. Only three packs were involved in two or more depredations. Fifteen cattle and two sheep were confirmed killed by wolves, and one was likely killed by wolves. Also, nine cattle were confirmed as injured and two were likely injured by wolves in 2022 by seven packs.

"Implementation of proactive, nonlethal deterrence efforts by livestock producers, community partners, range riders, and WDFW staff has minimized documented livestock depredation and remov-

al of wolves, all while our wolf population continues to grow," said WDFW Wolf Policy Lead Julia Smith. Since 1980, gray wolves have been listed under state law as endangered throughout Washington. In January of 2021, wolves were federally delisted from federal Endangered Species Act protection and WDFW resumed statewide management of the species. On February 10, 2022, wolves were federally relisted in the western two-thirds of the state and U.S. Fish and Wildlife Service (USFWS) once again has the lead role in the recovery of wolves in the North Cascades and the Southern Cascades and Northwest Coast recovery regions. Contributors to WDFW's annual wolf report include the US Fish and Wildlife Service, the National Park Service, the Spokane Tribe of Indians, Swinomish Tribe, Yakama Nation, and the Confederated Tribes of the Colville Reservation. The Washington Gray Wolf Conservation and Management 2022 Annual Report is available on the Department's website at wdfw.wa.gov. A recording of the April 7 presentation of the report to the Fish and Wildlife Commission will be available on the website soon. The Washington Department of Fish and Wildlife works to preserve, protect, and perpetuate fish, wildlife and ecosystems while providing sustainable fish, wildlife, and recreational and commercial opportunities.

Don't forget to renew your subscriptions this Spring!

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Administrative

Puzzle Solution

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Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers** and **Online at NCWMARKET.COM** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

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or
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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

Happy Ads

Do you have a **SPECIAL EVENT COMING UP?**
HAPPY BIRTHDAY CONGRATULATIONS!
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Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

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4 cards for only \$1.00 while they last!
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Example sayings are:
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This is a FUNDRAISER for The Royal Ladies of the Autumn Leaves Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286

Wanted

In search of purebred, medium size, male poodle to introduce to my purebred Mini Aussie female. We want some AussieDoodles. Leavenworth, WA. 509-860-0717 for details.

Commercial

Business Equipment

MOVING SALE

Working Large Baumfolder Model 1320F.3.P.3 paper folding machine.

Need to move by end of April.
Sells now for \$5000 or MAKE OFFER!
See at The Leavenworth Echo, 215-14th St. Call 509-548-5286

FOR SALE
Kyocera Model 2550 copier, printer, scanner, fax, prints 3 sizes of paper, on movable metal cabinet.
\$300 or best offer.
Or FREE to any non-profit.
See at Leavenworth Echo 215-14th St., 509-548-5286
Must move by end of April See photo on NCWMARKET.COM

Employment

Help Wanted

Douglas PUD has an opening for:
Hatchery Specialists
Details at www.douglaspu.org <http://www.douglaspu.org

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Help Wanted

School District is seeking qualified applicants for the following position:
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Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com
Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Help Wanted

School District is seeking qualified applicants for the following positions:

- Cascade High School Fall Cheer Advisor
- Cascade High School Winter Cheer Advisor

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

Help Wanted

Public Works TEMPORARY Truck Driver Laborer Leavenworth District
The Chelan County Public Works Department is seeking applicants for a summer four month Temporary Truck Driver/Laborer position for the Leavenworth District. The duration may be extended by mutual agreement between the County and the Union. The duties include performing manual labor, flagging operations, driving truck and/or operating light and heavy equipment. The salary range is \$22.48 per hour up to \$23.54 per hour based on experience.
This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsements and prefer to have a current First Aid/ CPR card and flagging card.
Applications and a detailed job description can be found on the Chelan County Human Resource Career Opportunities page; <http://www.co.chelan.wa.us/human-resources/jobs>
The application, resume, and letter of intent must be returned to the Chelan County Human Resource Department 400 Douglas Street #201, Wenatchee, WA 98801 or emailed to human.resource@co.chelan.wa.us no later than Friday, April 28, 2023 at 5:00 p.m.

Help Wanted

Manson Parks is in search of a Campground Host-Manager at Wapato Lake Campground!
Position begins immediately and ends September 30.
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Legals

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL Meeting

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing updating Chapter 13.04.470 Code for the City of Pateros pertaining to late fees. Said public hearing shall be held on Monday, April 17, 2023, at 6:00 pm. 113 Lakeshore Drive Pateros, Washington, at which time and place all interested persons may call and appear and be heard. Please call city hall at 923-2571 for further information. Published in the Quad City Herald April 5, 12, 2023. #5510

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL Meeting

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing updating Chapter 13.04.480 Code for the City of Pateros pertaining to office hours. Said public hearing shall be held on Monday, April 17, 2023, at 6:00 pm. 113 Lakeshore Drive Pateros, Washington, at which time and place all interested persons may call and appear and be heard. Please call city hall at 923-2571 for further information. Published in the Quad City Herald April 5, 12, 2023. #5516

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL Meeting

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing updating Chapter 2.12.050 Code for the City of Pateros pertaining to firefighter compensation. Said public hearing shall be held on Monday, April 17, 2023, at 6:00 pm. 113 Lakeshore Drive Pateros, Washington, at which time and place all interested persons may call and appear and be heard. Please call city hall at 923-2571 for further information. Published in the Quad City Herald April 5, 12, 2023. #5518

Public Notices

NOTICE OF POSITION VACANCY FOR PATEROS CITY COUNCIL NOTICE IS HEREBY GIVEN

Council position #5 will be vacant May 15, 2023. If you are interested in applying, please pick up an application at city hall. Applications and resumes need to be returned to city hall by April 28, 2023. Pateros City Hall, 113 Lakeshore Drive, Pateros, Washington. Please call Kerri at 923-2571 if you have questions. Published in the Quad City Herald April 5, 12, 2023. #5522

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing for a 2023 budget amendment for the General Fund, Hotel Motel Fund, and Capital Sewer Fund sources for the City of Pateros. Said public hearing shall be held on Monday April 17, 2023, at 6 in council chambers, 113 Lakeshore Drive. Send written comments to the Clerk-Treasurer, PO Box 8, Pateros, WA 98846 Published in the Quad City Herald April 5, 12, 2023. #5517



Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Body lotions: Newest moisturizers contain compounds called ceramides

There are so many lotions, creams, and body butters available for dry skin. Which is the best?

Over the past decade, water shortages have become increasingly common, triggering limits to the availability of fresh water, especially in the Southwestern U.S. and California. In hot weather, lawns featuring swaths of green grass require constant watering to look healthy. People living in areas faced with water rationing are transitioning from water-guzzling yards to plants and features that look nice even when water access is restricted. Without unlimited access to water, it makes sense to shift from landscaping to xeriscaping.

Xeriscaping comes from the Greek word xero, meaning dry. There are two main principles in xeriscaping: choosing plants and landscape features that don't need as much water and gardening techniques that direct water only to where it's needed. This avoids losing precious water through either evaporation or runoff.

Using the same Greek term, xero, that refers to xeriscaping, xeroderma is the medical term for dry skin. Dry skin affects many people and becomes even more common as we age. Successfully treating dry skin, like xeriscaping, is all about getting water to the cells of your skin while minimizing water loss through evaporation.

Our body releases small amounts of water through small gaps in our skin cells throughout the day, not just when we perspire from exertion or excitement. This is called transepidermal water loss. As we age, our skin produces less sebum, an oily substance that helps slow down the evaporation of water through our skin.

Water loss through the skin can accelerate, especially in



dry, windy, or cold conditions. During wintertime in cold climates, we heat our homes. As heat dries the air inside, your skin can feel dry and itchy.

Frequent bathing encourages dry skin. Taking a bath or shower promotes the evaporation of water from the surface of your skin. Unless you apply moisturizer, heating your home increases the dryness of your skin. Moisturizers help by trapping moisture on your skin before it has a chance to evaporate.

Moisturizers can add flexibility to your skin's surface cells and block water's evaporation. They are available as lotions, creams, and ointments. The more occlusive, thicker, and "greasier" a moisturizer is, the better it can trap water next to your skin, blocking transepidermal evaporation.

One ordinary moisturizer is petroleum jelly, also known as Vaseline®. Some moisturizers add compounds that encourage water to stay on your skin, like lactic acid, salicylic acid, glycerin, urea, and ammonium lactate.

The newest moisturizers contain compounds called ceramides. Ceramides are found in high concentrations in healthy skin and lower concentrations in less healthy or dry skin. Three essential compounds of ceramides have been shown to improve skin texture, integrity, and dryness. One brand of moisturizer featuring ceramides is CeraVe®. What I like most about CeraVe® is that it is non-greasy, yet quite powerful in relieving dry skin symptoms like flakiness and itching.

How do you know if you have dry skin? Itching, flaking, redness, and cracks in the skin

are all signs of xeroderma. Dry skin is more fragile and is considered the "gateway" to other skin issues. Treating dry skin successfully helps prevent future skin problems.

Here are 6 Tips for Relieving Dry Skin:

1. Keep your body hydrated. Getting enough water also helps your skin look younger. By drinking extra fluids early in the day, you'll avoid having to get up multiple times at night.

2. Minimize your caffeine intake. I love my caffeinated coffee, but it increases water loss by stimulating urination. Caffeine hides in energy drinks like Red Bull, Monster, and 5-Hour Energy. One of the best ways to quit caffeine without the misery of a withdrawal headache is to switch to tea first, which has half the caffeine as coffee.

3. Humidify your house. Use a humidifier if you live in a dry climate or when heating your home. Warm, dry air accelerates trans-epidermal evaporation.

4. Shower and bathe with warm, not hot, water. Using hot water encourages water loss from the skin. Bathing or showering with cooler water is better for dry skin.

5. Pat skin almost dry, then apply moisturizer to seal the water. Apply moisturizer to damp skin within 10 minutes of stepping out of your bath or shower or washing your hands. Most effective moisturizers work by trapping water in your skin cells.

6. Try a moisturizer with ceramides. I have found that CeraVe® relieves dry skin as well as a body butter but without leaving a greasy film on your skin.

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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THEME: BEATLEMANIA ACROSS

- In the Queen of Hearts' oven?
- Indiana Jones' quest
- Dance with leis
- Sheikh, alt. sp.
- Opposite of paleo
- Hedgehog of movies and video games
- Toilet, to a toddler
- Pilot's estimate acronym
- One deserving of respect?
- *Like submarine
- *Abbey Road location
- Lobe location
- Per person
- To the ___ degree
- "Twist and Shout" endearment
- English confection
- Wraths
- Swarm like bees
- Not taken and taken
- Skiing helmet manufacturer
- Homework assignment
- Kamakawiwo'ole's strings, pl.
- Thermionuclear weapon
- Type of list
- Frost residue
- "God, We Praise You" (2 words)
- Redecorate, e.g.
- What Carl Lewis did
- Doctor's order
- December 31st, e.g.
- **"Whisper words of ___"
- **"Please ___ Me," 1st album
- Amusement
- Rage
- Scary movie consequence
- ___ del Carmen, Mexico
- Corn spot
- Reach a goal (2 words)

71. Unit of heredity
72. Cry of alarm
73. Wipe out

- DOWN**
- Cough syrup amt.
 - Greeting at sea
 - Blood vessel network
 - Ownership document
 - NASA's first space station
 - All over again
 - Retired, abbr.
 - Aussie bear
 - **"I want to ___ your hand"
 - Editing arrow
 - Acronym, abbr.
 - Mister in Brazil
 - Speak from a podium
 - Hideous sight
 - **"It's been a hard day's ___"
 - Social group
 - Roman king of Judea
 - *Starr's predecessor
 - *"Fabulous number"
 - Faqir, alt.sp.
 - Ruhr's industrial center
 - Not all
 - Like a full-fledged Mafia man
 - Cry of the Alps
 - The enlightened one
 - Barn sound
 - Nervous (2 words)
 - Inflict a blow
 - Truth or Dare player?
 - ___ E. Coyote
 59. Persian Gulf country
 - Eye infection
 - Peephole glance
 - ___ good example
 - Chows down
 - Frugal driver's acronym
 - Fish eggs
 - Unidentified Jane

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Confluence Health jointly recognized for excellence in organ donation collaboration, individually recognized for three additional awards

SUBMITTED BY ADAM MACDONALD, CONFLUENCE HEALTH

WENATCHEE — Confluence Health will be recognized jointly along with Samaritan Healthcare in Moses Lake for the Excellence in Community Partnership Award from LifeCenter Northwest, a non-profit organ procurement organization. This prestigious award is typically given annually to only one hospital across a four-state, 230+ hospital region which has demonstrated unwavering dedication to working to improve the lives of people in the communities they serve.

The Excellence in Community Partnership Award for 2022 was awarded jointly to Central Washington Hospital and Samaritan Hospital for their collaboration in working on organ procurement with a trauma patient. In late 2022, staff at Samaritan Hospital recognized the clinical triggers for donation while treating a patient and made a critical, time-sensitive call. Realizing that the patient would need to be transferred to make donation possible, Samaritan Hospital reached out to Confluence Health's Central Washington Hospital after numerous denials for transfer over the course of two days from other hospitals throughout Washington State. After being declared brain

dead, the patient went on to be an organ donor at Confluence Health, an act which helped save four lives.

Both hospitals will be recognized in a ceremony this May, by LifeCenter Northwest with the award for their excellent collaboration as exemplary community partners, without which the organ donation would not have been possible. The recognition will also be officially announced in LifeCenter Northwest's 2022 Annual Report which will be published this month on their website, with the presentation to occur the following month.

"Both of these hospitals truly embody the spirit of community partnership," remarked Santokh Gill, president and CEO of LifeCenter Northwest. "Most importantly, their unique partnership made it possible to save four lives during a donation case last year."

"We are so honored to receive this recognition along with our partners at Samaritan Healthcare," commented Janna Finley, trauma program manager for Confluence Health. "Our team is able to provide this lifesaving care through our collaboration with LifeCenter Northwest and we are so thankful for the recognition of our team for these critical efforts."

In addition, Confluence Health's Central Washington



Graphic courtesy Confluence Health

Hospital was also recognized by LifeCenter Northwest with an additional three metric-based achievement awards.

The first award, the Organ Donation Process Excellence Award, previously called the Donation Referral Achievement Award—Organ, is granted to hospitals who have a process error rate of 5% or less. Realizing and maintaining a low process error rate is incredibly challenging and requires a strong commitment across hospital services and staff, and Central Washington Hospital was one of only 26 hospitals to earn this honor in this organ donation service area. Confluence Health has previously

been honored with this award four times before (2017, 2019, 2020, 2021).

The second award, the Collaborative Family Support Award, is earned by hospitals with a collaborative request rate of 90% or greater, which recognizes hospital partners that excel in the area of planning a collaborative family connection with LifeCenter Northwest. Central Washington Hospital was one of only 39 hospitals to receive this recognition in the organ donation service area.

Finally, the third award, the Honoring Donor Decisions Award, is earned by hospitals honoring all donor decisions to be an organ donor in collabora-

tion with LifeCenter Northwest. Central Washington Hospital was one of only 41 hospitals in the organ donation service area to receive this award.

"These awards recognize the dedication of all of the nurses, physicians, and staff at both Central Washington Hospital and all Confluence Health facilities to honor the wishes of patients and their families after making the decision to be an organ donor, a choice which allows us to provide life-saving care to others," reflected Kelly Allen, chief nursing officer for Confluence Health. "We are proud to play a role in this important area of care for our patients, and grateful

to LifeCenter Northwest for their recognition and ongoing partnership."

About Confluence Health: Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. Confluence is one of only two locally-lead healthcare systems in the state with the purpose of maintaining availability and access to high-quality, cost-effective healthcare services for North Central Washington. The Confluence Health Board of Directors provides governance for Confluence Health, the Clinic, Central Washington Hospital, and Wenatchee Valley Hospital, and includes nine community board members and six physician board members.

About LifeCenter Northwest: LifeCenter Northwest is the non-profit organ procurement organization serving Alaska, Montana, North Idaho, and Washington, and works collaboratively with more than 200 hospitals to save lives through organ and tissue donation. In addition, LifeCenter Northwest serves the largest geographic area of all the 57 federally designated organ procurement organizations nationwide.

Humane Society executive director focused on bringing pets, people together

SUBMITTED BY NEIL NEROUTSOS, WENATCHEE VALLEY HUMANE SOCIETY

WENATCHEE - As Wenatchee Valley Humane Society's Executive Director James Pumphrey approaches three months in his new role, he emphasizes it's the success of WVHS's core programs that ensures the agency continues to bring value to pets and people throughout the community.

"Our animal welfare programs are pro-pet and pro-people, and they're designed based on best practices and science based sheltering," says Pumphrey. "We're equal-

ly guided by a commitment to being humane in our work to guarantee the highest standards of care. Our purpose is to bring pets and people together and keep pets and people together."

Some of the key programs of focus for WVHS include:

Clinic Services: WVHS delivers high quality clinic care with the goal of making veterinary services affordable and accessible to the entire community. Examples of services include exams, x-rays, spay or neuter surgery, vaccinations, treating broken bones, skin conditions, and ear and eye infections.

Adoption: WVHS has an



Graphic courtesy Wenatchee Valley Humane Society

open, conversation-based adoption process, matching the lifestyles and expectations of adopters with the needs

of homeless pets. Adoption fees include spay or neuter surgery, initial vaccinations for dogs, microchips, general well-health exams and options for pet health insurance.

Foster Program: This is designed to increase the number of animals that WVHS can help by allowing foster families to host animals and help ready them for later adoption. The program expands the capacity of care that can be provided for injured and homeless animals.

Animal Care & Control: WVHS provides services to the cities of Cashmere, Chelan, East Wenatchee, Entiat, Leavenworth, Rock Island,

Wenatchee, Waterville and Chelan and Douglas counties. Its mission is to help protect the safety and well-being of the citizens and animals of these areas through compassion, education and law enforcement.

Key 2022 Measures:

- 2,474 animals adopted
- 3,500 spay and neuter surgeries
- 564 lost pets returned to owners
- \$402,173 spent on medical care

"Our success wouldn't be possible without the many volunteers who work in countless ways on the behalf of pets in our community,"

says Pumphrey. "They are dog walkers and trainers, socialize cats and small critters, help support our clinic and facilities and volunteer at events. And they do so with the greatest compassion and care." To explore volunteer opportunities at WVHS, people can complete an online application or email volunteer@wenatcheehumane.org.

Wenatchee Valley Humane Society builds a community of responsible animal owners by providing education and outreach, animal care and control for protection, and rescue and adoption services.

New Recycle Right campaign urges Washingtonians to not bag their recyclables

Plastic bags contaminate recycling system

SUBMITTED BY DAN WESTON, DEPT. OF ECOLOGY STATEWIDE RECYCLING COORDINATOR

OLYMPIA - Plastic bags are one of the largest sources of contamination in Washington's residential recycling stream. These bags can clog recycling machinery, contaminate other recyclable materials, and lead to more potentially recyclable material ending up in the

landfill.

How big a problem is it? According to a Washington Department of Ecology survey, 20% of residents put their recyclables in plastic bags before placing them in a curbside recycling bin. A new statewide "Recycle Right" initiative led by Ecology provides education on how everyone can pitch in to improve our recycling system.

Plastic bags are not recyclable in Washington's curbside recycling programs. When people place recyclable items in a bag, it makes them impossible to sort. As a result, all

bagged items are pulled from the sorting line and the contents are sent to the landfill because workers at recycling facilities cannot see what is inside. The bags that make it past the workers can get tangled in the sorting equipment - causing stoppages - or become mixed with other materials, reducing their value and recyclability.

"People in Washington value the environment, and they are enthusiastic about recycling - but bagging your recyclables does more harm than good," said Laura Watson, Ecology's

director. "We know people want to 'Recycle Right,' so this new campaign will help them take simple steps to improve the system."

The Recycle Right campaign is designed to inform people about the challenges caused by bagging recyclables and improve their recycling behaviors.

So, why are people bagging their recyclables in the first place?

Ecology's survey found that residents bag their recyclables for many reasons. Some are motivated by convenience

and the ease of carrying recyclables to the bin, while others are concerned with cleanliness and odor control. Some people believe bagged recyclables are helpful for recycling haulers or that the bags themselves are recyclable.

"It is great that we all do our part to recycle, but it is important that we recycle right so our actions help more than they harm," said Dan Weston, Ecology's statewide recycling coordinator. "When you bag your recyclables before tossing them into the curbside bin, not only will your items not get

recycled, but it also causes a strain on our facilities and disrupts the recycling process."

The campaign features online and social media advertising, billboards, radio spots, and public service announcements in English and Spanish. An online toolkit provides information and resources for partners to share through additional channels. Washington residents will see and hear Recycle Right ads throughout April.

Learn more at recycleright.wa.gov or www.ecology.wa.gov/ReciclaBien.

Environmental Restoration Grants open for 2023

Ecology accepting grant applications for restoration projects now to May 4

Submitted by Ty Keltner, DEPT. OF ECOLOGY COMMUNICATIONS

OLYMPIA - Oil spills are a threat to human health, our environment, and economy. Washington has suffered many oil spills, large and small, that have had a lasting impact on our state. When oil is spilled, the responsible party is liable for the cleanup and may incur a penalty for spilling to state waters. When paid, the money is deposited into the John Bernhardt account, named for the manager of the Spills Prevention and Policy section in the Department of Ecology in 1994.

A spiller may also need to reimburse the public for the

damages the spill caused to state natural resources such as water quality, fish and wildlife, habitat and cultural areas, beaches, and shellfish beds. The money from a Natural Resource Damage Assessment (NRDA) goes into the state RDA account.

When either account reaches \$100,000 or more, the Department of Ecology solicits grants for those interested in environmental restoration work around the state.

Ecology is now opening the application period for the 2023 Restoration Grants. Local and

tribal governments, state and federal agencies, and public benefit non-profit organizations are all eligible. Private entities and ineligible organizations can partner with another eligible group. Previous funded projects include salmon habitat restoration, livestock exclusion fencing, derelict crab pot removal, land acquisition, and stormwater improvement projects. These are reimbursable grants, meaning that applicants must spend their own funds and will be reimbursed afterward.

"Oil spills can cause a lot of

harm to our aquatic environment, but these grants help fund projects that reverse many types of environmental damage. There is a variety of work that can be funded, and I encourage all who are eligible to apply," said Geoff Baran, NRDA lead and Grant Administrator with the Department of Ecology.

One example of a successfully funded proposal is the Milewa Creek Marine Shoreline Restoration project. The Washington State Department of Fish and Wildlife demolished and removed a

200-foot-long concrete structure from the estuarine area of Milewa Creek on McNeal Island. Removal of this structure improved intertidal function for juvenile salmon habitat in Puget Sound.

Another example is the Skagit Forks wetland reconnection project. This grant funded the planting of 10,000 native trees and shrubs in newly restored riparian area, and rejoined an isolated wetland to the Skagit River and Britt Slough.

One key addition to this year's grant application is

a metric on environmental justice. Environmental justice is a priority for the governor, this administration, and the Department of Ecology. If a project has a strong environmental justice component and can demonstrate consultation with historically overburdened groups, it will be factored into the score.

Interested in applying? The application period runs from April 4 to May 4, 2023, at 5 p.m. Visit the Department of Ecology website for more information. Funding will be awarded approximately July, 2023.

