



Okanogan Angels, PBCRC host adoption event



Courtesy Gene Dowers/PBCRC
Molly, seen here putting her best paw forward, was among the dogs ready to go to a good home at an Adoption Event held at the Pateros-Brewster Community Resource Center last Saturday, March 18. Dogs from No Paws and Fur Ever Yours were among the canines brought by Okanogan Angels, a non-profit organization that works on behalf of lost, found, and abandoned animals. For more information about pet adoption contact Jennifer Harrison at 509-679-7136 or email presidentokanoganangels@gmail.com.

Bridgeport council dives in for pool renovation contractor



Courtesy www.bridgportwashington.net

The Bridgeport city pool has not seen a major facelift in the last 15 years.

By MIKE MALTAIS
 STAFF WRITER

BRIDGEPORT – Council members discussed renovations to the city’s public pool at Berryman Park during the regular monthly meeting last Wednesday, March 15.

Public Works Superintendent Stuart Dezellem reported that invitations for bids (IFB) for specific pool repairs were sent to three contractors and one responded.

“We received one bid from Jh Construction & Sons out of Wenatchee,” said Dezellem. “We budgeted \$75,000 for this project and the bid came in a little higher than that.”

Dezellem said the quote to paint, sandblast, and re-grout the concrete section is \$84,000 and to retiling the

water line at the level of the pool water skimmers is an additional \$8,000 bring the total to \$92,000. The pool is missing some tiles and the city has used up the extras it purchased so that leaves two options: either remove all the waterline tiles and repaint that area or retiling it.

The extra funds needed to come up with the difference of \$16,000 from other city sources has been found.

Dezellem said the pool has not seen a major facelift in the 15 years he has served at public works.

“Public works painted it twice,” said Dezellem.

He noted that the tile mastic fails over time because the pool is considered a caustic environment owing to the level of the high chlorination.

Pool manager/council member Jackie Hentges inquired about the difference in difficulty between cleaning tiled surfaces versus painted ones. Council members also discussed using larger six-inch-by-six-inch tiles to replace the current four-inch ones.

The council voted to approve the \$92,000 contract bid plus tax to cover any additional charges that might come up.

Venting the air

The Bridgeport Library has received funds from NCW Libraries as part of a system-wide renovation of its network of branches. Mayor Janet Conklin said the local branch approached the city last summer to request that the city agree to make a portion of specific upgrades.

The library submitted a

contract to the mayor asking the city to install a ventilation system to bring fresh outside air into the building. Dezellem estimated the city’s cost at \$12,500 just for the unit alone, not including installation. He said the city would need to cut the access in the roof and hire a contractor to seal the access after the unit is installed.

This type of system has been growing in popularity possibly due to the Covid pandemic, said Dezellem, and more buildings and high-scale home projects are incorporating ventilation design that brings in outside air.

Mayor Conklin said she has scheduled another meeting with the library to discuss the project and possible options and will bring the results to a future meeting.

Fire District recognizes work of volunteers

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – Douglas Okanogan Fire District 15 honored its more than 50 fire and EMS volunteers at the 2023 Volunteer Appreciation Dinner held at the American Legion building on March 11. In addition to the dinner, attendees honored fallen firefighters, reviewed the year just passed, and presented service recognition to volunteers from the Pateros, Methow, Brewster, Rocky Butte, and EMS stations.

District Chief Bill Vallance and EMS Director Tonya Vallance welcomed the group and introduced the evening’s guest speaker, Chief Deputy State Fire Marshal Howard

Scartozzi. Scartozzi has 39 years of volunteer fire service operational, training, and administrative experience and has spent the past 12 years at the Washington State Fire Training Academy as an instructor, Firefighter Recruit Academy Coordinator and Chief of Instruction. As a Chief Deputy, Scartozzi is currently assigned to the development and implementation of a Statewide Regional Direct Delivery program which includes coordination of National Fire Academy courses, Firefighter and Hazardous Materials training.

District Chief Vallance said the district is always welcomes and needs volunteers.

Volunteers at the District stations include:

Pateros

- Chief Kerry Heen
- Assistant Chief Matt Coffman
- Capt. Thomas Steggall
- 1st Lt. Gage Carson
- 2nd Lt. Bruce Henne
- John Goynne
- Chris Heal
- Ricky Heen
- A.J. Garcia
- Cindy Cavazos
- Ray Sandy
- Antonio Beason
- Amanda McDaniel
- Josh Smith
- Amber Heen
- Abbigale Heen

Methow

- Chief Nolan Tonseth
- Assistant Chief Jeff Zahn
- Captain David Sorensen



Mike Maltais/QCH

District Chief Bill Vallance and EMS Director Tonya Vallance address volunteer firefighters and EMS personnel from the Douglas Okanogan County Fire District 15 stations at Pateros, Methow, Brewster, and Rocky Butte gathered at Columbia Post 97 of the American Legion on March 11, for the 2023 Volunteer Appreciation Dinner.

- Marke Mattson
- Andy Simmons
- Joshua Corsa
- Austin Kilmer-Morris

Brewster

- City Chief Dylan Gamble
- Assistant Chief Victor Vargas
- Captain Austin Vargas
- 1st Lt. Jacob Poole
- Jason Allen
- Hunter Cooper
- Arturo Aparicio
- Kevin Vallance
- Kylee Levi
- Alex Avalos
- Gregorio Huerta
- Tim Isensee
- Beto Infante

- Dario Orozco
- Ryan Meehan
- Oscar Gomez
- Tyler Levi
- Tyrell Vargas
- Douglas Viebrock
- Connor Wiggs

Rocky Butte

- Captain Sal Rodriguez
- Manny Arevalo
- Dave McNamara
- Santos Hernandez
- Jose Rodriguez

EMS

- Shelly Brown
- Sabrina O’Connell
- Marke Mattson
- Genea Flynn

- Kevin Vallance
- Joshua Corsa
- Brad Scharnickle
- Kristina Martinez
- Caroline Cooper
- Carlos Tornez
- Jason Allen
- Hunter Cooper

District 15 paid staff

- District Chief Bill Vallance
- EMS Director Tonya Vallance, Advanced Emergency Medical Technician (AEMT)
- Art Smyth, AEMT
- Samantha Rains, Basic EMT (EMT-B)
- Tim Cakouros, EMT-B

Brewster city council addresses fair housing, better interest earnings

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – The Brewster City Council passed two resolutions at its regular monthly meeting last Thursday, March 16. One concerned updating the city’s Fair Housing Policy and the other the grievance procedure for Commercial Development Block Grant (CDBG) funded projects.

City Police Chief Marcos Ruiz reported that the department will observe National Night Out on the first Tuesday of August and coordinate it with the school district. Ruiz said the glow sticks handed out at last year’s 4th of July celebration were such a hit with the kids that the department plans to offer them again this year.

Finance Director/City Clerk Misty Ruiz queried the council about investing a portion of the city’s \$4 million in bank funds, \$2 million of which is earning only .1 percent interest.

“It would really be nice if we could earn a little more interest,” said Ruiz.

Ruiz said she has been consulting with the city investment advisor and considering very secure instruments that carry the same rating as U.S. Treasuries (AAA by Moody’s, AA+ by S&P). Ruiz said the surplus funds have not been needed for any city projects for the past two years and could be making a better return to city coffers. The council authorized Ruiz to proceed.

Public Works Director Lee Webster requested council approval of city engineer J-U-B professional services agreement for wastewater system improvements and a second J-U-B agreement related to taxilane development at Anderson Field Airport. Both agreements were approved.



Courtesy wsffa.org
Chief Deputy State Fire Marshal Howard Scartozzi

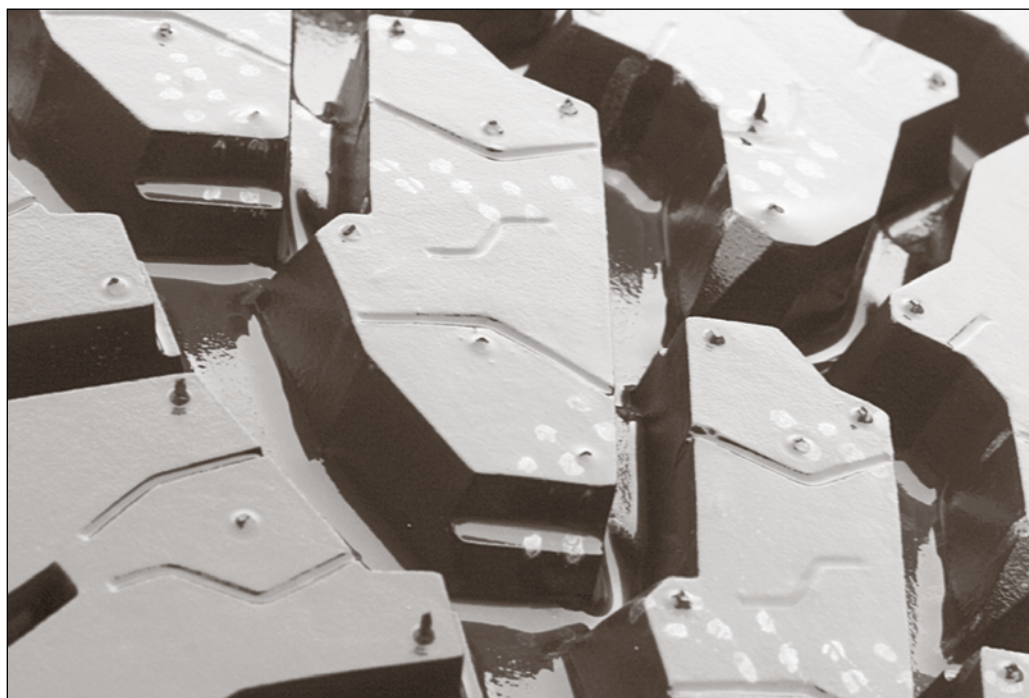
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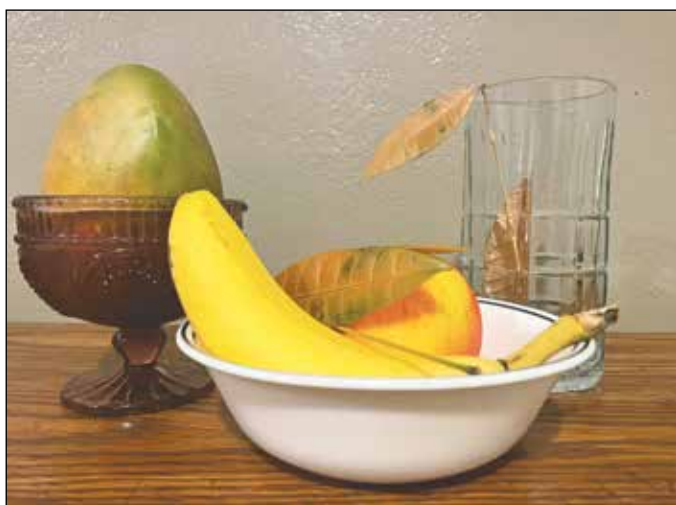
Bridgeport artists shine at NCW Regional Art Show



"Tread" by Freddy Parbol was selected Best-In-Show.



"Star Ball" by Evelyn Jimenez won Honorable Mention



"Presentation" by Jonathan Herrera won Honorable Mention

MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – Results from the 44th annual NCW Regional Art Show at the Wenatchee Valley Museum & Cultural Center include three Bridgeport students recognized for their work.

"This year, the Regional show did away with placing (1st, 2nd, 3rd) in each category, and instead selected 15 works to advance to the state art show in Olympia along with other works for Honorary Mention" said NBCT Art Instructor Brad Skiff.

In the photography category the competition singled out only three works.

"All three are from Bridge-

port students," said Skiff. "Freddy Parbol's photo, "Tread" was selected as a Best-In-Show piece and will advance to the state art show in Olympia. Evelyn Jimenez' work, "Star Ball," and Jonathan Herrera's photo, "Presentation" won Honorary Mentions."

The Regional Art Show is for high schools in the North Central Washington Educational Services District, including Moses Lake, Wenatchee, Cashmere, and Chelan, plus all the smaller schools.

"Bridgeport students have

won quite a few times over the years," Skiff said.

The 50th OSPI (Office of Superintendent of Public Instruction) Superintendent's Show 50th Anniversary event will be held in Olympia in May (dates TBD) and a digital show will be posted online in April.

Brewster High School recognizes Bears of the Quarter



Courtesy Todd Phillips, Principal/Brewster High School

Brewster High School recognized the Bears of the Quarter for making a positive impact on the school culture and the Brewster community and for demonstrating accountability, engagement, character, leadership and a growth mindset. This quarter's selections are Yadhira Fregozo-Medina (Aerobics), Natalie Uvalle (Algebra I), Ileana Lopez (Freshman Seminar), Sebastian Flores Jacinto (ESL 1), Kayla Sanchez-Hernandez (Strength & Conditioning), Daniel Castilla-Buenabad (English 9), Magaly Rojas-Rodriguez (Academic Math), Eric Ramirez (Culinary Arts), Francisco Duran-Garcia (Teacher's Assistant and Multi Media), Valerie Reyes-Santillan (Algebra II), Yazmin Garcia (World History and Spanish I), Jollette Ruiz-Martinez (Alternative School), Abigail Boesel (Principal's Selection), Morgan McGuire (Drawing & Painting and English 10), Francisco Garcia (Floral Design), Kara Pulsifer (Band), Christian Rivera-Mosqueda (Wood Shop I, Metal Shop II and Creative Materials), Gabriel Lopez-Garcia (Digitoools) and Adrian Ortega-Molinero (Chemistry).

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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
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Bringing the community to your door

The Gothard Sisters in concert April 14 at Omak PAC

SUBMITTED BY VERA ZACHOW, OMAK PAC FOUNDATION

OMAK - The Gothard Sisters, whose music has been described as a harmonious blend of traditional Celtic with a hint of Americana, will perform at the Omak PAC April 14 at 7 p.m. They have just sold out their performance in Portland and currently have a full schedule of performances in the Seattle area. In 2021 they performed to an enthusiastic crowd at the John Doran Ranch concert in Twisp.

The Gothard Sisters are a dynamic supergroup of three American sisters who play contemporary Celtic music. Through over 23 years of performing, touring and writing music together, the optimistic style of their music and performances continue to resonate with their fans, building a loyal international following. The band's music is popular among a worldwide audience. They toured extensively in Japan this last fall, performing over 50 shows there in their tours in 2019 and 2022. They have over 12 million streams on Spotify with a large social



Courtesy Omak PAC

The Gothard Sisters are a dynamic supergroup of three American sisters who play contemporary Celtic music

media following and nearly 11 million views on Youtube.

Blending Celtic, folk, classical and new age musical influences, the Gothard Sisters bring songs to life with violin, acoustic guitar, mandolin, bodhran, djembe, whistle and vocal harmonies, creating music that is "vivid, inspirational and captivating." Tim, Carrol. Folk Words Review 2018).

Writing and recording near their home in the Pacific Northwest, the band has released nine albums and has performed over 2,000 live shows over the course of their career.

"The sisters have captured life in all its beauty inspiring us to appreciate the world around us and life in general." "Makes you want to dance." Irish Music Magazine.

"Vivid, inspirational and captivating." Folk Words

"A tremendous trio." Celtic Radio
Tickets are \$25 for adults and \$15 for students with children four and under are free. Tickets are available at Rawsons in Okanogan, Kelley Connect in Omak, Tonasket Interior and omakpac.org. Call 509-846-4773 for information.

DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

Douglas County Sheriff's Office

March 10
13:03 Civil Dispute, 22 Ivy Ln., Orondo
15:12 Animal Problem, 122 Davis Ave., Bridgeport
16:34 Animal Problem, 517 SR 173 Bridgeport Bar

March 11
14:28 Theft, 2087 Rd. 3 SW, Waterville
19:14 Public Assist, Rd. 8 NW and Rd. L NW, Waterville
21:54 Civil Dispute, 2400 Tacoma Ave., Bridgeport

March 12
14:58 Suicide Threat, Douglas Ave., Bridgeport
20:30 Domestic Disturbance, 1955 Foster Creek Ave., Bridgeport

March 13
00:38 Domestic Disturbance, 309 S. Central Ave., Waterville
14:57 Littering, 1202 Fairview Ave., Bridgeport

March 14
08:49 Registered Sex Offender, 1222 Fairview Ave., Bridgeport
11:52 CPS/ APS Referral, 39 E. 1st Ave., Mansfield
16:16 CPS/ APS Referral, 110 Sagebrush Rd., Waterville
17:39 Burglary, 14 Arden Ave., Bridgeport
21:05 Court Order Violation, 15410 US Hwy. 2, Waterville

March 15
13:58 Harassment/ Threat, 122 Davis Ave., Bridgeport
15:26 Public Assist, 101 W. Marine View Dr., Orondo
16:43 Non-injury Accident, 21318 US Hwy. 97, Orondo
19:12 Civil Dispute, 384 SR 173, Bridgeport Bar
21:26 Traffic Offense, 1100 block Fairview Ave., Bridgeport

March 16
07:44 Welfare Check, 9 Washburn Ave., Bridgeport
09:16 Civil Dispute, 700 Fairview

Ave., Bridgeport
10:36 Alarm, 70 Zanol Loop Rd., Orondo
12:23 Civil Dispute, 440 SR 173 Bridgeport Bar
17:16 Alarm, 245 W. Emerson Dr., Orondo
19:16 Noise Complaint, 335 E. Railroad Ave., Mansfield

Brewster Sheriff's Office

March 7
11:36 A sex offense was reported on E. Griggs Ave.
19:59 An agency assist was requested on SR 173 in an attempt to locate a domestic violence suspect in Bridgeport.

March 8
No local reports.

March 9
10:26 A male subject in his 40s-50s reportedly fell and was having a seizure on S 1st St. in Brewster.
11:31 An older male subject was reportedly intoxicated and trying to buy alcohol on Hwy. 97.
14:39 A caller on N. 6th St. in Brewster reported their brother was threatening them.

March 10
08:11 An assault was reported on Hwy. 17 in Bridgeport, the caller reported their mother's boyfriend strangled her.
17:52 A caller on S. 2nd St. reported there was supposed to be an exchange for her children.

March 11
18:53 A welfare check was requested for a caller's sister on S. 1st St. in Brewster.

March 12
No local reports.

March 13
09:47 Malicious mischief was reported in Brewster.
09:54 A welfare check was requested by a caller on S. 1st St. in Brewster.
20:18 A caller on Hwy. 97 in

Pateros reported a subject driving a work van with a rack on top erratically, nearly hitting several vehicles in oncoming traffic.

March 14
20:52 An agency assist was requested on Unger Rd. for a subject playing loud music in their SUV and the caller could feel the base from inside their home.

March 15
15:39 Extra patrols were reported on S. 1st St. in Brewster.
19:11 A domestic dispute was reported on S. 3rd St. and the caller requested an officer respond to their two daughters, 16 and 22 years old in a verbal dispute.
23:56 A domestic dispute was reported on Hospital Way after a female subject was brought in following a panic attack when her ex-spouse threatened to hit her.

Okanogan County Sheriff's Office

March 8
10:05 An agency referral was requested on Jack Wells Rd. in Bridgeport when a minor reported sexual abuse.
10:15 An agency referral was requested on Crandall Rd. in Brewster for a minor male subject.

March 9
09:51 Trespassing was reported on Hwy. 17 in Bridgeport when a male subject started an excavator and dump truck on the property.
11:21 A civil matter was reported on Eagle Rd. in Brewster regarding easement issues with neighbors.

March 10
08:11 An assault was reported on Hwy. 17 in Bridgeport.
09:34 A white Ford truck pump was reported abandoned on Lakeshore Dr. in Pateros.
12:27 An ongoing issue with a

caller's neighbor dog coming into their yard was reported on Stenos Point Dr. in Pateros.
15:26 An agency referral was requested for a minor female subject in Pateros involving sexual abuse.
17:20 A one-vehicle collision was reported on Hwy. 17 in Bridgeport with unknown injuries.

March 11
No local reports.

March 12
19:50 A wanted person was reported on Crane Orchard Rd. in Brewster.

March 13
A 911-transfer call was received regarding a subject driving erratically in a work van with a rack on top on Hwy. 97.

March 14
08:30 An unattended death was reported on North Star Rd. in Brewster.
16:13 A civil call was received from Monse Bridge Rd. in Brewster and the caller requested an officer to go pick up items from a male subject's house.
20:32 A subject was cited and released on North Star Rd. for driving with a license suspended in the second degree.
20:52 A noise complaint was reported on Unger Rd. in Brewster.

March 15
No local reports.

OCSRA Scholarship Announcement

SUBMITTED BY PENNY GARRISON, OCSRA

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. Please let eligible friends and relatives know about this opportunity. For more information, contact Rita Figlenski at ritafig2@gmail.com.

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~ Matthew 19:26



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Final Okanogan Valley Orchestra and Chorus concert plays March 25

SUBMITTED BY OKANOGAN VALLEY ORCHESTRA AND CHORUS

OKANOGAN -- The Okanogan Valley Orchestra and Chorus will present its final concert of the season, the Spring-Family Concert, at 3 p.m., March 25, at the Omak PAC. The concert will include an opportunity for children to join the orchestra on stage to watch them play, continuing an OVOC tradition.

Special performances will include some original music from returning artist Kori Thornton.

Dave McClure will also share some piano songs.

The chorus will bring a variety of songs that children of all ages will enjoy including:

- "Taloowa' Chipota (Children's Songs)" a Chickasaw piece from composer Jerod Impichchaahaaha' Tate, featuring cello and egg shakers.
- "Prayer of the Children" will feature a Ukrainian portion - words and music by Kurt Bestor and arranged by Andrea S. Klouse.
- A fun, upbeat "Frog Went

A-Courtin'" arranged by A.P. Jackman will get toes tapping.

- "Star Dance" by Robert Louis Stephenson with music by Janet Gardner is a sweet, simple tune.
- Kids will recognize "You've Got a Friend In Me" by Randy Newman from Disney's Toy Story.

The orchestra will take on some classic favorites, starting with the "Light Cavalry Overture" by Franz von Suppé, arranged by Merle J. Isaac. Joseph Haydn's or Leopold

Mozart's "Toy Symphony" arranged by Philip Gordon will bring an element of fun. The popular and timeless "Peer Gynt Suite" by Edvard Grieg, edited by Carl Simpson, will feature fantastic dynamics. The audience will be left uplifted by the "Ode to Joy Festival" by Ludwig van Beethoven, arranged by Todd Parrish.

Tickets are \$10 at the door for all adults, and everyone 18 and younger is free - continuing OVOC's desire to make the performing arts more accessible to youth and families.

OBITUARIES

Mildred Ruth Carr Powell September 6, 1932 – February 10, 2023

Mildred Ruth Carr Powell, age 90, was taken home to Heaven on February 10, 2023.

She was an active member of Calvary Baptist Church in Brewster for over 60 years, where she played the piano and organ and taught Sunday School for many of those years.

Born in Lubbock, Texas on September 6, 1932 to Ora and Galen (Pappy) Carr, she was raised with her siblings, Galen and Margaret, eight miles from Abernathy, Texas, on the family's dairy and cotton farm.

At age 16, she was Salutatorian of Abernathy High School's class of 1949. That fall, she attended Texas Tech. Besides her classes, she worked as Assistant to the Dean of Students and did runway modeling for Hemphill-Wells Department Store.

On August 31, 1951, Millie married her high school sweetheart, Travis (Mike) Powell, who started his apprenticeship in the I.B.E.W. From 1952 to 1959, they were blessed with four children: Michael, Marilyn, Dawn and Kenneth.

In 1961, the family moved to Soap Lake, Washington, following Travis' work as a journeyman electrician. They moved to Brewster in 1964, and two years later bought a 40-acre farm where they could enjoy their ever-evolving menagerie: horses, cattle, chickens, pigs, ducks, dogs, cats, coyote, rabbits, quail, mudhens, weasels and any other creatures the kids or husband would bring home.

They developed what had been Freeman's Berry Farm into alfalfa and pasture. Eventually, an apple orchard replaced the alfalfa.

Besides her busy farming life, Millie packed apples for many years; then ran the rural mail route for 18 years. In retirement, she taught first grade at the Calvary Baptist Christian School, volunteered as a mentor in the HOSTS reading program, was secretary for the TV District and was president of Christian Women's Club.

In 1977, at age 45, Millie returned to college to finish her degree. She earned a BA in English and Education from Fort Wright College. Also at this time, she took up skiing, 20 years of Bloomsday Runs and story-writing. She developed in her family a firm grasp of the English language and a powerful appreciation of literature. She was an amazing cook, seamstress, and quilter - hosting many sessions around a quilting frame. She instilled a firm faith in God and family. Gardening was a passion and necessity - continually canning, freezing and drying the farm's bounty. Spare time was filled as a Den mother, Camp-Fire leader, and helping with countless 4-H projects.

Travis and Millie's love of the outdoors led to family hunting, camping and fishing trips throughout the decades.



They enjoyed many road trips and visiting relatives across the country. When Travis was working on the Trans-Alaska pipeline in the early 1980's, Millie was able to join him for a week at his work camp in Prudhoe Bay.

When cancer took Travis away in 2003, they had been married almost 52 years.

A few years later, Millie found friendship and shared the love of the outdoors with family friend, Larry Boyd, who became her close companion for many years before his death in 2020.

Millie was cherished by her family and friends who will all miss her imaginative and adventurous nature while holding dear memories of her in their hearts.

She was preceded in death by her husband, Travis Powell; son, Michael Powell; brother, Galen Carr; and companion, Larry Boyd.

Survivors include:
Sister - Margaret Reynolds of Brewster.

Daughters - Marilyn Mauk (Ernie) of Malaga, Dawn Powell of Omak, Honorary daughter Julie Tupling of Brewster and daughter-in-law Ruby Markel-Powell of Omak.

Son - Kenneth Powell (Jennifer) of Pleasant Shade, Tennessee.

Grandchildren - Jacob and John Powell; Travis, Casey and Erin Mauk; Shannon Rowan, Jamie Morrison, Archer Powell, Astor Powell-Pedersen, Dylan Parrotta, Whitney Greer, Sarabeth Holweg, Morgan Linebaugh, Loni Markel, Bria Gonzales, Ian and Cody Campbell.

Great-grandchildren - Tanner Mauk, Piper Ruiz, Tristan and Larkin Greer, Halia Brady, Emery Morrison, Jessica Mauk, Rebecca Mauk, Ethan and Shyanne Rowan, and Destyn Markel.

Great-great grandchildren - Eden Brady, Avery and Henry Gilmer, Hailey and Kaileah Lantry, Tyler Campbell, and Mireya Chapa.

Celebration of Life service will be held at 3 p.m., March 25, 2023 at Calvary Baptist Church in Brewster. Potluck to follow service. Please bring a dish if you would like.

In lieu of flowers, please consider a donation in Millie's name to the Brewster Senior Center, P.O. Box 96, Brewster, WA 98812.

Arrangements assisted by Barnes Chapel of Brewster.

COMMUNITY BULLETIN BOARD

March 22, 24, 27-28, 29

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. Call 509-826-7979 to reserve or cancel your meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: March 22: Baked Fish Fillet, Rice Pilaf, Chalet Blend Veggies, Tossed Salad, Apple Celery Salad, Garlic Bread, Dessert; March 24: Beef Enchiladas, Baja Veggie Blend, Mexican Slaw, Mandarin Oranges, Dessert; March 28: Lasagna with Meat Sauce, Green Beans, Tossed Salad, Pears, Bread Stick, Dessert; March 29: Tuna Noodle Casserole, Peas & Carrots, Spiced Salad, Waldorf Salad, Dessert.

March 22-25, 27-31, April 1

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.

March 22-23, 27-30

Chelan Valley Hope

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

Follow Chelan Valley Hope on Facebook and Instagram and sign up for our E-newsletters on chelanvalleyhope.org/join for active news and updates. Are you curious about our current needs, the services we offer, or what's new at Hope? Our Facebook, Instagram, and E-newsletters are the resource for you. Also, visit our website ChelanValleyHope.org to learn more about volunteer

opportunities, donations, and events. For more information, you may call or visit us Monday - Thursday, 9 a.m.-3 p.m. (closed Noon to 1 p.m.), and speak with one of our helpful volunteers. Whether you are looking to get help or to give help, we are waiting for you.

March 23

Bingo

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

March 27

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.

March 27

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

March 27

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.

March 31

School retirees association to meet

OMAK - Okanogan County School Retirees' Association will hold a general meeting at 10 a.m., Friday, March 31 at Community Presbyterian Church of Omak, 9 Birch Street South, Omak. Refreshments at 9:45 a.m. Program: DNR spokesman, Keegan McCormick will talk about Wildfire Prevention. For

more information: Rita Figlen-ski: 509-422-3532.

April 5, 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 10

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.

April 11

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: tcf-wenatcheevalley.org

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.

DEATH NOTICES

Dolores Alexander

Dolores Alexander, 91, of Waterville, Washington, and formerly of Pateros, Washington passed away on March 9, 2023.

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

Martha Yancey

Martha Yancey, 79, of Brewster, Washington, passed away on March 16 2023.

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

Treehouse schedules March 30 walk-through



Mike Maltais/QCH

Danny Dowers trims balusters for an interior handrail for the Pateros Treehouse Early Learning Center housed in the former Church of Christ building at 128 N. Independence Street. The facility has scheduled a public walk-through at 6 p.m. Thursday, March 30. Finish work continues inside the structure that has been a three-year project with hopes to officially open by April 1, provided adequate staffing can be found. The facility is planned for an ultimate capacity of 72 children.

Donate Your Vehicle

Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

How it Works:

1. Contact Us
Call (844) 889-8170
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We'll pick up your vehicle for FREE - at a time and place convenient for you.
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Top Tax Deduction.

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While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

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Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

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

Brewster Bear Varsity Track & Field Team



Brewster High School Track and Field

Spring 2023

February 27, 2023 Practice may begin

Date	Day	Time	Opponent	Location	Bus
March 16	Thursday	4:00	Jamboree	Bridgeport	2:30
March 30	Thursday	4:00	B-P, Cascade, Pat., LR	Bridgeport	2:30
April 11	Tuesday	4:00	Brewster Co-Ed Relays	Brewster	
April 14	Friday	3:30	K-Valley Rally Invite	Kittitas	11:45
April 18	Tuesday	4:00	Mans., B-P, LR, Chelan	Manson	2:00
April 22	Saturday	10:30	Quincy Invitational	Quincy	7:00
April 25	Tuesday	4:00	BP, Cash., Pat., Manson	Brewster	
April 28	Friday	4:00	Rieke Invitational	Cascade	1:00
May 5	Friday	4:00	Bridgeport Invite	Bridgeport	2:15
May 10	Wednesday	4:00	CW2B Championships	Brewster	
May 17	Wednesday	4:00	Districts	Oroville	1:00
May 25,26,27	Th, Fri, Sat	All Day	STATE	Yakima	TBD

Courtesy Brewster School District

Members of the 2023 Brewster varsity track and field team are (in alphabetical order) Amy Alverez, Juan Angel, Evelyn Camacho, Kaydence Carrington, Victoria Contreras, Alexis Cortez, Rafael Cruz, Francisco Duran, Daniel Flores, Braylan Gallaga, Karime Garcia, Cort Gebbers, Brisa Gutierrez, Diego Guzman, Dane Hampe, Kray Hampe, Alexander Hernandez, Brenda Mia Hernandez, Jose Hernandez, Tajanai Huff, Gimena Hurtado, Hugo Martinez, Juan David Martinez, Leah Martinez, Vladimer Martinez, Ximena Martinez, Estrella Matus, Gisselle Meraz, Serenity Merchant, Cayden Milton, Ava Mitchell, Julissa Najera, Maritza Ochoa, Rosario Olvera, Daniela Olvera, Alejandra Pacheco, Alan Pacheco, Perla Pamatz, Sarah Pamatz, Jessica Perez, Maribel Perez, Nancy Perez, Kara Pulsifer, Julissa Rincon, Nicole Segura, Aubrey Thoren, Claudia Tinoco, and Isabella Tolen. Coaches are: Head Coach Greg Austin, Assistant Coach Kelly Brown, Assistant Coach Heather Cochrane. Middle school coaches are: Head Coach Jackie Hentges and Assistant Coach: Jake Johanson.

Brewster Middle School Track and Field

Spring 2023

Date	Day	Time	Opponent	Location	Bus
April 20	Thursday	4:00	Lake Roosevelt, Manson Liberty Bell, Bridgeport	Bridgeport	2:45
April 27	Thursday	4:00	Okanogan, Liberty Bell, Nespelem, Manson	Manson	2:15
May 4	Thursday	4:00	Bridgeport, Manson, Omak, Nespelem	Brewster	
May 11	Thursday	4:00	Okanogan, Tonasket Lake Roosevelt, Bridgeport	Bridgeport	2:45
May 18	Thursday	4:00	League Championships	Manson	2:15
May 20	Saturday	10:00	Junior Olympics	Cashmere	7:30

Brewster Bear Varsity Baseball Team



Courtesy Todd Phillips/Brewster School District

Playing for the Bears varsity baseball team this season are, Top row from left: Ryan Lopez, Clayton Isensee, Connor Bach, Jacob Piechalski, Grant Baker, Henry Miller, Brady Wulf, Kash Vandelac, Tyson Schertenleib, Nico Maldonado and Blake Burgett. Bottom row from left: Bryan Jimenez, Audel Pahua, Caleb Stennes, Eric Ramirez, Cole Aparicio, Bronson Becker, Reese Vassar and Sam Arevalo. Coaches are: Head Coach Todd Phillips, Assistant Coach Travis Todd, Assistant: John Cleveland, Assistant Coach Joe Taylor and Assistant Coach Conner Ashworth.

Brewster High School Baseball

Spring 2023

February 27 2023 Practice may begin

Date	Day	Time	Opponent	Location	Bus
March 11	Saturday	12:30/3:00	Ephrata (2) North Kitsap/Mark Morris	Away	TBD
March 21	Tuesday	4:30	Tonasket (1)	Home	
March 23	Thursday	4:30	Bridgeport (1)	Away	3:00
March 28	Tuesday	4:30	Okanogan (1)	Home	
March 30	Thursday	4:30	Oroville (1)	Home	
April 1	Saturday	11:00/1:00	Okanogan (2)	Away	9:00
April 4	Tuesday	4:00	Chelan (1)	Home	
April 6	Thursday	4:00	Meridian (1)	Home	
April 8	Saturday	11:00/1:00	Tonasket (2)	Away	8:30
April 11	Tuesday	4:30	Liberty Bell (1)	Away	2:15
April 13	Thursday	4:30	Manson (1)	Away	2:15
April 15	Saturday	11:00/1:00	Liberty Bell (2)	Home	
April 18	Tuesday	4:30	Chelan (1)	Away	3:00
April 25	Tuesday	4:30	Lake Roosevelt (1)	Away	7:00
April 28	Friday	3:00/5:00	Lake Roosevelt (2)	Home	

Date	Day	Time	Opponent	Location	Bus
March 20	Monday	4:00	Cashmere (1)	Away	1:30
March 22	Wednesday	4:30	Pateros (1)	Home	
March 27	Monday	4:00/6:00	Ephrata (2)	Away	1:30
March 29	Wednesday	5:00	Eastmont (1)	Away	2:45
March 31	Friday	4:30	Tonasket (1)	Away	2:30
April 10	Monday	4:30	Chelan (1)	Home	
April 12	Wednesday	4:30	Pateros (1)	Home	
April 17	Monday	4:00/6:00	Ephrata (2)	Home	
April 20	Thursday	3:00/5:00	Chelan (2)	Away	1:30
April 24	Monday	4:30	Cashmere (1)	Home	
April 26	Wednesday	4:30	Tonasket (1)	Home	
May 4	Thursday	4:00/6:00	Omak (2)	Home	

Go, Bears!
Have a safe and healthy year!

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brewsterclinic.org FB: @3RiversFamilyMedicine

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Joyfully grown, just for you.

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Spring Sports Preview

Pateros-Brewster Tennis Team



Courtesy Sean Hiltz/Pateros School District

Players on the 2023 Pateros-Brewster varsity co-op tennis team include: back row from left, Kaitlin Lindquist, Adamary Loyola, Edwin Abrego, Wray Scott, Kinden Hook, Janette Hernandez, Jacky Gomez, Rae Najera (Brewster), and James Tolen (Brewster). Middle row, Daniela Espino, Lexi Vargas, Mallory Moore, Alexandra Ruiz, Alyssa Lopez, Samantha Flores, and Lynnette Apolinar (Brewster). Front row, Edith Jackie Martinez, Jenessa Scroggie, and Caroline Zoretic.

Pateros Track Team



Courtesy Erik Romero/Pateros School District

The 2023 Pateros varsity track athletes include, from left: Nash Sherrard (eighth), Ish Mireles (junior), Josue Abrego (freshman), Kameron Matthews (sophomore), Yea Asmussen (senior), and Chris Poore (senior). Head coach: Erik Romero.

Pateros Baseball Team



Courtesy Lance Evans/Pateros School District

The 2023 Billygoats varsity baseball team includes, front row from left: Liam Plante (manager), Aiden Anderson, James Evans, Austin Simpson, Cody Simmons (manager), and Jesus Zanabria. Back row: Ishmael Mireles, Louie Wright, Landon Bradley, Bryan Espino, Aedan Plante, Jayden Cordero, Tommy Nicholson, and Nash Sherrard. Not pictured: Josue Abrego. Head coach: Lance Evans. Assistant coach: Michael Piechalski.

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 If team stops here **SUBWAY**
 *Meal is good for 1 coach and 1 driver per bus
 Subway hours vary from store hours



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Go, Billygoats & Nannies!

Have a safe and healthy year!

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CLASSIFIEDS

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

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



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

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.

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

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

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ALL OCCASION Greeting Cards Close-out ! 4 cards for only \$1.00 while they last ! Includes special Leavenworth Cards

Example sayings are: Wish you were here with me in Leavenworth.

"Special Friends" Or I miss you.
Happy Birthday from Leavenworth!

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



Employment

Help Wanted



School District is seeking qualified applicants for the following positions:

- Icicle River Middle School Assistant Volleyball Coach
- 7th Girls Basketball Coach
- 7th Assistant Girls Basketball Coach

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

Village Art in the Park seeks Park Manager. Full time, seasonal. May - October. Downtown Leavenworth. Oversee operations of the weekly art show. For job description, questions, or to apply: director@villageartinthepark.org or 509.548.5809.

Consulting company seeking a dynamic individual for P/T Administrative Associate position. The ideal applicant works well independently, is detail oriented and possesses outstanding organizational, computer (Excel, Word, Adobe) and professional communication skills. Marketing, transaction coordination and escrow closing skills helpful. Salary DOE. Email: resume to contact@practicetransitions.com. No phone calls please.

Help Wanted



is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This office is based in Chelan.

Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week.

Responsibilities would include: Use a camera to take photos of local events including schools and sports.

Applicant needs to have reliable transportation. Pay will be based on experience.

Email your resume and writing examples to publisher@leavenworthecho.com

or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

Looking for a great local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

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

Help Wanted



"Could this be you? Tierra Village seeks an entrepreneurial, self-motivated Executive Director who brings a strategic perspective and new ideas to the table. Our next leader will define and articulate a forward-looking agenda to advance our mission and inspire others. Confident, welcoming, and enthusiastic, they cultivate people and partnerships, engaging the broader community in our growth and success. <https://www.tierravillage.org/employment> for more information and to apply."

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.

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The Leavenworth Echo Cashmere Valley Record 509-548-5286 classifieds@leavenworthecho.com

Deadline: Noon on Friday for all papers.

Arts & Crafts

FOR SALE: 4 local art prints of Leavenworth, 2 with dark wood, 2 with light wood, \$35 each or \$100 for all 4. Call Carol 509-670-1723 or see at the Echo Office, 509-548-5286-10-5 M-F.

Garage & Yard Sale

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Fill your pockets with **CASH \$\$** Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

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Your ad will appear online and in the newspapers for one low price !

General Merchandise

For sale and some Free DESKS: wood and wood-metal. **FILE CABINETS:** legal and standard, 3 drawers and 4 drawers. **Some Misc. CHAIRS** 1 Laverne-Shirley metal kitchen table. Stop by the Echo, 215-14th St. 10.-5 p.m. Call 509-548-5286

Snow is still here! For Sale: 2018 Troy Bilt snowblower 28 clearing width, electric start, 4 way chute control 2 stage power, driving light. Instruction manual. Paid \$1300 will take \$600. No problems with it, just to big for me to handle. Call to make an appointment to see 509-670-1723



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Fee includes:

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- **Privacy Link** (interested buyers contact you through the site protecting your identity)

Real Estate

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\$169,500



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

Legals

Public Notices

NOTICE OF MEETING

Wells Ranch Irrigation District will have a board meeting Friday, March 31st. Board meeting will be held at the hour of 12:00 p.m. of said day at the restaurant Los Comperos, which is at 301 E. Main Street, Brewster WA. Published in the Quad City Herald March 22, 2023 #5466



Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Public Notices

CITY OF PATEROS PUBLIC HEARING NOTICE

Notice is hereby given that the Council for the City of Pateros, Washington will hold a public hearing amending the Pateros Municipal Code 13.04.390 to change the base gallons of water usage per month. The public hearing will be held on Monday, April 20, 2023 at 6:00 All interested persons are invited to attend and provide testimony. 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 March 15, 22, 2023 # 5445

Public Notices

NRCS Northcentral Local Work Group Annual Meeting Announced

The USDA's Natural Resources Conservation Service in Washington (NRCS-WA), will hold a Local Work Group meeting March 28, 2023, 5 - 8 p.m., at the Lake Chelan School District Office, 309 E. Johnson Ave., Chelan, WA 98816

Community members from the Okanogan, Foster Creek, South Douglas, Cascadia areas are invited to participate. Local Work Group Meetings are a valuable part of the NRCS planning process, providing an opportunity for local land managers to be part of a collaborative effort to improve natural resources within their area.

Community members with agricultural interests are welcome to attend. Participants during the working group will:

- Review performance of the past year's projects.
- Help shape plans and prioritize future projects.
- Connect with partners and new audiences to seek opportunities to leverage partnership funds.
- And learn about other NRCS programs which may prove beneficial.

For more information visit, or if you have any questions, interested community members can contact Natural Resources Conservation Service District Conservationist, Sarah Troutman, at 509-429-9663 or sarah.troutman@usda.gov. Published in The Quad City Herald March 22, 2023 #5461

Can stool softeners prevent constipation?

Ask...

Dr. Louise



Q: After my knee replacement surgery, my surgeon recommended I take a stool softener for a couple of weeks to prevent constipation from my pain medicine. How does that work?

Many surgeons advise their patients to take a stool softener while taking pain medication during the first couple of weeks after surgery. They hope taking a stool softener will help you avoid the discomfort of constipation. This practice has been called into question because very little evidence proves it works.

The word laxative means "to loosen," similar to the word "relax" and "lax," which means to act loose or relaxed. A laxative works to "loosen" your bowels, relieving constipation. By encouraging the movement of stool through your intestines, a laxative can prevent or reduce the pain and pressure of constipation.

Stool softeners make your stool softer or "slippery," which makes defecation more comfortable but doesn't prevent or relieve constipation.

After you swallow it, food moves through your digestive tract, a series of tubes. In your stomach, gastric juices mix into your chewed food, which starts the process of digestion. From there, it moves as a liquid mass into your small intestine, where the absorption of vital nutrients begins.

Muscles running the length of your intestines start squeezing in a rhythm, which keeps the mass of food moving from one end to the other. To assist digestion and absorption, your intestines

are lined with special cells designed to carry nutrients, medicines, and water out of your intestines into your bloodstream. What's left behind eventually becomes feces.

The longer food stays in your intestine, the more water can be pulled out of your stool. With less water, your feces becomes smaller, harder, and more painful to eliminate.

A stool softener can draw moisture back into or lubricate the food mass to ease the discomfort of constipation. Two common stool softeners are docusate and mineral oil.

Docusate is a surfactant, much like detergent or soap. It encourages water to move into your stool. Docusate can replace some of the water your body absorbs as the stool moves through your intestine. It may occasionally cause diarrhea or stomach cramps. Unlike mineral oil, docusate doesn't interfere with the absorption of nutrients or vitamins.

Mineral oil is a liquid refined from crude oil. Unlike docusate, it lubricates the stool instead of increasing its water content. Mineral oil is colorless and odorless. The product "baby oil" is a scented version of mineral oil.

Used over a long period, mineral oil can interfere with your body's absorption of fat-soluble vitamins like vitamins A, D, E, and K. This can eventually cause a type of vitamin deficiency. Mineral oil can also cause leakage of stool from the rectum.

Accidentally inhaling mineral oil when swallowing can cause life-threatening lung irritation. Mineral oil usually stays in your intestine. However, if you take docusate and mineral oil together, mineral oil can move into your body, away from where you need it to work.

Docusate and mineral oil are called emollients. They turn stool "mushy" but don't directly stimulate the muscles lining your intestine. ("Mush instead of Push"). Most people notice results within 2 days, but the full effect can take up to five days.

Here are 6 Tips on Using a Stool Softener Effectively:

- 1. Stay hydrated.** Drinking enough fluids will help docusate do its job of moving water into your stool.
- 2. Avoid docusate sodium if you are on a sodium-restricted diet.**

Docusate has two forms, docusate sodium, and docusate calcium. If you restrict your sodium intake, choose docusate calcium instead of docusate sodium. Docusate calcium can be hard to find, so ask a pharmacist for assistance if you don't see it on the shelf.

3. If you have trouble swallowing pills, avoid 250mg docusate capsules.

The 250g and 100mg capsules are the same prices. I recommend buying the smaller 100mg capsules because the 250mg docusate capsules are HUGE and should never be cut.

4. Never cut or bite docusate capsules.

Docusate tastes HORRIBLE because it is a soap! Avoid biting or cutting docusate capsules unless you prefer a nasty, soapy flavor that lingers for hours. Docusate liquid and syrup taste nearly as bad. At liquid taste tests I've hosted, they rank consistently at the very bottom.

5. Choose a laxative for constipation prevention or symptoms.

There is little evidence that docusate can prevent constipation. Using a non-prescription laxative like Senakot® and Dulcolax® is much more effective. Docusate is also available in combination with a laxative like senna or bisacodyl. Look for Senakot-S® and Pericolace®.

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: GARDENING
 ACROSS
 1. Betting probability
 5. Once headed by J. Edgar Hoover
 8. Formally surrender
 12. Gravy holder
 13. Nile dweller, for short
 14. More certain
 15. Tiny bit
 16. a.k.a. Bruce Banner
 17. One who plies one's trade
 18. "Days to _____" on a seed packet
 20. Big-ticket _____
 21. Apartments, e.g.
 22. *Plumerias are often used in this Hawaiian greeting
 23. Scrooge's visitors
 26. Digging into
 30. What Carl Lewis did
 31. Bestow
 34. Month before Nisan
 35. Dress with a flare
 37. Cholera
 38. On a store tag
 39. Central points
 40. Paul Reubens' Herman
 42. Mother lode stuff
 43. African bloodsucking pests
 45. Salty dogs
 47. Current tense of #30 Across
 48. Retches
 50. Bovine cries
 52. *Like an aggressive weed
 55. Frustration, in a comic book
 56. *Holds a plant stem to a support
 57. Type of hot sandwich
 59. One born to Japanese immigrants
 60. Urban legends, e.g.
 61. Check out
 62. Shakespeare's "at another time"
 63. "The _____ Who Loved Me"
 64. *Flower's location after a garden?
- DOWN
 1. Kimono closer
 2. Banish to Hades
 3. Crunched numbers
 4. Facebook's update feature
 5. *Seed plant's harvest
 6. *Goes to seed
 7. Rotten and stinky
 8. *Plant variety
 9. Famous canal
 10. Hold as a conviction
 11. Make a blunder
 13. Church service oil
 14. Salesman's speech, e.g.
 19. Loosen laces
 22. Tennis do-over
 23. *Splice, to a gardener
 24. Nimbi on ikons
 25. In the cooler (2 words)
 26. Former Saint Brees
 27. "Pulling my leg," e.g.
 28. Mother-of-pearl
 29. *Kind of thumb
 32. Pizzeria output, pl.
 33. "_____ you kidding?"
 36. *N in N-P-K
 38. Sneaked glances
 40. Slammer
 41. "The Shawshank Redemption" theme
 44. Served raw
 46. Isaac of science fiction
 48. This Dogg can rap
 49. What Elton John tickles, sing.
 50. Street in Anytown, USA
 51. Guesstimate phrase (two words)
 52. Bodily disorders
 53. Lope de _____, Spanish playwright
 54. Building extensions
 55. Nurses' org.
 58. _____ time in golf



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THE MEDIA GROUP

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 ruthk@lakechelanmirror.com

The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret."
 In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

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

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

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

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816