



Matching \$15,000 donation

Companies pledge to Second Harvest during March Ag Month



Courtesy AgWest

Celebrate Ag Month

By MIKE MALTAIS STAFF WRITER

QUAD CITIES - March is Ag Month and what better time and place to bring food to the forefront of life's other basic needs of air, water, and shelter. In The Quad Cities and Okanogan County, 2023 has been off to a rocky start where food supplies are concerned. Second Harvest food deliveries were suspended to Okanogan County among other recipients by January, the SNAP (Supplemental Nutrition Assistance Program) emergency allotments (EA) ended in February, and a Bridgeport Food Bank unexpectedly closed its doors in March. Before the situation could get any worse, it began to improve...somewhat.

Food supplies to the area from Second Harvest in Spokane and Northwest Harvest in Yakima have resumed, though with a caveat. Rena Shawver, Executive Director of the Okanogan County Community Action Council (OCCAC) told The Quad last week that her organization now must pick up the food supplies from both locations.

"The Chelan Douglas Community Action Council (CDCAC) is helping us out by bringing the Northwest Harvest supplies from Yakima

to Wenatchee and we pick it up twice a month there," Shawver said.

OCCAC must arrange for transportation from Spokane. Lacking a truck of adequate size to handle the volume has left the agency with the problem of covering the cost of hiring transport that can cost from \$900 to \$1,100 per load.

Second Harvest (www.2-harvest.org) was founded more than 50 years ago as an emergency food warehouse for Spokane food pantries in Spokane. Today it donates to some 250 partner food banks from Spokane and the Tri-Cities.

Northwest Harvest formed in 1967 in Seattle now serves every county in the state with warehouses in Yakima and Spokane.

The end of SNAP EA benefits average about \$85 a month lost for eligible recipients, the majority of whom are elderly, disabled, or working poor. With high food costs inching even higher many of those food budgets were already unable to cover food costs even with the extra payment.

The Bridgeport Food Bank kept 150-200 families supplied with weekly and later twice monthly distributions. Without a suitable building to house another pantry city officials hope to find a mobile

food delivery truck that can park in the city and distribute from there.

\$15,000 matching donation A pair of agriculture service companies, AgWest Farm Credit (AgWest), a financial cooperative in Spokane, and Northwest Agricultural Consultants (NWAG) a Kennewick full-service ag lab, are partnering with Second Harvest with a \$15,000 donor-match during Ag Month this March.

A media release issued by the two companies said that all this month - including National Ag Day on March 21 - Second Harvest is honoring the agriculture community, highlighting its contributions on social media and at Hunger Solutions Centers in Pasco and Spokane.

"We are so fortunate to live in a region that provides a cornucopia of healthy food," said Jason Clark, president and CEO of Second Harvest. "Our friends at AgWest and NWAG are leaders in understanding what it takes to provide food from field to plate."

AgWest (agwestfc.com) is contributing \$10,000 and NAWG (nawg.com) \$5,000 to match the first \$15,000 donated to Second Harvest to purchase food for people in the region facing food insecurity. To donate visit 2-harvest.org/agmonth.

Staff RIF likely

NCW Sports Rink and Event Center makes case to Pateros school board

By MIKE MALTAIS STAFF WRITER

PATEROS - The February 27 meeting of the Pateros School Board featured public comment from citizens with respect to the school's near-eight-acre parcel of vacant Field of Dreams property along the Columbia River. City councilman George Brady urged the board to either sell or trade the parcel to raise needed capital. Brady's sentiments were supported by Deputy City Clerk Cecilia Williams.

On the other side, supporters of the non-profit NCW Sports Rink and Event Center propose partnering with the school district to install a 6,000 sq. ft. facility comprised of an NHL size outdoor refrigerated hockey rink complex with spectator seating and rooms for changing, showers, lockers, and related uses. The complex would mirror the Winthrop rink. During the warm months the facility could be used for roller skating, basketball, roller hockey, pickle ball, and other events.

Rink board member Rick Trocano, a former pro foot-



Courtesy NCW Sports Rink and Event Center

The NCW Sports Rink and Event Center wants to build a facility on the Field of Dreams

ball quarterback and retired businessman, addressed the board on behalf of the rink supporters.

In a recent development the Sports Rink group has received a \$50,000 grant from USDA Rural Development to complete a feasibility study for the project. They have selected the Portland, Oregon-based consulting firm ECONorthwest to do the study.

The projected budget to complete the NCW Sports Rink and Event Center is \$3.7-\$ million.

In other board business:
• Interim superintendent

Mike Parker reported that the school's mezzanine addition is progressing on budget with a completion date of mid-to-late March to include a ribbon-cutting ceremony.

- Parker advised that a reduction in force (RIF) of certified staff will likely occur this spring if declining enrollment and low fund balance figures do not improve.
• Unanimous approval to co-op with Brewster school girls' tennis program.
• Unanimous approval of the spring sports coaching staff.
• Unanimous approval to post information for a combined superintendent/principal position for school year 2023-24.
• Pateros AAU third and fourth grade boys basketball team qualified for the state tournament.
• Senior Cassidy Wilfong was elected as District 7 FFA Vice president.
• The high school Knowledge Bowl team qualified for the state tournament on March 11.

Big Horn Show just ahead

Brewster Chamber stays busy with Salmon Derby, Mother's Day, Downtown Strategies

By MIKE MALTAIS STAFF WRITER

BREWSTER - Downtown development, a visitors' center, and new salmon derby sponsors were among a host of topics on the table at the regular monthly meeting of the Brewster Chamber of Commerce last Wednesday, March 8.

The new Downtown Strategies Committee will hold its first meeting next month. In the meantime, Alyce Brown, Executive Director of the NCW Economic Development District addressed the February 16 meeting of the Brewster City Council and endorsed the 2020 Downtown Strategic Vision compiled by Retail Strategies of Birmingham, Alabama, as a guide to help expand business opportunities and development in the city.

Roni Holder Diefenbach, Executive Director of the Economic Alliance, told the Chamber that she would be available to answer any questions or to help source funding. Holder said her office may apply for a new grant to help facilitate the process and hire a person to help with the groups like the Brewster Chamber get the ball rolling.

"We want to start with two or three items that are doable," said Chamber President Mike Mauk, "and hope the community sees this and will come forward with ideas and help up make some of the changes the Downtown Strategic Vision study suggested."

"We plan to start with wayfinder signs (one of the Downtown Strategies recommendations) on street corners in town and signs on the highway coming into town in both directions directing travelers

to our downtown core," said Mauk "and to our beautiful park where we just found out the city is going forward - thanks to the Douglas County PUD - to replace the old restrooms at the city park."

Visitor Information Center:

Mauk is working with the Okanogan County Tourism Council (OCTC) to get the Chamber's visitor information center (VIC) at the Senior Center on the map.

"The Commissioners have allotted \$25,000 to the VIC in our county to update computers and a kiosk for visitors to be able to enter their zip code and will have a questionnaire asking about their stay here and a few things that the county wants to know," said Mauk. "They are working with OCTC to spearhead this. They are wanting to make one central hub where all the VIC's will connect throughout the county so they can keep track of visitors coming into each area."

Mauk said he wants Brewster to benefit from those funds and technology. One more thing the Chamber is doing to bring people to our area and our businesses. This is essential for Lodging Tax Advisory Committee funds.

Mother's Day Festival

Manny Hurtado updated the Chamber on plans to combine Cinco de Mayo (May 5) with Mother's Day (May 14) into a single event on Saturday, May 13.

"The Chamber and the Brewster Business Association think this could be a great event replacing what in years past was the Cinco de Mayo event that brought in hundreds of people to town featuring dancing horses, folk-



Mike Maltais/QCH Roni Holder Diefenbach

lore dances, vendors, music, and more," Mauk said.

Chamber Vice-president Charlene Knox asked if it really was going to cost in the range of \$9,000 to put the one-day event on. Hurtado explained the bands involve the highest cost of the event. Bands usually have 10 musicians and charge around \$1,500 per hour and require a minimum of three or four hours.

The Chamber does not want to ask its membership for money, but rather for their support where they can and will work with them at getting a vendor application made.

"What would be ideal is to have each business sponsor part of the cost, and vendors fees paying the rest of the cost," Mauk suggested.

Salmon Derby

The derby picked up some new sponsors at the Central Washington Sportsmen Show in Yakima on February 24-26. Brianna Bruce, Seattle owner/guide of Livin' Life Adventures, a Sockeye level sponsor, is donating a guided fishing trip.

SEE BREWSTER ON PAGE A2

Reward offered for double homicide suspect

Editor's note: The following information is taken from a U.S. Marshals Service news release.

SPOKANE - The U.S. Marshals Service-led Pacific Northwest Violent Offender Task Force is offering a reward of up to \$5,000 for information leading directly to the arrest of a man charged in the February 2022 murder of an elderly couple at their property in Okanogan County.

Dylan Harrington, 27, is wanted on two counts of first-degree murder and two counts of unauthorized removal or concealment of a body with national extradition. Harrington is believed to have shot to death Dave Covey, 80, and Gerlyn Covey, 66, of Omak. The couple were found deceased at their property near Chesaw on February 16, 2022. Their bodies had been burned and a sheet of plywood placed over them in an apparent effort to conceal them. The search for the Coveys began



Courtesy U.S. Marshals Service Dylan Harrington is wanted on two counts of first-degree murder.

after the couple's truck had been found abandoned on February 13, 2022.

Detectives with the Okanogan County Sheriff's Office identified Harrington as a person of interest after they found the bodies. Detectives believe he had been squatting nearby and stealing supplies from the Coveys.

"Dylan Harrington is ac-

cused of a most heinous crime which demonstrates a clear disregard for human life," said U.S. Marshal for the Eastern District of Washington Craig Ellis Thayer. "We will continue to work with our partners at the Okanogan County Sheriff's Office, Washington State Patrol and U.S. Customs and Border Patrol and use every resource at our disposal to find him and bring him to justice."

Harrington is a white male, standing 5 feet 9 inches tall and weighing approximately 145 pounds. He has brown hair and hazel eyes. He should be considered armed and dangerous.

Anyone with information about Harrington's location is urged to contact the U.S. Marshals Service tip line at 866-865-TIPS (8477) or submit a tip online via the USMS Tips App.

Additional information about the U.S. Marshals Service can be found online at usmarshals.gov.

INSIDE THIS WEEK

Community.....A1-A4, B1, B3-B4
School.....A2, B1
Bulletin Board.....A4-B1
Obituaries/Death Notices.....A4
Outdoors & School.....B1
Classified Index
Classifieds, Puzzles.....B2-B3
Public Notices.....B2
Puzzles.....B3



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## Kassidy Wilfong named District 7 FFA Vice-president



Mike Maltais/QCH

Pateros senior Kassidy Wilfong, a triple Grand Champion winner at last year's Okanogan County Fair, was recently elected vice-president of FFA District 7. The office covers chapters in Cashmere, Wenatchee, Eastmont, Chelan, Waterville, Manson, Mansfield, Bridgeport, Brewster, Pateros, Okanogan, Omak, Tonasket, and Oroville. Wilfong completed an election process that included an FFA Knowledge test, interview, and short speech to District 7 students. In her elected position she will conduct leadership trainings, represent the district at statewide meetings, make guest appearances at local community functions in all the above cities, and sit in on District 7 FFA Advisor meetings. Her advisor Brevin Evenson said, "Kassidy is a standout student, and it really shows in her work ethic. She makes my job easy whether that be recruiting students to our chapter or pushing students to compete in events."

### LETTERS TO THE EDITOR

## New tax credit available to families

In my work with Faith Action Network, a multi-faith advocacy coalition, I see faith communities in Chelan and across our state open their doors to their neighbors who need food, transportation, and other emergency assistance. We know one high utility bill or unexpected medical bill can put a family into crisis. That's why it's so important to spread the word about a new tax credit of up to \$1,200 available to families across Washington, starting this year. The Working Families Tax Credit goes beyond faithful charity

to make sure that people who are working and paying taxes get the boost they need to get beyond crises. Qualifying for up to \$1,200 can make such a tangible difference!

People in Chelan, Douglas, and Okanogan Counties who don't know about the new credit might end up missing out on this life-saving cash. Undocumented immigrant workers who have been left out of other programs are eligible for this credit since they work and pay taxes too. I am grateful that this tax credit will help level the playing field

in our state, since working people in Washington pay more than our share of taxes that fund schools, roads, and all the things that make our community livable. Workers who live in our community will also spend the money in our community, supporting our local businesses.

If you're a low-to-moderate-income worker in our community, apply now at WorkingFamiliesCredit.wa.gov or find free application assistance at WaTaxCredit.org.

- Jessica Ingman,  
East Wenatchee

## North Cascades Bank robbery suspect apprehended

OKANOGAN – A suspect who said he was just released from jail and robbed the Okanogan branch of North Cascades Bank of some cash to pay for his way out of town is, instead, back where he started.

The Okanogan County Sheriff reports that a lone suspect approached a teller at the bank at approximately 9:42 a.m., Wednesday, March 8, and demanded a specific amount

of money. He told the teller he had a gun although no weapon was observed. He obtained a small amount of cash and left the bank.

"Within minutes Sgt. Tony Hawley of the Okanogan County Sheriff's Office observed a person matching the description wearing clothing described by bank employees," the report said. "Sgt. Hawley was able to apprehend

the robber, at which time the money that had been taken during the robbery, was also recovered."

At the time of his arrest the suspect told Sgt. Hawley that he did not have a name.

Bank employees said that the same person had been in the bank the previous day and told them that he had just gotten out of jail and was trying to leave town.

## Newhouse Introduces legislation to strengthen Tribal Law Enforcement, address MMIW Crisis

SUBMITTED BY MIKE MARINELLA, OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. – Rep. Dan Newhouse (R-WA), alongside Reps. Ruben Gallego (D-AZ) and Sharice Davids (D-KS), introduced the Bridging Agency Data Gaps & Ensuring Safety (BADGES) for Native Communities Act, a bipartisan bill that strengthens Tribal law enforcement and increases public safety in Indian Country.

The legislation addresses federal inefficiencies that hurt Bureau of Indian Affairs law enforcement recruitment and retention, increases the effectiveness of federal missing

persons resources, and gives resources to Tribes and states to combat the crisis of missing and murdered Indigenous women and girls.

"Native American communities and law enforcement agencies face an uphill battle investigating cases of missing and murdered indigenous women due to lack of access to coordinated federal crime data," said Rep. Newhouse. "This legislation provides critical federal resources and access to criminal databases to tribal law enforcement so they can effectively investigate these cases and help end the MMIW crisis."

This legislation is endorsed

by the National Indigenous Women's Resource Center, the Coalition to Stop Violence Against Native Women, the Seattle Indian Health Board, the National Council of Urban Indian Health, and Amnesty International.

"For years, the federal government has failed to provide tribal communities the resources needed to adequately ensure public safety and properly support Tribal law enforcement agencies," said Rep. Ruben Gallego. "I'm proud to introduce this important legislation today, which will help recruit and

SEE CRISIS ON PAGE A3

## BREWSTER

CONTINUED FROM PAGE A1

"It will be a Kokanee trip for four people for the 2024 season on Lake Chelan - or they could choose to go to Lake Stevens," said Mauk. "The trip will take place sometime in May or late April."

Bruce is a Mack's Lure Pro Staffer. She attended last year's Derby and took the Northwest Fishing TV crew out where they filmed a yet-to-be-released episode during the derby.

New Spinner level sponsors include Takedown Tackle of Moxee City, and My Rod Holder of Wenatchee. Both will donate products for the event.

New Salmon Derby brochures are now available at the Senior Center and businesses are encouraged to come get some to put in their stores.

Aloha Dreams Mobile Espresso & Treats at Cashmere is considering being the coffee vendor at the Derby.

"They sound like they are on board," said Mauk. "This is great and what for years we have been looking for," said Mauk. "We already have the same food vendor as last year, and now, fingers crossed, an espresso, coffee and snacks vendor."

Mauk is trying to convince the Colville Confederated Tribes (CCT) to put on a salmon feed fundraiser during Derby weekend but CCT mem-

ber Mark Miller said the early August date is too close to another annual tribal event and CCT cannot manage to do a salmon feed fundraiser at that time. Holder-Diefenbach, also a CCT member, provided Mauk with names and departments to contact to try to work something out.

"We would love to have a festival along with the Derby for the locals and the fishermen that come from all over and we are looking for someone to step up and take this on," said Mauk. "The derby brings the people, and the town needs to embrace it and make it what it has the potential to be: a nice three-day Salmon Festival. Getting the Tribes on board and honoring their heritage of the great salmon runs would be a huge benefit to them and our community."

**Yakima Sportsmen Show**  
Mauk said he came away from the Yakima show with a troubling realization: "I could not believe all the people that do not know where Brewster is," said Mauk. "Fortunately, we had Jennifer Hackett with Northwest Portal there in the booth with her maps and we showed them our location and all the great things our area has to offer. We took a lot of promotional items from the members that we collected before the event and distributed of most of it."

**Big Horn Show**  
The Big Horn Show in Spokane is this weekend from March 16-19. The Chamber will occupy Booth 240 with promotional items, business cards, and flyers from its membership.

The next regular meeting of the Brewster Chamber is at 6 p.m., April 12, at the Senior Center.

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**DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS**

**Douglas County Sheriff's Office**

**March 3**  
01:24 Animal Problem, 320 9th St., Bridgeport  
02:29 Vehicle Theft, 801 SR 173, Bridgeport Bar

**March 4**  
09:54 Civil Dispute, 1127 Fairview Ave., Bridgeport  
11:12 Vehicle Theft, 100 Rock Island Dr., BJ's Shell  
11:12 Civil Dispute, 1125 Douglas Ave., Bridgeport  
15:53 911-call, 929 Maple St., Bridgeport  
18:15 Hazard, McNeil Canyon Rd. MP 6, Orondo  
22:06 Traffic Offense, 1445 Tacoma Ave., Bridgeport

**March 5**  
No report available.

**March 6**  
07:40 Non-injury Accident, Moses Coulee Rd. MP 7, Waterville  
09:14 Trespassing, 422 S. Harrison St., Waterville  
11:13 Fraud/ Forgery, 104 E. 2nd Ave., Mansfield  
19:37 Court Order Violation, SR 173 MP 8, Bridgeport  
21:20 Extra Patrol, 205 W. Ash St., Waterville

**March 7**  
08:45 Graffiti, 113 E. Locust St., Waterville  
09:35 Harassment/ Threat, 335 E. Railroad Ave., Mansfield  
11:22 CPS/ APS Referral, 2331 Monroe Ave., Bridgeport  
18:22 Traffic Offense, 1300 Douglas Ave., Bridgeport  
18:23 Runaway, 9 Buyas Dr., Orondo  
18:54 Domestic Disturbance, 106 Arden Ave., Bridgeport

**March 8**  
02:04 Domestic Disturbance, 700 Fairview Ave., Bridgeport  
10:26 Welfare Check, 491 Rd. 14 NE, Mansfield

11:10 CPS/ APS Referral, 175 Sun Cove Rd., Orondo  
14:13 Parking/ Abandoned Vehicle, 425 McNeil Canyon Rd., Orondo

**March 9**  
11:53 Welfare Check, 224 W. Ash St., Waterville  
15:58 Court Order Violation, 210 W. 3rd St., Waterville  
16:55 Warrant, 860 SR 173, Bridgeport Bar  
18:37 Disturbance, 302 S. Central Ave., Waterville  
18:41 Welfare Check, 2415 Tacoma Ave., Bridgeport

**Brewster Sheriff's Office**

**March 3**  
08:24 A domestic dispute was reported on S. 3rd St., a female caller stated a male subject at the location was taking phones and would not give them back.

**March 4**  
No local reports.

**March 5**  
17:29 A missing person was reported on W. Cliff Ave. in Brewster for a male subject who rents a room with the caller, left Wednesday March 1 in the morning and has not returned.

23:19 A dog was reportedly left in a kennel on Hwy. 97 and N. Bridge St. in Brewster.

**March 6**  
14:43 A caller on W. Griggs Ave. reported a subject that lives in Omak was threatening his life.  
19:30 An agency assist was requested on S. Bridge st. for a vehicle that was not stopping.  
23:09 An agency assist was requested from state patrol on Hwy. 97 and Plaza Way out on the fields.

**March 7 - 9**  
No local reports.

**County Commissioners discuss wildfire escape routes and road signage**

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

OKANOGAN – Wildfire was once again a topic discussed by the Board of Okanogan County Commissioners in their final February meetings.

**Monday, Feb. 27 a.m.**

- A public comment from Isabelle Spohn, regarding the need for an updated Multi-Hazard Mitigation Plan regarding wildfires, ingress and egress and escape routes with up-to-date signage for dead-end and closed roads, sparked a discussion by the Commissioners. They agreed that an up-to-date plan is important and discussed problems of achieving that. Maurice Goodall (MG) of Emergency Management addressed this topic later in the meeting, and the Commissioners plan to discuss it with Josh Thomson, the County Roads Engineer.
- Zak Kennedy updated the Commissioners about the state legislature's current session in Olympia.
- Fairgrounds manager, Naomie Peasley discussed funding sources for new rabbit cages and barns for both racehorses and 4-H horses. The rabbit cages and some of the horse barn project will have to wait until next year.
- Planning Director, Pete Palmer, told the commissioners that Isabelle Spohn continues to disagree with Palmer's assertion that the Tunk rezone hearing was properly advertised. She also said several members of the Farm Bureau have requested public records associated with the Tunk rezone.
- Goodall discussed roads during fires. Commissioner Branch says the BOCC should pay attention to the NEPA and SEPA documents and make comments about roads going through forests. Goodall said the county maintains a list of people with special needs who are notified in emergencies. County residents can call Emergency Management to discuss being included in the list.
- Commissioner Neal said the Priest Lake, Idaho, Sheriff's

Office is offering hiring bonuses of \$10,000 for new hires and \$25,000 for lateral transfers. He knows this because he saw an advertisement on TV for the bonuses.

- Commissioners reviewed the amount of ARPA (American Rescue Plan Act) funds they've allocated to date—\$7.1 million of the \$8.2 million the county was awarded.
- Commissioner Branch urged the other commissioners to sign a letter to Senator Murray, requesting money for a feasibility study for a multi-county treatment evaluation center designed to keep people out of jail, if a jail term isn't what would help the situation. He'll also solicit support from David McClay, CEO of Okanogan Behavioral Health Care and Sheriff Budrow.
- Commissioners held two Executive Sessions.
  - » To discuss litigation and potential litigation, inviting Esther Milner, Chief Civil Deputy Prosecutor, Pete Palmer, Director of Planning, and Rocky Robbins, Planning, and

- » To discuss potential litigation, inviting Esther Milner and Shelley Keitzman, Human Resources and Risk Management.
- Commissioners and Esther Milner discussed proposed changes to the county code.

- » Working with Civil Deputy to draw up agreement for Omak business to take waste elsewhere,
- » Considering maintaining Newby Creek Road,
- » ER&R (Equipment Rental and Revolving fund) rates have increased,
- » Two options for WDFW purchase; option to purchase or just compensation – will be on the consent agenda next week.
- » Another four acres of waterfront to sell to WDFW.
- LTAC (Lodging Tax Advisory Committee) appointee needs to be Okanogan County resident – definition of resident?
- Bilingual pay being extended to non-bargaining positions and Teamsters represented employees.
- Discussion of Public Information Request regarding the Tunk Basin, investigation into Commissioner Branch. Branch says it's going to be an effort to smear him and wants Commissioner Neal to hear the history of water availability in the Tunk Valley. Commissioner Hover stands behind his Tunk rezone decision.

**Tuesday, Feb. 28, a.m.**

- Board reduced Fairgrounds rental cost for school-related functions,
- BOCC to send letter of support for WDFW pinniped removal (salmon predators), concern of putting PNW Grey Squirrel on Endangered Species list.
- Update from Assessor:
  - » Hired new Appraiser I,
  - » About 5,000 Seniors are in reduced/no tax program due to income,
  - » Taxpayers have 30 days from change-of-value notice to appeal.
- Putting together 'policies & procedures' form for new Fair Advisory Committee members.
- Update from Public Works:
  - » Solid waste manager testifying on 'bottle bill' in Olympia,

**CRISIS**

CONTINUED FROM PAGE A2

retain Tribal law enforcement officers, address the unmet public safety needs of Tribal communities and improve coordination between Tribal, federal, and state agencies in Missing and Murdered Indigenous Persons cases. This is a widely supported, bipartisan effort, and I look forward to finally getting this bill passed.”

“Increasing coordination between federal, state, and tribal law enforcement agencies will improve public safety in tribal communities and help address the crisis of missing and murdered Indigenous peoples. I am once again proud to join my colleagues in introducing the bipartisan BADGES Act, which will provide additional support to tribal law enforcement officers as they protect tribal communities,” said Rep. Sharice Davids.

“The Gila River Indian Community supports Rep. Gallego's efforts to increase the safety of tribal communities by providing the data, access and resources needed to ensure we can retain law enforcement officers and that our law enforcement agencies have the resources they need to keep our communities safe. As a sovereign nation, there is no greater obligation than the safety of our members and all those who enter our Community. The “Bridging Agency Data Gaps and Ensuring Safety” (BADGES) for Native Communities Act will strengthen tribal law enforcement agencies, and provide

the data and resources to keep our Communities safe. The Community appreciates Rep. Gallego's leadership in introducing this bipartisan bill and looks forward to working with Rep. Gallego as the bill moves forward,” said Governor Stephen Roe Lewis, Gila River Indian Community.

“Inefficient data sharing, poor recruitment and retention of law enforcement officers, and the lack of coordination among Federal, state, Tribal, and local law enforcement agencies remain significant barriers to justice for Native women and children experiencing disproportionate levels of violence,” said Lucy R. Simpson, Executive Director, National Indigenous Women's Resource Center (NIWRC).

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– Matthew 19:26



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**COMMUNITY BULLETIN BOARD**

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to [NCWMARKET.COM](http://NCWMARKET.COM) 24/7
- Garage and Yard Sale Ads are paid events, please email those to [heraldads@qcherald.com](mailto:heraldads@qcherald.com) or [NCWMARKET.COM](http://NCWMARKET.COM)
- For more info call: Quad City Herald at 509-689-2507
- Email to: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

**COMMUNITY BULLETIN BOARD**

**March 15, 17, 21-22, 24**  
**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, Wednesday 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 15: Tater Tot

Casserole, Cuke & Tomato Salad, Apricots, WW, Roll, Dessert; March 17: Corned Beef & Cabbage, Boiled Potatoes, Carrots, Tropical Fruit, WW Roll, Pistachio Pudding; March 21: Bacon, Broccoli & Swiss Cheese Quiche, Crunchy Pea Salad, Grapes, Blueberry Muffin; 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 15-18, 20-25**  
**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 15-16, 20-23**  
**Chelan Valley Hope**  
 Serving Bridgeport, Mansfield, Orondo, Chelan, Manson, Chelan Falls, Waterville, and Entiat  
 Current need: blankets, diapers, travel-size toiletries  
 CHELAN - At Chelan Valley Hope donations are a gracious and essential support to our programs. With your help, we are able to provide locals in crisis with fuel cards, cold weather gear, non-food essentials, snack packs, and

much much more. Your donations have been a significant help with the recent increased need for rental assistance, shelter for houseless families, and food and hygiene packs. If you wish to make a donation we are currently in need of diapers (all sizes), travel-size toiletries, pet food, and toilet paper. Donations are welcome and can be left during business hours, or give us a call and we'll gladly make

SEE BOARD ON PAGE B1

**DEATH NOTICES**

**Deloris Lindgren**

The Funeral for Deloris Lindgren will be held on Tuesday, March 21, 2023 at 12 noon, at Brewster Assembly of God, 600 W. Indian Ave., Brewster, WA.

**Inez Mann**

Inez Mann, 95, of Brewster, Washington, passed away on March 9, 2023. Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

On the afternoon of March 3, 2023, Carol Ann Smith of Mansfield, Washington died at the age of 84 due to complications resulting from an injury that happened in November. Carol was born to Cletus Madison and Esther (Kleweno) Madison on August 25, 1938 in Wenatchee, Washington. Carol attended school (1st – 7th grades) at Coulee Dam Grade School in Coulee Dam, Washington where her parents taught. Her family moved to Hungry Horse, Montana for her 8th grade year, where her father took a job at The Bureau of Reclamation as an inspector and her mother taught at the local school. The family finally settled in Bridgeport, Washington where Carol completed 9-12th grades. After graduating from Bridgeport High School in 1956, Carol received a scholarship to attend Eastern Washington University (EWU) in Cheney, Washington. Not wanting to be

separated from the love of her life, she declined the invitation and instead married Keith Smith in 1956. Together they made their home on the family farm in Mansfield where they raised two children, Duane and Deanna. Keith tragically lost his battle with cancer in 2000. Carol devoted her entire life to her family and they were her most precious gift. She was very involved with Duane and Deanna's activities volunteering as a Cub Scout Den Mother, elementary class room mother at the Mansfield School, and a 4-H volunteer. Carol was an expert seamstress and loved gardening. She was an active member in the Mansfield Garden Club and for many years volunteered as a Superintendent at the Waterville Fair in the Floral Department. Needing something to do once her kids flew the coop, Carol took up golfing and joined the Lake-woods Golf Club where she

tended to the flowers at the entrance of the golf course. Carol also enjoyed going to "Stampin Up" parties where she bought way too many stamps (at least her kids thought so) to make beautiful cards for her family and friends. Carol was kind, honest, loyal and hard-working. She is loved deeply and will be forever missed. Carol is survived by her partner of 20 years, Ken Shrable, her two children, Duane (Sharon) Smith, Deanna (Jeff) Wagner, four grandchildren and three great grandchildren, Connor Smith, Chelsea Wagner, Jarod (Natalie) Autumn and Emmalyn Wagner, Grant (Morgan) and Holt Wagner, sister, Karen Rudman and nieces and nephews. She was preceded in death by her parents, husband, Keith Smith, and sister, Nora McClain. A Celebration of Life will be held on March 25, 2023, at 11 a.m. at Mansfield United Prot-



stant Church, 130 2nd Ave., Mansfield, WA 98830. In lieu of flowers, please make donations to Mansfield Dollars for Scholars, Mansfield Museum, Mansfield Fire Department or the charity of your choice. A private graveside service will be held at a later date. Please express your thoughts and memories on the online guestbook at [jones-jonesbetts.com](http://jones-jonesbetts.com). Arrangements by Jones & Jones – Betts Funeral Home.

**OBITUARIES**

**Carol Ann Smith**

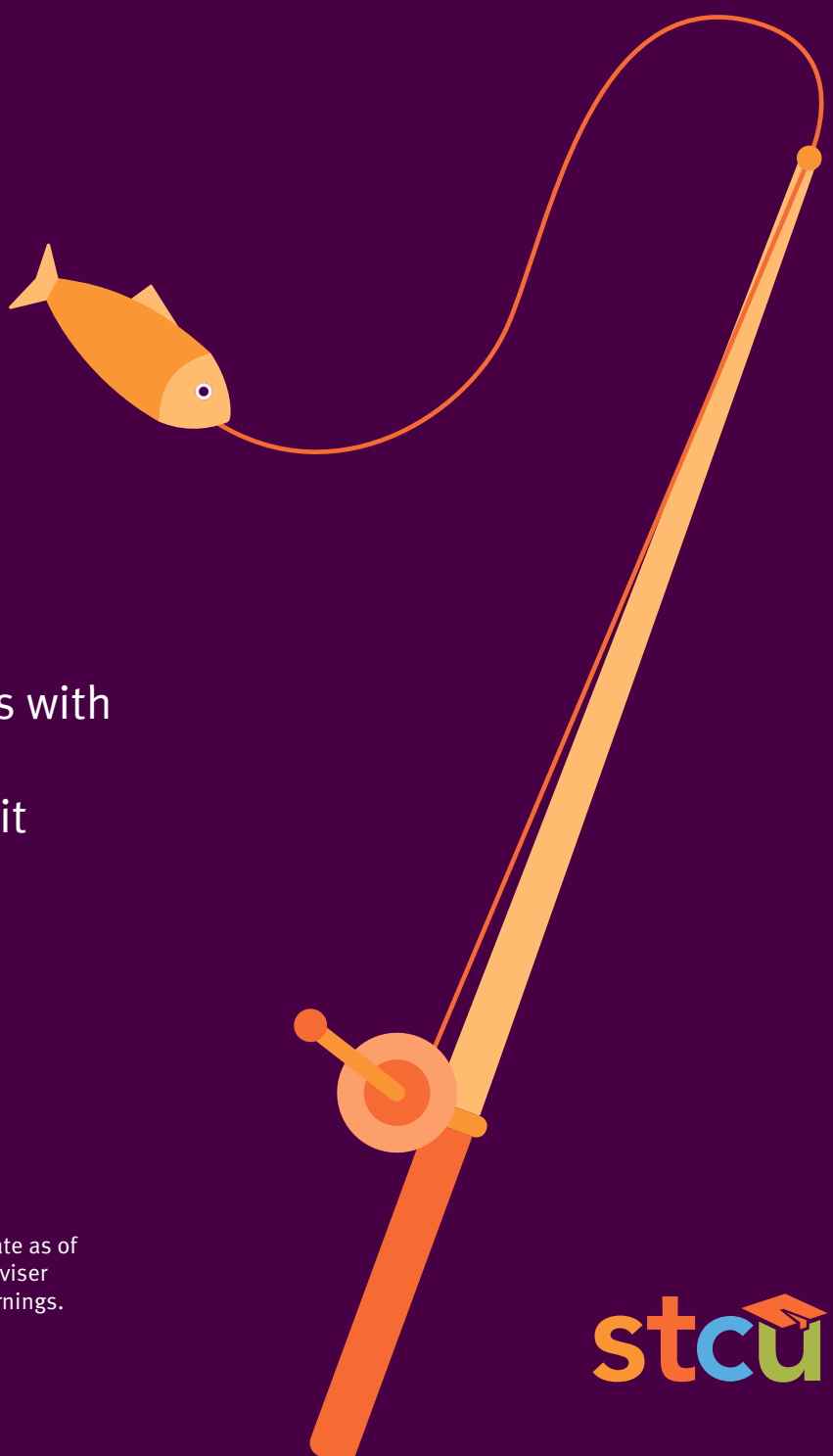
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## Pateros Knowledge Bowl team returns to state competition



Courtesy Pateros School District

The Pateros Knowledge Bowl team qualified for the state tournament held in Wenatchee last Saturday, March 11. Pictured back row from left are sophomore Edwin Abrego, sophomore Kinden Hook, freshman Wesley Scott, and sophomore James Evans. Second row from left: senior Ava Odion, sophomore Wray Scott, sophomore Louie Wright, and coach Joy McCulley. Front row from left, senior Jackie Martinez, senior Lia Hough, freshman Katie Lindquist, and senior Caroline Zoretic. Fifteen 1B schools competed in a written round and four oral rounds to determine the six that moved on to the semifinals. Competing against Pateros were DeSales, Evergreen Lutheran, Garfield-Palouse, Naselle, Oakesdale, Pe Ell, Pope John Paul II, Soap Lake, Valley Christian, West Sound Academy, and Wilbur-Creston. This is the latest of several trips Pateros teams have made to state competition. The school placed third in 2007 and fifth in 2004.

## Wagner Ranch acquired last fall

# McLoughlin Falls Ranch conveyed to Colville Tribes, WDFW

By MIKE MALTAIS  
STAFF WRITER



Courtesy Ellen Bishop

Overlooking a portion of the Okanogan River on McLoughlin Falls Ranch.

OKANOGAN COUNTY – For the second time in less than a year the Colville Confederated Tribes (CCT) has been designated by a conservancy group as the custodial beneficiary of former tribal lands and prime wildlife habitat in the county. Earlier this month, Western Rivers Conservancy (WRC), a Portland, Oregon-based nonprofit, conveyed a portion of the 727-acre McLoughlin Falls Ranch near the Canadian border to the CCT and the Washington Department of Fish and Wildlife (WDFW). CCT received the northern portion of the ranch and WDFW the southern. This unique arrangement conserves critical habitat for fish and wildlife, returns ancestral lands to the Colville Tribes, and provides new recreational access the Okanogan River.

WRC purchased McLoughlin Falls Ranch in 2022. The ranch is located about 30 miles south of the Canada-U.S. border and is part of a larger wildlife movement corridor stretching from the Cascade Mountains to the Kettle River Range. It is home to mule deer, mountain lion, elk, bighorn sheep, endangered Columbian sharp-tailed grouse, and the country's healthiest population of Canada lynx.

A WRC media release included comments from principals involved in the project:

"What makes McLoughlin Falls Ranch so special, beyond its breathtaking scenery, is how integral it is, and always has been, to communities of fish, wildlife and people," said WRC vice president Nelson Mathews. "Conserving McLoughlin Falls Ranch in partnership with the Colville Tribes and WDFW means this area will remain a haven for imperiled animals and that ancestral lands will be returned to their original stewards."

The Okanogan River supports federally threatened Upper Columbia River steelhead and one of only two self-sustaining runs of sockeye salmon left in the Columbia Basin. The area has been inhabited by members of the Colville Tribes for millennia, and the property is an important ancestral hunting and fishing site.

**Conservation Northwest**  
The McLoughlin acquisition was made possible by funding and support from Conservation Northwest, an organization that works to protect, connect, and restore wildlands and wildlife across Washington state and into British

Columbia. Support from The David and Lucile Packard Foundation, the Giles W. and Elise G. Mead Foundation, and the James M. Lea Foundation was also pivotal to the project.

"We're proud to have contributed to the protection of this unique and vital property," said Conservation Northwest director Mitch Friedman, based in Seattle. "This extends a body of work that conserves a vital wildlife corridor and is a great outcome for everyone."

"We appreciate the partnership with WRC, WDFW, and Conservation Northwest in making this acquisition possible by working together in the name of conservation," said CCT chairman Jarred Erickson. "McLoughlin Falls was a very important fishery to our people and the cultural ties to these places are at the core of who we are as people. This collaborative work will ensure our people will have future access to a historic fishing site while also ensuring these areas stay wild and allow the movement of many keystone species from the Cascades to the Kettle River Range."

**Washington Department of Fish and Wildlife**

The portion of the ranch under WDFW stewardship will soon be open to the public. Boaters are permitted to stop and rest or picnic near the property's namesake, a large Class II rapid called McLoughlin Falls. On land, visitors will have non-motorized access.

"Opening this land to public use is a huge win for the people of the area to be able to hike, bike, boat, hunt, and wildlife watch," said WDFW Region 2 director Brock Hoenes. "Public lands benefit all of us but also the many species of wildlife that call this land home. Preserving it for the future means preserving much needed habitat, as one of the biggest challenges our wildlife faces is loss of habitat."

The WDFW's mission is to preserve, protect and perpetuate fish, wildlife and ecosystems while providing sustainable fish and wildlife

recreational and commercial opportunities.

**Western Rivers Conservancy**

WRC acquires lands along rivers throughout the West to conserve critical habitat and to create or improve public access for compatible use and enjoyment. By cooperating with local agencies and organizations and by applying decades of land acquisition experience, WRC secures the health of whole ecosystems and has protected hundreds of miles of stream frontage on great western rivers, including the Hoh, Nisqually, John Day, Salmon, Snake, North Umpqua, Madison and Methow rivers. Regarding the latter, WRC played a key role in an earlier acquisition of the 328-acre Wagner Ranch with 1.6 miles of frontage on the Chewuch River, a Methow tributary, north of Winthrop.

WRC purchased the Wagner Ranch for \$3.3 million in 2018 with the original intent of conveying it to the Yakama Nation's Upper Columbia Habitat Restoration Project. When expected funding from the Bonneville Power Administration did not materialize to complete the deal, the Methow Conservancy stepped in, acquired the parcel, and transferred ownership to the CCT last May.

The land lies in the heart of traditional Methow territory and will be conserved under the guidance of Methow descendants through Colville Tribal ownership. The Tribes' Fish and Wildlife Anadromous Program will continue work in this watershed serving as a prime area for salmon recovery efforts.

**Colville Confederated Tribes**

Today, more than 9,286 descendants of 12 aboriginal tribes of Indians are enrolled in the Confederated Tribes of the Colville. The 12 tribes which comprise the CCT include: Chelan, Nez Perce, Colville, Entiat, Lakes, Methow, Moses-Columbia, Nespelem, Okanogan, Palouse, San Poil, and Wenatchi.

## THE WASHINGTON OUTDOOR REPORT

### Humpies, lawsuits and trout

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

#### PINK SALMON NUMBERS ARE LOOKING GOOD

Odd numbered years are pink salmon years here in Washington State and 2023 is lining up to be a good one for anglers fishing for them in Puget Sound and its tributary streams. The Washington Department of Fish and Wildlife is forecasting a return of nearly four million of these smaller salmon, nicknamed "humpies", for the hump the males develop on their back after entering fresh water to spawn.

The pinks show up in the Strait of Juan De Fuca as early as June and can be caught by both boat and shore anglers in Puget Sound throughout the month of August. By September, most of the pink salmon are entering tributary streams like the Skagit, Snohomish, Skykomish, Green and Puyallup Rivers, providing additional opportunities for anglers who target them with Buzz Bomb lures, jigs with squid bodies and spoons, the key to all of them is that they must be pink in color if you want to catch pinks with them. Humpies are a fun fish to cut your teeth on as a first-time salmon angler and it's not uncommon to catch a good number of them in a day of fishing. While many anglers save them for the smoker, they do taste very good when fresh, especially when grilled over a BBQ or pellet smoker.

#### LAWSUIT FILED AGAINST WDFW COMMISSIONER

On March 6 the Sportsman's Alliance Foundation, which is a pro-hunting and fishing organization, filed a lawsuit in Thurston County to prohibit WDFW Commissioner Lorna Smith from participating as a member of the Commission. The basis for the lawsuit is that state law prohibits anyone from holding an additional elected or appointed office while serving on the commission. Smith currently serves

on the Jefferson County Planning Commission which the Sportsman's Alliance says is in direct violation of Washington Law.

Todd Adkins with the Sportsman's Alliance says, "We view this lawsuit as the initial step of a long but important process to bring sanity and decency back to wildlife decision-making in Washington. It all starts here, but trust me, it won't end here. The animal extremists are going to see a lot of the same in the coming weeks and months."

Lorna Smith is a controversial appointee to the Fish and Wildlife Commission. Since being appointed in 2021 by Governor Jay Inslee she was an instrumental voice in shutting down Washington's long running spring bear hunt, despite the recommendation of WDFW staff members that it be allowed to take place.

When the Blue Mountain elk herd declined (primarily due to cougar predation), Smith suggested managing the herd as a smaller one instead of addressing the predation issues. She has also introduced the framework of a plan that would limit hunting as a management tool by the agency.

It is worth noting that Smith is not the only commissioner serving in another appointed or elected position. Commissioner Molly Linville (who generally sides with hunters in her decision making), serves on her local school board in Douglas County.

Eli Francovich, writing for the Spokesman Review, contacted both commissioners. Linville told Francovich that she was advised by legal counsel that serving on the school board was not a conflict of interest. Commissioner Smith told Francovich she was serving on the Jefferson County Planning Commission on a volunteer basis and in an advisory role when appointed to the Fish and Wildlife Commission. Smith continued stating she does not believe the statute does not preclude individuals serving in a volunteer position like she has been in Jefferson County.



Courtesy Brianna Bruce, Livin' Life Adventures

Pink salmon caught on the Snohomish River.

#### LAKE LENORE FISHING TRIP

Last but not least, I made it up to Lake Lenore this past week after WDFW fisheries biologist Mike Schmuck told me the fishing there was very good last year, and he expected similar results this season. I picked a cold, cloudy day to visit the north end of the lake which is where many of the Lahontan cutthroat trout tend to mill around in the spring prior to spawning.

Unfortunately, the trout were not yet in this part of the lake in good numbers. Two anglers who were leaving as I arrived said they each only caught one fish that day. While fishing, I did see one angler catch one trout and while I did get one good strike, I was unable to hook up and didn't have any more bites that afternoon.

Lake Lenore is a selective regulation fishery and is primarily a catch and release destination where the trout average two to three pounds and can get up to six pounds in size. Fly anglers in pontoon boats favor fishing chironomids under strike indicators while spin anglers can do well fishing spoons with single, barbless hooks.

The fishing at this scenic, desert lake north of Soap Lake should get better towards the end of March and peak in April. I plan to return to try again and will let you know how I do.

John Kruse – [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaindoorsradio.com](http://www.americaindoorsradio.com)

## BOARD

CONTINUED FROM PAGE A4

arrangements. For monetary donations please visit our website [chelanvalleyhope.org/donate](http://chelanvalleyhope.org/donate). Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram for more information [chelanvalleyhope.org](http://chelanvalleyhope.org), @ChelanValleyHope.

#### March 15-16

### Kindergarten, Transitional Kindergarten Screening

BRIDGEPORT - Bridgeport School District is looking for Kindergarten and Transitional Kindergarten students for the 2023-24 school year.

Children must be five years of age on or before August 31, to register for kindergarten. To register for Transitional Kindergarten, children need to be four years old on or before August 31.

Kindergarten and Transitional Kindergarten screenings will be March 14-15-16, from 3:20-5 p.m., by appointment. Please call the Bridgeport Elementary School to schedule an appointment, 509-686-2201.

El Distrito Escolar de Bridgeport está buscando estudiantes de kinder y kínder transicional para el año escolar 2023-2024

Niñ@s deben tener 5 años cumplidos para agosto 31, para inscribirse al kínder. Para inscribirse para kínder transicional, niñ@s deben tener 4 años para el 31 de agosto del 2023.

Inscripciones al kínder y kínder transicional serán del 14-15-16 de marzo de 3:20 - 5 p.m., por cita. Por favor marque a la Escuela Primaria para hacer una cita, 509-686-2201.

#### March 15

**Bingo**  
BREWSTER - Brewster American Legion Bingo every

Thursday night at 6 p.m. Card sales start at 5 p.m. - Be early.

#### March 15

### 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.

#### March 16, April 13

### 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.

#### March 20

### 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](http://tcf-wenatcheevalley.org)

#### 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](http://okanoganpud.org)

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

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# Can fiber lower your cholesterol

**Q:** My doctor put me on a statin medicine to lower my "bad" cholesterol, but it made me tired, so I stopped it. I walk 3 miles a day. Can taking psyllium help lower my "bad" cholesterol?

If you have heart disease or diabetes in addition to elevated "bad" cholesterol, taking a "statin" medicine, like atorvastatin or simvastatin, can reduce your risk of a heart attack or stroke.

Although the first "statin" medication you were prescribed made you tired, there is no guarantee that you will experience the same issue with other "statin" medicines. With 5 "statin" medications available, many people do fine after switching to a different "statin" drug.

If you don't have heart disease or diabetes, "statin" drugs are not your only option for reducing your "bad" cholesterol or LDL. Increasing the amount of fiber you eat can help lower LDL by eating foods with more fiber or taking a fiber-rich supplement like psyllium seed.

The typical American diet has very little fiber in it. Changing to a Mediterranean diet has been shown to lower LDL cholesterol. One of the main differences between a Mediterranean diet and a typical American diet is the Mediterranean diet has more fiber and encourages using olive oil instead of most other types of fat.

In addition to olive oil, the diet includes much more fiber. A Mediterranean diet consists of beans, peas, whole grains, and more vegetables, with limited amounts of low-fiber foods like dairy, eggs, and red meat.

Taking a fiber supplement like psyllium can help you lower your LDL cholesterol. Psyllium is the outer coating

or husk of the Plantago plant, also called plantain.

When plantain or psyllium husks are added to water, they turn gummy and gluey. Instead of being digested, they form a gelatinous mass moving through your intestine. This can help symptoms of constipation, which is why psyllium is sold in the laxative section of your grocery or pharmacy.

Psyllium lowers LDL cholesterol by about 10%. One study paid for by Procter & Gamble, the makers of Metamucil®, a psyllium product, showed that taking 10 grams daily of psyllium decreased LDL by 6.7 points.

Another study using cookies fortified with 5 grams of psyllium showed that postmenopausal women who ate

3 cookies daily had a 10% decrease in their LDL cholesterol.

Although Metamucil® is the brand of psyllium most recommended by pharmacists, it's not the only psyllium product you can buy. Another form of psyllium called hydrophilic mucilloid is available as Konsyl® or Hydrocil®.

All psyllium forms have the same beneficial effect on LDL, and most of their forms require mixing with at least 12 ounces of water or drinking 12 ounces of water immediately afterward to avoid causing intestinal blockage.

To improve its gritty texture and to help it mix better with water, Metamucil® also contains a small amount of maltodextrin, a carbohydrate derived from cornstarch.

Psyllium is available in several forms: a loose powder that you scoop out and add to a glass of water, premeasured packets added to a glass of water, sweetened powder, wafers, and even cookies.

Because psyllium is mar-

keted as a laxative, you will find it next to other laxatives on your grocery or pharmacy shelf. Be careful. Different fiber types are also sold as laxatives, like methylcellulose and polycarbophil. Unlike psyllium, they won't have any beneficial effect on your LDL.

**Here are 5 Tips on Lowering Your LDL Cholesterol with Fiber:**

**1. Take with plenty of water or other fluid.**

All psyllium products need to be taken with water to prevent intestinal blockage. If you can't drink 12 ounces of water with each dose, psyllium is not for you. A psyllium product will not be a good choice if you have a fluid restriction because of heart disease or kidney disease.

**2. Start with a lower dose at first.**

Psyllium works as a bulk laxative. If you don't have constipation, it should not give you diarrhea. Still, starting slowly is a good idea to avoid getting uncomfortable cramping or gas.

**3. Read the label.**  
When choosing a psyllium product to lower your cholesterol, look for Metamucil®, Konsyl®, or Hydrocil®, all of which contain psyllium.

**4. Beware of lookalikes.**

Other laxatives with similar packaging include Citracel®, which contains methylcellulose, and FiberCon®, which has polycarbophil as its main ingredient. These all work to ease constipation but will not affect your LDL.

**5. Eat fiber-rich foods.**  
To further help lower your LDL, try eating a Mediterranean-like diet, which has much more fiber than a typical American diet.

*Dr. Louise Achey, Doctor of Pharmacy, is a 44-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*

# Rep. Schrier introduces bipartisan bill to help working families afford child care

SUBMITTED BY OFFICE OF REP. KIM SCHRIER

WASHINGTON, DC - On March 7, U.S. Representatives Kim Schrier, M.D. (D-WA) and Brian Fitzpatrick (R-PA) introduced the Improving Child Care for Working Families Act. This bipartisan legislation will

help working families in Washington and across the country afford child care. One resource available for families is a Dependent Care Assistance Plan (DCAP). DCAPs aim to help alleviate this financial burden by allowing families to set aside \$5,000 of their pre-tax income to cover expenses related to

child care. The limit of \$5,000 has remained for nearly four decades, even as the cost of child care has skyrocketed. Congresswoman Schrier's bill more than doubles the cap, changing it to \$10,500.

"As a parent and pediatrician, I know how challenging it can be to find affordable, quality, reliable child care. Unfortunately, as costs have gone up, families are feeling the squeeze more and more," said Rep. Schrier. "My bill provides a direct, commonsense solution to give working families financial breathing room, make child care more affordable, and provide a spark for local economies."

"With costs of childcare on the rise, too many American parents and working families are struggling to afford care for their children," said Congressman Fitzpatrick. "The bipartisan, bicameral Improving Child Care for Working Families Act will give families more options, and the freedom to utilize a larger amount of pretax income for childcare."

Paying for quality child care is a significant challenge for nearly all parents. In Washington state, families pay the third highest child care costs in the nation, with high-quality care often costing more than tuition at a public university. Approximately half of all Washington



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parents have reported difficulty finding, affording, and keeping child care long term. In addition to the pressure it places on families, the lack of affordable child care also negatively impacts the economy. It is estimated that over \$6 billion dollars has been lost in direct and opportunity costs due to employee child care issues. At a time when employers are desperate for qualified employees, this bill to help make child care more affordable can give parents who would like to return to work outside the home the opportunity to do so.

"The Bipartisan Policy Center thanks Representatives Schrier (D-WA) and Fitzpatrick (R-PA) for their continued work to increase dependent care assistance plan contribution limits. The contribution cap has not received a permanent increase since 1986 despite the fact that the national average for the cost of child care has more than doubled in the intervening years. Often in the form of flexible savings accounts, these pre-tax employee/employer

contribution programs can be a lifeline for families seeking child care. Increasing the cap means increasing help to working parents and ensures employers can better support their employees with caregiving needs," said Linda Smith, Director, Bipartisan Policy Center's Early Childhood Initiative.

"Congress first allowed parents to set aside their income for childcare expenses on a tax-free basis in 1981, and it set the limit at \$5,000 per family per year in 1986. The limit has been \$5,000 ever since, with the exception of a temporary increase in 2021, even though childcare costs have increased significantly in the past 35 years," said Andrew Lautz, Director of Federal Policy, NTU. "It's long past time Congress lift the limit on tax-free dependent care assistance program (DCAP) contributions for working parents. National Taxpayers Union applauds Representatives Schrier and Fitzpatrick for their leadership on this issue and we're proud to support the Improving Childcare

for Working Families Act." "The Early Care & Education Consortium is once again pleased to support the bipartisan, bicameral Improving Child Care for Working Families Act. High-quality child care has long been out of reach for families across the country," said Sage Schafel, Interim Executive Director, ECEC. "This legislation provides a simple yet meaningful fix that will go a long way toward both helping working families afford quality care, and addressing the workforce crisis facing the broader economy. We need a holistic solution to the persistent child care crisis—permanently lifting the DCAP limit after nearly 40 years of stagnation is a critical piece of the puzzle."

This legislation is endorsed by Bipartisan Policy Center, Save the Children, National Taxpayers Union, Employers Council on Flexible Compensation, and the Early Care and Education Consortium. A Senate companion is expected to be introduced in the coming weeks.

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## CROSSWORD PUZZLE

THEME: WHO AM I? ACROSS

- Campus military org.
- Pilgrimage to Mecca
- 1968 hit "Harper Valley \_\_\_\_"
- Turkish honorific
- "I captained the Millennium Falcon in 'Star Wars'"
- Inlet in Greenland
- Map out
- Pharaoh's symbol
- Austin Powers and Shrek to Mike Myers
- "I developed the theory of relativity"
- Sailor's hail
- Lyric poem
- Solar System center
- Portable stairs
- "I am Sgt. George Baker's inept comic strip character"
- Mine deposit
- Shape
- Fairy tale cannibal
- Feline sneakers
- Lawyer group
- "I have a coiled shell and eyes on stalks"
- Very dark black
- Free from obstruction
- Aviv
- Most buffoonish
- Rest or hydration for common cold, e.g.
- Hot springs resort
- "...he found a crooked sixpence upon a crooked \_\_\_\_"
- Japanese stringed instrument
- "I am a runaway slave, an abolitionist, and a best-selling author"
- Jasmine destination
- Jasmine of "Aladdin," e.g.
- Food fish
- Silly
- Self-cleaning appliance
- Ad staple
- O in IOU
- P in m.p.g.
- Affirmative, colloquially

DOWN

- Do like Drake
- Eye up and down
- Bangkok native
- Like preserved peaches, sometimes
- Sharpened
- Like Huck Finn's dad, e.g.
- "Some people call me the Rocket Man"
- "I starred as Pam in the 'Meet the Parents' movies"
- "I used to host a sports show with Mike Golic"
- Commercials
- Buddhist's enlightenment
- Sham
- "I am a WWE Champion, an actor, and my nickname is geology-related"
- Vision correctors, colloquially
- Greek letters on campus
- "My rEsumE includes Fly Girl and 'American Idol' judge"
- CuraAao neighbor
- Evil one
- Fence board
- Popular gemstone
- Shed tears
- "I am an American who became Princess of Monaco"
- Harangue
- Network with an eye
- "My TV role became synonymous with a hair style"
- Perform at the bee
- Canada's neighbor
- Strong adhesive
- Contemptibly small
- Dry white Italian wine
- Radio receiver
- Dr. Seuss: "The more that you read, the more things you will \_\_\_\_"
- Piercing woodwind
- Water quantity
- Adventure story
- United Nations labor agency
- Homer's catchword

## SUDOKU PUZZLE

CROSSWORD

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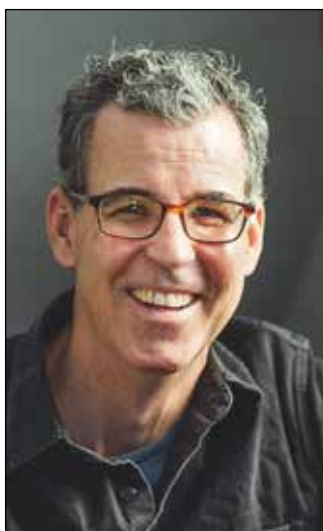
## NCW Libraries offer free author program

March 16, hosted on Zoom platform

By MICHELLE McNEIL, NCW LIBRARIES

WENATCHEE - NCW Libraries is partnering with Write on the River to offer the live, virtual program A Nicer Kind of Murder: The Evolution of Crime Fiction, with award-winning author Matthew Sullivan.

This Humanities Washington program will be at 7 p.m. March 16 and hosted on the Zoom platform. Visit [www.ncwlibraries.org](http://www.ncwlibraries.org) and register for this free program on the online calendar. Participants will receive



Award-winning author Matthew Sullivan

an email with the Zoom link to join.

From Edgar Allen Poe to Sherlock Holmes to British cozy mysteries, Sullivan will trace the many influences from the postwar and modern eras on the mystery genre and show how empathy plays a unique role in contemporary crime novels.

Sullivan is a member of the Humanities Washington Speakers Bureau. He is the author of the novel *Midnight in the Bright Ideas Bookstore*, and his essays and stories have appeared in the *New York Times*, *Spokesman-Review* and many other publications. He is currently working on a crime novel set in Soap Lake.

## NCW Libraries offers light therapy lamps

Collection of non-traditional items available

By MICHELLE McNEIL, NCW LIBRARIES

WENTCREE - NCW Libraries has added a collection of light therapy lamps to its Library of Things.

The HappyLight Touch Plus lamp provides UV-free light with 10,000 lux intensity with adjustable brightness and a timer. The lamps can be checked out for up to 28 days with a library card, and can be picked up and returned to any of the library district's 30 branch libraries in Chelan, Douglas, Grant, Okanogan and Ferry counties.

Sunlight is an essential ingredient for health, and many people don't get enough of it. Not getting enough light each day can affect mental health, mood and sleep. Light therapy



Courtesy NCW Libraries

Lamps can be checked out for up to 28 days with a library card, and can be picked up and returned to any of the library district's 30 branch libraries.

lamps are one way to bring the benefits of daylight safely indoors. Bright light therapy has been shown to boost mood, increase energy, enhance mental focus, and improve sleep.

NCW Libraries' Library of Things is a collection of non-traditional items that can be checked out from the library. The collection includes na-

ture backpacks, snowshoes and poles, telescopes, Wifi hotspots, the Washington State Discover Pass, family passes to Ohme Gardens and the Wenatchee Valley Museum & Cultural Center, and more.

Visit the library's website [www.ncwlibraries.org](http://www.ncwlibraries.org) and find the Library of Things under the Resources tab.

## Middle school girls invited to learn about tech at new event, Tech & Tiaras

SUBMITTED BY NCESD

OMAK/WENATCHEE/MANSON - The Apple STEM Network and the North Central Educational Service District (NCESD), are proud to announce five upcoming events across the region this spring called, "Tech & Tiaras", for 8th grade students who identify as female or non-binary, to explore technology and computer science:

- March 28, 9 a.m.-12:30 p.m., Omak Middle School, Omak
- March 30, 9 a.m.-12:30 p.m., Wenatchee Valley Tech Skills Center, Wenatchee

- April 25, 8:30 a.m. - 12 p.m., Manson High School, Manson

SHB 5088 was passed in 2019, which requires all comprehensive high schools to offer elective computer science courses for high school students by 2022-2023 school year. This means that for the first time across the region, middle school students have the option to take computer science and technology courses beginning in high school.

Despite this expanded access to computer science, young women are significantly underrepresented in these classes. In 2022, approximately 792 students across North Central Washington took a high school computer science course and only 26% of those enrollments were students who identify as female.

This gender gap translates to the regional workforce; women are significantly un-



derrepresented in technology roles. Labor market data shows that in 2022 there was an average of 21,414 open computing positions across the state each month. These positions posted an average salary of \$112,623 yearly. Hispanic women comprise 26% of the population in North Central Washington, but comprise just 2.7% of the local technology workforce.

To encourage more young women to consider taking courses and exploring future career paths in technology, the regional events were designed to inspire middle school girls and teens who identify as female, through a fun and engaging, hands-on experience with technology alongside women in the technology industry.

To further the message, the girls will watch a video featuring local parents, peers and teachers who share their thoughts on the benefits of STEM education and possible career pathways for all students. In this short compilation video produced by NCESD, voices include a Quincy High

School graduate who attends the University of Washington, an Othello High School graduate who attended DigiPen Institute of Technology, and other students from Manson High School and Almira Coulee-Hartline High School.

Middle school is a perfect time for students to begin preparing for future careers through experiences that introduce them to new skills and professionals who can help students to identify with potential careers on a personal level. Each event will give students opportunities to code, explore robotics, engineer an LED light up tiara and connect in

small groups with local women in technology. All Tech and Tiaras events are free for students to attend but space is limited. Educators are encouraged to register their classes soon.

These events have been sponsored by the NCW Libraries, Microsoft, and NCW Tech Alliance. Educators and administrators, are encouraged to register students at: [bit.ly/TECHANDTIARAS](http://bit.ly/TECHANDTIARAS).

## New data shows sharp decline in students moving directly from high school to college

SUBMITTED BY WASHINGTON STUDENT ACHIEVEMENT COUNCIL

OLYMPIA - Over the past decade, Washington's high school graduation rate has steadily increased, but the proportion of the state's graduates who enroll directly in college has not. The direct enrollment rate that once hovered around 60 percent dropped to 50 percent during the COVID-19 pandemic. Declines in the direct enrollment rate varied by race, which could further exacerbate existing racial inequities in postsecondary enrollment.

Washington's direct enrollment rate is lower than the national average, and the decline in direct enrollment was more significant than the national trend. In 2020, the national direct enrollment rate fell by 3 percent-

age points (from 66 percent in 2019 to 63 percent in 2020), compared to a decline of 8 percentage points in Washington (from 59 percent to 51 percent).

Other nearby states also experienced enrollment decline during the pandemic. California's direct enrollment rate fell by about 2 percentage points in 2020 (from 65 percent in 2019 to 63 percent in 2020) and Idaho's direct enrollment rate fell by 7 percentage points (from 46 percent to 39 percent). (Note: national data and state data for California and Idaho define "direct enrollment" as occurring by the fall following high school graduation. Washington's direct enrollment rate includes enrollment within one year of high school graduation.)

A new Research Spotlight from the Washington

Student Achievement Council (WSAC) describes how the pandemic took a significant toll on direct enrollment in the state. Key findings include:

- Washington's direct enrollment rate dropped 9 percentage points between 2019 and 2021, a sharp departure from the previous decade of stagnant direct postsecondary enrollment in the state.

- Direct enrollment in two-year institutions declined more than direct enrollment in four-year institutions.

- Hispanic or Latino students experienced the largest decline in direct enrollment, from 54 percent in 2019 to 40 percent in 2021.

The full Research Spotlight can be found on the Washington Student Achievement Center website at <https://wsac.wa.gov/>.

## Hawkins issues statement on passage of Senate's drug possession bill

By LAUDAN ESPINOZA, SENIOR PUBLIC INFORMATION OFFICER, OFFICE OF SEN BRAD HAWKINS

OLYMPIA - The Washington State Senate on March 3 approved Senate Bill 5536, sponsored by Sen. June Robinson, D-Everett. It represents the first major step this legislative session to address a temporary drug possession law that sunsets this July. In 2021, the State Supreme Court's Blake Decision struck down Washington's felony drug possession statute as unconstitutional.

Legislators approved a temporary measure later that year to classify drug possession as a misdemeanor or while working toward a more comprehensive solution. The proposal that was approved March 3 by a vote of 28 to 21 includes a classification of possession



Sen. Brad Hawkins

offenses, steps to pretrial diversion, prosecution, and resources. Hawkins voted in favor of the proposal, which now moves to the House of Representatives for further consideration.

State Sen. Brad Hawkins

issued the following statement:

"Many of my legislative colleagues have characterized drug abuse as a 'personal healthcare issue.' I don't necessarily disagree, but our state needs to maintain options in our criminal justice system to protect people from themselves and others. I would have preferred something much stronger, but this is a bipartisan compromise.

"This is one of the most important issues of this session. The Senate's approach isn't a perfect solution, but I believe it strikes the right balance between having a helping hand of compassion and a heavier hand of punishment. One way or another, we need to get people the help they need to get healthy, but we also don't want them endangering themselves or others."

## Statewide 'Move Over, Slow Down' campaign has begun

SUBMITTED BY WASHINGTON STATE PATROL

OLYMPIA - The Washington State Patrol (WSP) is partnering with the Washington State Department of Transportation (WSDOT), the Towing and Recovery Association of Washington (TRAW), and the Washington Traffic Safety Commission (WTSC) to conduct a "Move Over, Slow Down" campaign through April. Emphasis patrols will be conducted throughout the state during the next two months focused on educating drivers on the importance of RCW 46.61.212 - a law which requires motorists to move over or slow down when approaching emergency or work zones.

"Our emergency responders and highway workers need your help to keep them safe," said WSP Chief John Batiste. "Choosing to move over or slow down allows them to do their job of helping others in need and continuing their work ensuring our roadways are safe for the great people of our state."

Per state law, motorists approaching an emergency zone or a work zone are required to move over one lane, if possible, or slow down by at least 10 miles per hour (mph) below the posted speed limit. An emergency or work zone includes the 200 feet of roadway prior to and after the incident or area of work.

"All of our emergency responders, from those who assist disabled vehicles to those who provide life-saving care to crash victims, risk their lives on the side of our roads every day,"

said WTSC Director Shelly Baldwin. "They deserve to be protected, too. It's easy for drivers to move over or slow down when approaching people or flashing lights on the road ahead. You can prevent another tragedy when you do."

The majority of drivers understand the law requires motorists to move over or slow down for police, fire, and ambulance crews, but the law also includes tow trucks and work crews who have vehicles with audible or visual signals - such as a tow truck's flashing red lights.

"As tow truck operators, we have dedicated our life to serving the public and motorists in need of assistance, and the unfortunate truth is that can cost us our life," said TRAW Administrative Director Emily Wade. "When your office is roadside with drivers traveling past at high

speeds, every inch counts, and even a small reduction in speed can make a lifesaving difference. Weigh the risk and you will find that slowing down and moving over is not a choice, it's a law, and an obligation that we all need to abide by."

The same rules apply for work crews performing emergency maintenance, incident response, or other roadside work, such as the employees of WSDOT. "Our crews work to make emergency repairs, keep travelers safe, and help traffic keep moving everyday, but they need space to do that work safely," said Secretary of Transportation Roger Millar. "We want everyone to return home at the end of the day." Areas throughout the state will be participating in the Move Over, Slow Down emphasis events during the next two months.

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