

Look for American Legion red poppies on May 20

By MIKE MALTAIS STAFF WRITER

BREWSTER – National Poppy Day falls on Friday, May 27, this year so members of American Legion Auxiliary Columbia Post 97 will be out and about from 9 a.m.-5 p.m., Friday, May 20, handing out bright red poppies in exchange for donations. Look for Poppy tables at Legion Post headquarters at 102 N. Third St., Brewster Marketplace, and Triangle Exxon.

Auxiliary spokeswoman Kim Patterson said the group is making the poppies available a week before Memorial Day so everyone can display



American Legion poppy

the bright red badge of remembrance.

The donations raised from poppy sales help support veterans, active-duty military members and their families with medical and financial needs.

The poppy became the official flower of the American Legion on Sept. 27, 1920, to honor the soldiers who fought and died in World War One. Four years later poppy distribution became a national program of the American Legion.

The American Legion requested Congress to designate the Friday before Memorial Day as National Poppy Day. On May 27 wear a red poppy to honor those who have served and fallen and to support the living who have worn our nation's military uniforms.

Many of the red crepe paper poppies distributed are handcrafted by hospitalized and disabled veterans so the program also honors their work while benefiting them both financially and therapeutically.

The American Legion Auxiliary is a community of volunteers serving veterans,



Mike Maltais/QCH

Brewster Mayor Art Smyth purchased a poppy from then-three-year-old Ellie Counts in 2017.

military, and their families. Members also support the mission of The American Legion in improving the quality of life for our nation's veterans. Founded in 1919, the American Legion Auxiliary is one of the oldest patriotic membership organizations in the U.S.A. To learn more and to join, volunteer, and donate, contact Margi Allen at 509-689-5402, or visit www.ALAforVeterans.org.

Ranked RTI No. 1

Bears beat Tri-Cities Prep to claim league crown

By MIKE MALTAIS STAFF WRITER

ODESSA — The Bears varsity baseball team closed its regular season and claimed the league title with a convincing 11-1 win in five innings over Tri-Cities Prep of the Eastern Washington Athletic Conference last Wednesday, May 4. The win positions the 20-2 Bears with the No. 1 RPI ranking among state 2B teams heading into post season play.

Head coach Todd Phillips said the game was a great opportunity to face a team that the Bears will see again in the playoffs.

"We had a great day at the plate and AJ Woodward was very solid and efficient on the mound," Phillips said despite the early one run lead Tri-Cities took in the second inning.

"With two outs Evan Sherfey reached base on an error and scored on his brother Caleb's double, said Phillips of the Jaguars' opening kick. "That would be the only scoring of the day for TCP."

Phillips detailed the inning-by-inning from the third inning:

Bears took the lead in the third and rolled to the ten-run rule. Eric Ramirez led off with a single, Reese Vassar singled and Woodward doubled them in. He would then score when Arnie Arevalo reached on an error. Added three in the fourth: Blake Burgett led off with a single, and



Courtesy brewstersports/facebook

Bears seniors Zane Madden, AJ Woodward, and Arnie Arevalo share a moment.

advanced on the Ramirez sacrifice bunt. Vassar doubled with two outs to bring in Burgett. Woodward singled to bring in Reese and Schertenleib singled to bring in Woodward when the outfielder misplayed it.

In the fifth, we pushed it to the ten-run limit when Arevalo drew the lead-off walk and stole second. Burgett walked and stole second behind Arevalo. Ramirez doubled in both in and advanced to third on an error. Nico Maldonado then reached on an error that pushed the run across the plate. After Woodward singled, Maldonado scored on Schertenleib's single to end the game.

Woodward gave up two hits and zero walks on only 70 pitchers. He did not allow a single earned run. Just flat dealt. Two good days in a row for him.

Phillips explained factors in the Bears' schedule this season that helped the team earn its top RBI ranking.

"Our schedule has been very beneficial this year, seven games versus teams in their divisions' Top Ten, nine more against teams in their divisions' Top 20," said Phillips. "That is going to pay off down the road."

Brewster opens post-season play at home Thursday, May 12, at 4:40 p.m.

Stats

Table with 8 columns (1-5, R, H, E) and 3 rows (T-C Prep, Brewster, W-AJ Woodward).

W-AJ Woodward (6-1). L-Caleb Sherfey. S-None. 2B-Brewster: Reese Vassar (6), Woodward (4), Eric Ramirez (5); Tri Cities Prep: C. Sherfey. 3B-Brewster: Tyson Schertenleib; Tri Cities Prep: None. HR-None

Studying survivability

Colville Tribes Fish and Wildlife release tagged Chinook below Chief Joseph Dam

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT – The last of about 775 tagged juvenile Chinook salmon were released in the Columbia River below Chief Joseph Dam last Friday, May 6, by Colville Tribes Fish and Wildlife personnel, as part of its Phase II Implementation Plan. The last load included about 75 fish fitted with PIT (Passive Integrated Responder) or acoustic tags to allow researchers to track the salmon on their journey through the dams, to the ocean, and back.

The releases started in mid-March when the first salmon released at sites on Hangman Creek where that stream enters the Spokane River and at Kettle Falls. Similar releases continued downstream at Sand Point, and Grand Coulee through the reservoir reaches ending below Chief Joseph.

"We are releasing below Chief Joe Dam because we have already released above the dam," said research scientist Casey Baldwin. "When they come through the dam we can compare their survival through the next downstream site. The difference in that survival will be the effect of going through the dams."

The differences between PIT and acoustic tags include expense, duration, range, and detection. Because they are battery powered and miniaturized for use in salmon the acoustic tags are magnitudes more expensive to use than the barcode PIT tags. Every tagged salmon has a PIT inserted but far fewer also wear the acoustic type.

Each acoustic tag has power for about 75 days and emits a unique signal that pings



Mike Maltais/QCH

While the salmon release was underway between the fish hatchery and the dam a busload of elementary students on the opposite side of the river toured the Chief Joseph powerhouse.



Research scientist Casey Baldwin

every five seconds and can be detected for a couple hundred yards by underwater sensors. Arrays of hydrophones and receivers are placed underwater along the migration route to monitor fish movements. The hydrophone detects the signals and the receiver determines which fish is transmitting based on the code.

"We have six receivers set up on Chief Joe Dam," said Baldwin. "Two on the spillway and four across the powerhouse."

The tags allow researchers

to know how the fish approach dam, where they pass through the dam, and the survival rate.

The non-battery PIT tags last for the life of the fish and must be read by a scanner when the fish passes close to it such as when navigating a fish ladder. PIT tags allow researchers to monitor returning salmon from their four-year period in the ocean.

Baldwin said the sample releases from this year's tag study will probably not have a sufficient survival return rate for researchers to draw many conclusions. A larger release is planned for next year that will involve sufficient numbers of tagged fish to measure survivability and other factors.

In August 2019 tribal members released the first 30 adult Chinook in Lake Rufus Woods to return to their native Upper Columbia waters in eight decades. It was the beginning of an ambitious phased implementation of salmon above the dams and continues with the tagging and tracking release last week.

Candidate Filing Week opens from May 16-20

SUBMITTED BY WASHINGTON'S OFFICE OF THE SECRETARY OF STATE

OLYMPIA — Citizens who want to run for public office in Washington State this year will want to mark May 16-20 on their calendars. That is

the window to file for any of the 165 federal, state, and multicounty legislative or judicial offices up for election in Washington this year.

Candidates are encouraged to submit an application online with the Office of the Secretary

of State between 9 a.m. Monday, May 16, and 4 p.m. Friday, May 20. Those who file online and pay the required fees via credit or debit card can do so any time day or night during the week.

SEE CANDIDATE ON PAGE A2

Loup Loup Ski Bowl debuts summer hub activities

By MIKE MALTAIS STAFF WRITER

TWISP – A new family recreation hub is introducing new attractions to a familiar fixture in Okanogan County with a host of summer events and activities at the Loup Loup Ski Bowl on the 4,000-foot summit of Highway 20 on Loup Loup Pass.

A May 5 press release issued by the non-profit 501(c)(3) Loup Loup Ski Education Foundation announces a wide variety of pursuits from mountain biking and chairlift rides to hiking and disc golf ideal for:

- Families and kids looking for a fun mountain experience.
Vacationers visiting the Okanogan Valley, Methow Valley, and Chelan.
Local biking enthusiasts and club riders.

Loup Loup envisions becoming a hub for mountain recreation in Okanogan County.

Here is what to look for this summer:

- Chairlift rides for top of the mountain hiking, sightseeing, picnicking and disc golf.
New 18-hole alpine disc golf; 9-holes at the top of the chairlift, and 9-holes at the base area.
Bike rentals for the whole family with bike riding right from our parking lot trailheads.
Access to miles of gravel roads, ranging from shorter family-friendly routes to challenging all-day or even multi-day bike packing adventures.
Bear Mtn. shuttle-served downhill riding for the whole family.
Hosted gravel rides with sag wagons, lunch and return shuttle rides.
Camping at the Loup, including RV and tent camping.
Saskatoon Kitchen delicious grab and go snacks and beverages in our brand-new day lodge.
"The Loup is thrilled to be

able to share our mountain with our communities, and visitors to our valleys," said the release. "Come experience the Loup in a brand-new way, relax in our mountain environment and explore everything the Loup has to offer during our glorious sunny Okanogan summer."

Loup Ski Education Foundation exists for summer and winter sports education for our community through the operation of a safe, affordable, family friendly mountain destination for today and future generations. The Foundation is a volunteer-based organization that promotes a life-long passion for outdoor recreation through education. This institution is an equal opportunity provider and is operated under special use permit with the Okanogan Wenatchee National Forest. For questions or additional information, please contact Brent Nourse, Loup Loup Executive Director at manager@skitheloup.com, or visit their webpage at www.skitheloup.com.

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CANDIDATE

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Applicants may also download a Declaration of Candidacy form and mail it along with a check to Candidate Filing, Office of the Secretary of State, P.O. Box 40229, Olympia, WA, 98504-0229. Or they may file in person at the Secretary of State's office in the Legislative Building, 416 Sid Snyder Ave. SW in Olympia.

Candidates for federal, statewide, and multicounty legislative or judicial offices must file with the Office of the Secretary of State. Other candidates should file with the county elections office in which the position resides. All applications, regardless of delivery, must be received by the Office of the Secretary of State or the appropriate county elections office by 5 p.m. May 20.

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

Once their filing is completed by the state or county, all candidates will receive an email with instructions to submit their voters' pamphlet statement and photo online.

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

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

Look up and live; Call before you dig

Exercise extreme caution around downed powerlines

Editor's note: *Following is the first of four weekly columns by Okanogan PUD Public Relations Coordinator Sheila Corson in observance of Electricity Safety Month featuring tips about powerline safety, padmount transformers, outages and meters. This information can also be found on the PUD Facebook page.*

OKANOGAN - In the movies, a downed powerline sparks and flails around dramatically and it is an obvious hazard. But danger around powerlines is not always so obvious.

When you see a downed powerline, it won't necessarily "look" like it is energized and dangerous. Do not hesitate to call 911. Even if you are wrong and it is either not energized or not even a powerline (they are often confused with telephone lines), that is OK. We would much rather get called to a non-hazardous situation and find it safe than NOT get

called to a dangerous situation and someone gets hurt.

After you call 911 about that downed powerline, keep yourself and others safe. Never ever touch a downed powerline. Stay at least 35 feet away from it - if it is energized, it can actually electrify the ground around it. If you find yourself too close, shuffle your feet away from the scene - if you walk normally, the electricity could flow up one leg and down the other.

Even better, though, let us work to prevent powerline dangers by being aware of the electrical infrastructure around us. Many of the injuries related to powerlines do not happen because someone simply finds a downed line - it is because they damaged that line themselves. Instead:

1. Look Up and Live - if you are planting trees, make sure that as the tree grows, it will stay at least 10 feet from powerlines - otherwise, it will have to be trimmed back or even removed. If you are trimming a tree, make sure no powerlines are going through it. If you are



Courtesy Okanogan PUD

Powerlines run alongside a road after fire came through and burnt the poles.

carrying a ladder or an irrigation pipe or are using large machinery, before you raise anything into the air, look up. You might be surprised how many fiber outages, power outages and injuries could have been prevented if someone just looked up.

2. Call Before You Dig - there's more than a football field's length of buried utilities

for every person in the U.S. That is something you never want to hit with a shovel. Call 811 or go online to www.washington811.com at least two days before you dig any utilities - water, electric, cable, etc. - will come for free to mark their lines with color-coded spray paint.

Next week: Padmount transformers

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Newhouse announces submissions of Community Project Funding requests

SUBMITTED BY AMANDA FITZMORRIS, OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. - On May 3, Rep. Dan Newhouse (R-WA) announced the Community Project Funding requests he has submitted to the House Committee on Appropriations for consideration.

Project requests that were submitted to Rep. Newhouse's office were reviewed by the Central Washington Community Project Funding Advisory Board who voted on their recommendations for final submissions that best met the requirements and criteria of Community Project Funding, including community engagement and support.

Heritage Heights at Lake Chelan Memory Care Services expansion

The purpose of this request is to fund a renovation and conversion project for Heritage Heights at Lake Chelan (HH). The facility currently provides

assisted living services to Douglas County residents; however, the facility is not designed to provide memory care services. The problem is there are no other memory care services offered locally. The next closest facilities offering memory care are located 57 miles away from Douglas County in Wenatchee, WA. Only one of the four of the Wenatchee facilities accepts Medicaid for memory care, and they are at capacity. As a result, seniors must move 57+ miles away to receive memory care. In addition, there is documented evidence that when an older adult is suffering from dementia and is moved, a decline in physical, mental, behavioral, and functional well-being is reported. HH understands that the aging process is unpredictable and fluid and to fully meet the growing need for seniors and their families, they must provide a continuum of care to include memory care. Amount Requested: \$800,000

Town of Winthrop Watermain Reconstruction

Project Requester: Town of Winthrop, Washington
Area Served: Okanogan County

Description: This request would replace the existing watermain over the Methow River: the existing watermain was installed in 1965 and is failing. It is the only water main across the Methow River and serves more than 70% of the town's population and businesses as well as the sole supply for firefighting. Amount Requested: \$667,000

As the representative for Washington's 4th Congressional District, Rep. Newhouse has the opportunity to submit up to 15 requests for Community Project Funding. These requests are meant to restore Congress's Article I powers by ensuring that federal funding is directly targeted toward projects that benefit surrounding communities and the district as a whole.

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National Hospital Week May 8-14 and its "We Are Health Care" theme.

National Hospital Week is an opportunity to highlight our hospitals, health systems, and health care workers and the innovative ways they are supporting and connected to their community.

Hospitals find innovative ways to support the needs of patients and community; this is especially important during surges of COVID-19. During National Hospital Week and all weeks, we recognize the 5,000 hospitals, health care systems, networks, and others who provide care to their community.

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The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com

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

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Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue.

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COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Friday

Okanogan County Transportation & Nutrition meal delivery only

BREWSTER – There is no longer take out/pick up meals available at the Brewster Senior Center and service days have changed. At this time they are serving home delivered meals only on Tuesday, Wednesday and Friday. Seniors may call 509-826-7979 for more information and to reserve or cancel their meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10.

May 10-14

Senior Center Thrift Store – open Tuesday-Saturday

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Tuesday through Saturday, 10 a.m.-2 p.m. They have brought out their spring and summer wear, and the jewelry section is shining. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room. Joyful Thai is cooking their wonderful cuisine on Thursdays from 11:30 a.m.-6:30 p.m. Eat in or take out.

May 11, 18, 25

Virtual healthy living series

WENATCHEE/VIRTUAL - NCW Libraries is partnering with Confluence Health to offer a virtual Health Living Series this spring featuring an introduction to healthy living, weight loss, sleep, and cancer prevention and screening.

This weekly series will run thru May 25, each Wednesday evening at 7 p.m. A provider from Confluence will lead the presentation followed by a question and answer session.

- May 11: Better Sleep with Dr. Ankur Patel.
- May 18: Don't Take My Breath Away: Prevention and Screening

for Lung Cancer, with Dr. Saba Lodhi.

- May 25: Save Your Rack: The Prevention and Treatment of Breast Cancer, with Dr. Julie Smith and Dr. Cate Straub.

To register for each program, go to ncwlibraries.org and find the calendar under the Events tab. After you register, you will receive an email with the Zoom link. Register for each program to wish to attend.

May 11

Brewster Chamber to meet

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, May 11, 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.

May 13, 20

Brewster bus trips

BREWSTER – OCTN takes Brewster area residents to Wenatchee, second Friday of the month. That next trip is May 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 Friday of each month, May 20, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

May 18, June 1

American Legion meeting

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. Next meeting is May 4 For information call Greg Wagg at 206-550-6474.

May 21

Magician-hypnotist to perform

BREWSTER – The Brewster American Legion is having a magician-hypnotist dinner show on May 21 at 6 p.m. The show is open to the public. Tickets for dinner and the show are \$40 each. Tickets can be purchased online by going to / Facebook / American Legion Columbia Post 97 / Click on Joe Black / Click on discussion tab and there is a link for ticket purchases. Joe Black has been seen on Americas got talent

May 23

Okanogan County PUD meetings

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, May 23, at 3 p.m. For more information okanoganpud.org

May 23

Douglas County PUD meetings

EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is May 23 at 1:30 p.m. in the Bridgeport office.

June 7

First annual Okanogan Valley Schools Job Fair

BREWSTER - The Brewster Chamber of Commerce will host their first annual Okanogan Valley Schools Job Fair

for Brewster, Bridgeport, Okanogan, Omak, and Pateros Schools and invite your organization to host a table at their Job Fair on June 7, from 8:30 a.m. – 2:30 p.m. at the Brewster Boys and Girls Club. Set up will start at 8 a.m.

BB&GC Gym is located at 601 W Cliff Ave, Brewster. For registration form email: brewsterwachamber@gmail.com or call 509-593-0771. Completed form and send to: Greg Goodnight Pateros Schools PO Box 98, Pateros WA 98846 or ggoodnight@pateros.org. For questions call 509-923-2751 x 4. Tables and availability will be assigned as forms are received.

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CARNET mobile unit is a medical office on wheels

Spring Gala to be held May 21

SUBMITTED BY CARENET OF NORTH CENTRAL WA

OMAK - CARENET of North Central WA along with the board of directors are bringing free confidential medical services to our streets. CARENET NCW serves women who need pregnancy related services, support, and referrals. The mobile unit is a medical office on wheels. It will serve all communities in our demographic. CARENET will be offering complimentary and confidential medical services under a licensed medical provider. Why CARENET

NCW?

- Medical consultations with an RN
- Lab quality testing
- Pregnancy confirmation through ultrasound
- STI screening
- Patient focused education
- Regional referrals

CARENET NCW will be hosting their Spring Gala, May 21. Tickets are on sale now. Call CARENET at 422-5506 for more information. Tickets can also be purchased by phone or on their Facebook page CARENET NCW. A special thanks to their event sponsors: Evergreen Home Loans, Beyer's Market, Vassar Electric, VIP Agency, Tom Pruitt, George and Candy Hoksbergen, Chelan Fresh, Keith and

Deb Stennes, CJ's Plumbing, Mike Zoretic Law, Dairy Queen, Ambiance Construction, Triangle Exxon, Dr. Robert N. Nau Dentistry, Okanogan Truck and Tractor, North Cascades Bank, Calvary Baptist Church-Brewster, Okanogan County Realty, Brent Yusi Construction, Kate Teodoro-Windermere Realty, Dan's Repair, Fortiphi Insurance, Mt. View Espresso, Bronze Star Inc., and GreenScape B & B Sprinklers, Okanogan Drilling and Complete Restoration. Because of them, all proceeds will benefit the Mobile Unit.

For more information about CARENET NCW, call 509-422-5506, email: icu@ncidata.com or www.pregnantandscared.net

Kindergarten registration open for 4, 5 year olds

BRIDGEPORT - Bridgeport School District is looking for Kindergarten and Transitional Kindergarten students for the 2022-23 school year.

Child must be 5 years of age on or before August 31, 2022, to register for kindergarten. To register for Transitional Kindergarten, children need to be 4 years old on or before August 31, 2022.

Kindergarten and Transitional Kindergarten screenings will be May 17-19, from 3-5 p.m., by appointment. Please call the Elementary School to schedule an appointment, 509-686-2201.

Bridgeport - El Distrito Escolar de Bridgeport está buscando estudiantes de kínder y kínder transicional para el año escolar 2022-2023

Ninos deben tener 5 años cumplidos para agosto 31, 2022, para inscribirse al kínder. Para inscribirse para kínder transicional, ninos deben tener 4 años para el 31 de agosto del 2022.

Inscripciones al kínder y kínder transicional serán del 17-19 de mayo de 3-5 p.m., por cita. Por favor marque a la Escuela Primaria para hacer una cita, 509-686-2201.

Newhouse introduces resolution to Honor Gold Star Families

SUBMITTED BY AMANDA FITZMORRIS, OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. - On April 5, Gold Star Spouses Day, Rep. Dan Newhouse (R-WA) introduced the Gold Star Families Remembrance Week

Resolution, which establishes a national period to honor the sacrifices made by the families of the U.S. military servicemembers who lost their lives in service to the nation. The resolution designates Sept. 18-24, 2022, as Gold Star Families Remembrance Week.

"Our servicemembers and their families have sacrificed so much for our country. We not only owe our fallen military heroes an enormous debt, but we owe their families whom they left behind. On this Gold Star Spouses Day, we honor the surviving families by recognizing their great sacrifices," said Rep. Newhouse. "We cannot begin to fathom the loss and pain these families have experienced. With this resolution, we honor and recognize these families and commit to celebrating the lives of those who made the ultimate sacrifice."

DEATH NOTICES

Gerald Lee McCann

Gerald Lee McCann, 81, of Brewster, Washington, passed away on May 6, 2022.

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

Obituary & Memorial Policies

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



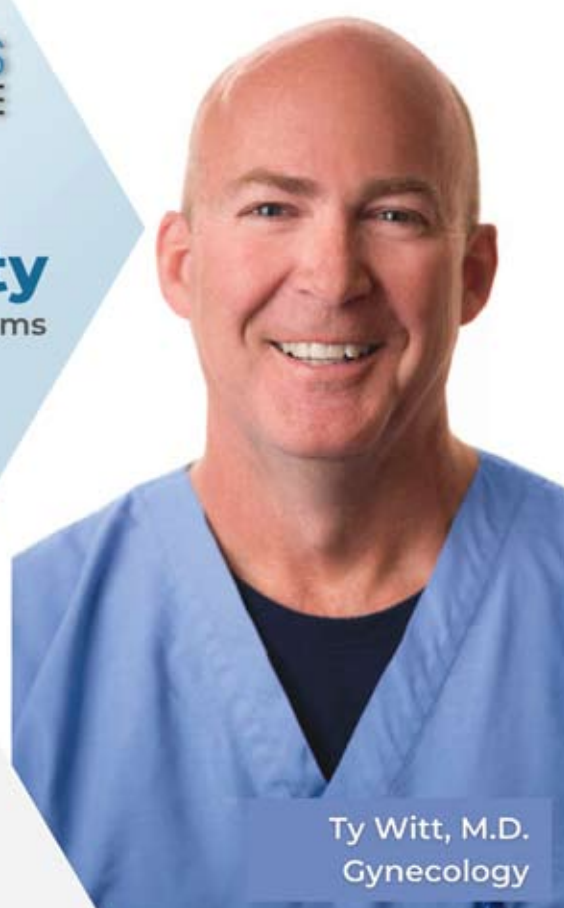
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Gynecology



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THE WASHINGTON OUTDOOR REPORT

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Free Lifetime Recreation Passes for veterans and Gold Star Families

The America the Beautiful Pass allows you to enter National Parks, U.S. Forest Service Recreation Areas, National Wildlife Refuges, Bureau of Land Management properties and other federal lands requiring an entry fee. It's available as a lifetime pass for Seniors over 62 for \$80 and now, thanks to a National Defense Authorization Act signed into law by President Biden in December of 2021, this lifetime pass is now available for free to military veterans and Gold Star family members. This includes veterans who served in the National Guard or Army Reserve.

Ideally, you would pick up this pass for free today at National Forest or BLM district and headquarters offices around our state. Unfortunately, they are not yet printed or available. In the meantime, you should ask for an annual America the Beautiful Military Pass which you can now get as a veteran at no charge. This pass is good for one year. By next year, you should be able to get the actual veteran's lifetime pass. Because of lingering covid pandemic issues many of these offices are only open by appointment only so call ahead and make sure they have the military passes in stock and are aware of this program before you make the drive.

When you arrive to pick up this pass in person you will need to present one of the following forms of identification as a veteran:

- 1) Department of Defense Identification Card
- 2) Veteran Health Identification Card
- 3) Veteran ID Card
- 4) Veterans' designation on



Courtesy Washington Dept. of Fish and Wildlife
Washington's gray wolf population continues to grow.

a state-issued U.S. driver's license or identification card

Another option is to pay \$10 and get the pass online. You can do so at <https://store.usgs.gov/MilitaryPass>. Simply click on the "Determine Eligibility" tab, put that pass in your shopping cart, create an account, upload a photo of your ID card and order it. Then, explore our federal public lands for the rest of your life, no entry or parking fees required, though you do still have to pay for overnight stays.

Wolf numbers continue to rise in the Pacific Northwest

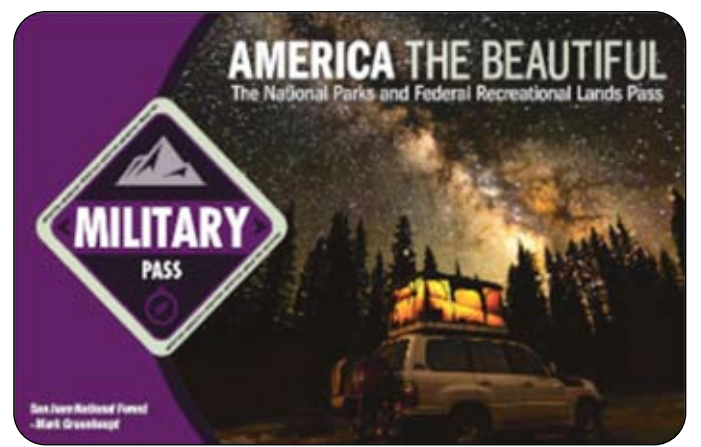
Washington's wolf population continues to grow. The Washington Department of Fish and Wildlife and the Colville Tribe have released their annual survey report which saw a 16 percent increase to Washington's wolf numbers over the last year. As of Dec. 31, 2021, WDFW, partner agencies, and tribes counted 206 wolves in 33 packs in Washington. Nineteen of these packs included successful breeding pairs. This is up from 178 wolves in 29 packs

wolves in the Beaver State, an increase of two over last year. In Oregon wolves initially found only in the northeast part of the state, are moving to areas throughout Eastern and Southern Oregon and into California. In Washington, the packs by and large remain east of the Cascade Crest with the largest concentration of packs remaining in the northeast quadrant of the state.

Conservation Banquets

The Colockum Chapter of the Rocky Mountain Elk Foundation will be holding a big banquet, usually attended by several hundred people, at the Chelan County Fairgrounds in Cashmere on May 21st. The event kicks off at 4:30 p.m. Purchase tickets online at <https://events.rmef.org/shop/colockum1>

The Okahogan Trails Chapter of the Mule Deer Foundation will hold a fundraising banquet at the Elks Lodge in Oak on May 21st from 5 to 10 p.m. You can purchase tickets online at <https://muledeer.org/event/omak-wa-okanogan->



Courtesy National Park Service
America The Beautiful Military Pass.

trails-chapter-banquet/

A guided wildflower hike

Washington State Parks is offering a guided hike amongst the wild flowers at Alta Lake State Park near Pateros on May 21st from 3 to 5 PM. The "Flower Power Hike" starts at the Welcome Booth at the park and takes you on a short but steep hike around the campground and

up the bluffs surrounding Alta Lake. Bring water and some sturdy shoes or boots for this hike. The event is free but you will need a Discover Pass to park for the day if you are not already camping there. If you have any questions, call the park staff at 509-923-2473.

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

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

**Douglas
County Sheriff**

April 28
15:03 Vehicle Prowl, 416 Wild Turkey Rd., Waterville
17:15 Traffic Offense, 1202 Fairview Ave., Bridgeport
20:22 Civil Dispute, 700 Fairview Ave., Bridgeport

April 29
11:30 Public Assist, 411 E. Birch St., Waterville
14:45 Domestic Disturbance, 924 Columbia Ave., Bridgeport
16:22 CPS/ APS Referral, 335 W. Railroad Ave., Mansfield
17:03 Noise Complaint, 540 Fairview Ave., Bridgeport

April 30
13:53 Public Assist, 411 E. Birch St., Waterville
20:46 Juvenile Problem, 237 11th St., Bridgeport

May 1
13:20 Traffic Offense, 22nd St. and Monroe Ave., Bridgeport
14:46 Civil Dispute, 411 E. Birch St., Waterville

May 2
09:26 CPS/ APS Referral, 1960 Monroe Ave, Bridgeport
09:45 Domestic Disturbance, 411 E. Birch St., Waterville
14:00 Harassment/ Threat, 100 Orondo School Rd., Orondo
15:44 Unknown-injury Accident, 21497 US Hwy. 97, Orondo
16:03 Public Assist, 37 Cedar Ave., Bridgeport
17:49 Welfare Check, 1395 Rd. C NW, Mansfield

May 3
07:58 Theft, Rd. 3 NW and Rd. H NW, Waterville
08:16 Animal Problem, 16 Sheldon St., Mansfield
16:58 Littering, Rd. 2 NW and Rd. P NW, Waterville

May 4
05:01 Non-injury Accident, 55 Crane Orchard Rd., Bridge-

port
13:25 Suspicious Circumstance, 0 block Dow Ln., Bridgeport
13:55 Parking/ Abandoned Vehicle, 1100 block Columbia Ave., Bridgeport
15:34 Agency Assist, US Hwy. 2 and Rd. Q NW, Waterville
16:16 Juvenile Problem, 857 SR 173, Bridgeport Bar
19:51 Agency Assist, 800 E. Locust St., Waterville

May 5
8:51 Theft, 13920 US Hwy. 2, Orondo
14:55 Non-injury Accident, 1400 Tacoma Ave., Bridgeport
17:28 Juvenile Problem, 929 Maple St., Bridgeport
21:03 Civil Dispute, 411 E. Birch St., Waterville
21:25 Death, 1128 Columbia Ave., Bridgeport

**Brewster Police
Department**

April 29
11:21 Malicious Mischief reported on S. Bridge St.
19:37 Agency Assist requested on W. Indian Ave. in Brewster for a caller reporting a large German Shepard with a puppy that was attacking cats in a backyard.

April 30
01:47 Transport requested on Hwy. 97 in Brewster for a friend who was having mental issues and hallucinating.
07:44 Traffic Hazard reported on Hwy. 97 in Brewster for pieces of cardboard that had been removed from the roadway.
19:40 Domestic Dispute reported on W. Cliff Ave. in Brewster with a 5-year-old child on the line and a male and female subject yelling in Spanish in the background.
23:33 Animal noise reported on S. 3rd St. and E. Indian Ave. in Brewster for a barking German Shepard.

May 1
11:01 Non-injury Accident reported on W. Cliff Ave. in Brewster between a subject in a red Jeep backing up in a lot and a male subject in a red truck coming too fast into it.

May 2
01:14 Suspicious Circumstance reported on S. 7th St. in Brewster due to the caller's dogs barking for the last 5 minutes.
09:04 Harassment reported on Hwy. 97 in Brewster when

a caller had altercations with a male subject sitting in a parking lot staring at employees.
10:40 Order Violation reported on 500 block Plaza Way in Brewster.
23:22 Suicide Attempt reported by a caller on North Star Rd. in Brewster.

May 3
01:35 Burglary reported on S. Main St. in Omak.
08:12 Parking Problem reported on W. Griggs Ave. when a caller's vehicle was blocked by another vehicle.
11:04 Non-injury Accident reported on Hwy. 97.
18:52 Civil Dispute reported on N. Bridge St. when a caller reported a subject in a van taking things and he should not be there.

May 4
09:51 Civil Dispute reported on S 7th St.
12:48 Malicious Mischief reported on S. 7th St. for a smashed out back window of a Chevy GMC Sierra.
19:56 Hit-and-run Accident reported on Keller Ave. for someone that struck a brown Suburban and left a note but the callback listed was not valid.

May 5
No local reports.

**Okanogan
County Sheriff**

April 29 - 30
No local reports.

May 1
17:24 Extra Patrol requested on Sunset Dr. in Brewster for an ongoing issue with speeders going toward 7th with loud exhausts, a red Mitsubishi and a gray car.
18:58 Stray Animal reported on Pioneer Ave. in Brewster for two Huskies in the caller's yard with leashes attached to them.

May 2
09:26 Citizen Assist requested on W. Warren Ave. in Pateros for a caller that advised about a warrant for an arrest and the subject was supposed to be leaving for Texas tomorrow, the caller advised he bailed the subject out for a DUI and he skipped his court date.
23:22 Suicide attempt reported on North Star Rd. in Brewster.

May 3-5
No local reports.

**Should you take a
calcium supplement**

Q: Should I be taking calcium pills for my bones?
65-year-old Janet has fallen several times in the past 5 years. Unfortunately, each of those falls caused broken bones. She has broken both her right and left thigh and left wrist, each requiring surgery to put them back together.

Janet has osteoporosis, or "thin bones." She went through menopause at age 40, and ever since, she has been losing bone mass. After her second fracture, Janet's doctor started her on a bone-building medicine and recommended that she take a calcium supplement every day.

Calcium helps keep our bones healthy, but it has other critical jobs: your muscles, nerves, and blood vessels depend on calcium to work properly. Each time your heart beats and you take a breath, your heart and chest muscles are working to keep you alive and well.

However, suppose you don't have enough calcium available for your muscles. When that happens, your body will grab for more calcium, taking it from your bones. Your skeleton is like a cash machine, but for calcium, instead of \$20 bills.

If your body needs to find more calcium frequently, those withdrawals of calcium will eventually weaken your bones. As your bones become thinner, you will be more likely to break your wrist, hip, or other bones when you fall.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50 and 1200mg for all adults over age 50. Most postmenopausal women get only 600-900mg of calcium daily through their food and need an additional 300-600mg of calcium daily from some other source.

More calcium is NOT necessarily better. Recent studies have shown that you can actually get TOO MUCH calcium, increasing your risk of heart attack or stroke. It's suspected that taking a calcium supplement may



damage blood vessels when concentrated calcium tablets cause your blood calcium level to spike.

Taking large doses of calcium supplements can also encourage the formation of painful kidney stones. For best results, get as much of your calcium from your food as possible instead of just from calcium pills.

Calcium carbonate is the most concentrated form of calcium supplement available but can cause constipation. Calcium citrate is absorbed better and also a better choice if you take an acid-blocking medicine like Prilosec® (omeprazole) for heartburn.

Weight-bearing exercises like walking and eating dried plums also improve your bone strength.

Here are 5 tips on building bones with calcium:

1. Eat calcium-rich foods.
Most people get about 300mg of calcium daily from non-dairy sources. There is 300mg of calcium per serving of dairy products, including milk, yogurt, and cheese. Green vegetables, oranges, and figs also contain calcium. You also can use the Calcium Calculator, available both as a phone app for iPhone and Android phones and online at The International Osteoporosis Foundation website www.iofbonehealth.org at their Quick Links.

2. If you take a bone-building medicine like Fosamax® (alendronate), Actonel® (risedronate), or Boniva®, you should also take a calcium supplement.

Bone-building medicines increase how much bone your body puts into your skeleton. You need enough calcium in your blood for these medicines to work for you. For most women, it means taking a calcium supplement.

3. Avoid taking more than 500mg of calcium supplement at the same time.

Your body will absorb calcium better at this lower dose. This limit will also prevent a "spike" in your calcium levels. This helps avoid increasing your risk of heart attack and stroke from elevated calcium levels in your blood.

4. Get 400 IU of Vitamin D every day.

Vitamin D is necessary to help your body absorb calcium and may help prevent falls in the elderly. You can get vitamin D from exposing your skin to the sun. Foods rich in calcium include salmon (800 IU per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces).

5. Consider dried plums to build bone.

In multiple studies over the past 7 years, postmenopausal women who ate 50 grams of dried plums daily (5-6 large dried plums) had very little bone loss. Despite the extra calories, their weight and blood sugar remained stable, most likely because of the high fiber content of the plums. Janet wanted to add plums (also called prunes) to her diet. Because of their laxative effect, I suggested she start out eating 1-2 plums daily, increasing it by 1-2 plums every week.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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.

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

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 509-682-2213 or **Quad City Herald**
 509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Wanted



Okanogan County Public Health Welcomes Applications for New Board Member

Okanogan County Board of Health will add a "consumer of public health" member seat as of July 2022. Okanogan County Public Health (OCPH) is accepting applications until 5 p.m. on Wednesday, June 8, 2022 to fill a key Board of Health (BOH) position per Washington state statute following adoption of HB 1152 during the 2021 state legislative session. Completed applications will be reviewed, followed by recommendation to the Board of County Commissioners (BOCC) for appointment. The new board position appointment is expected to be announced prior to July 2022 Board of Health meeting.

The "consumer of public health" board position is open to any Okanogan county resident who has self-identified as having faced significant health inequities or as having lived experiences with public health-related programs such as: The special supplemental nutrition program for women, infants, and children; the supplemental nutrition program; home visiting; or treatment services. It is strongly encouraged that individuals from historically marginalized and underrepresented communities are given preference. These individuals may not be elected officials and may not have any fiduciary obligation to a health facility or other health agency, and may not have a material financial interest in the rendering of health services. Access to the Board member application is available in English or Spanish on the OCPH website at www.okanogancounty.org/boards_and_committees/board_of_health to print and postal mail to OCPH, or email, or complete the online form. Printed applications can be picked up at the OCPH office at 1234 South 2nd Ave in Okanogan. If you would like an application sent to you, please send an email request to ocphlink@co.okanogan.wa.us or call us at (509) 422-7140.



Employment

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Mansfield School District is hiring a K-12 Principal, K-12 Art/ Electives Teacher, and School Nurse for the 2022-23 school year. To view job descriptions and download application, access our website at www.mansfield.wednet.edu We are an equal opportunity employer. If you have any questions, please contact us at 509-683-1012

Sunday School Teacher for Cashmere United Methodist Church. Friendly, reliable Sunday School Teacher who is motivated and creative with a talent for teaching 11:00 a.m. - 12:30 p.m.. \$65/ week. E-mail kbray@nwi.net if interested.

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following position:

Elementary Music Teacher

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

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

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

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following position:

Cascade High School College and Career Counselor

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

Two Cashmere area United Methodist churches seeking a piano accompanist for Sunday Services. Be dependable, skilled and available 8:30 a.m - 12:30 p.m. 48 Sundays per year. Pay is \$130.00/ Sunday E-mail kbray@nwi.net if interested.

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 • Email: heraldads@qcherald.com
 • Call 689-2507

Help Wanted

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following position:

Beaver Valley Para Educator

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

HS Science Instructor HS Health Sciences Instructor HS Math Elementary Teaching Positions

Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

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 Salary and position description information available on the website. All applications processed through **FAST TRACK:** www.pateros.org >Our District >Employment. First review of applications is 5-17-22 Applications received after the initial review will be reviewed upon receipt unless position has been previously awarded. Position open until a qualified applicant is hired. Contact employment@pateros.org or 509-923-2751 x 4 for more information. EOE.

Help Wanted

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following positions:

- Alpine Lakes Elementary Para Educator
- Icicle River Middle School 8th Grade Science Teacher

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

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See **MORE CLASSIFIEDS & PUBLIC NOTICES** on Page B4

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