

Health officials recommend taking extra precautions to avoid heat-related illness

Check on older friends, relatives, neighbors

SUBMITTED BY OKANOGAN PUBLIC HEALTH

OKANOGAN – In response to the high temperatures we are experiencing across North Central Washington, Okanogan County Public Health is issuing a heat advisory and urging people to take extra precautions to avoid heat-related illnesses. Extreme heat often results in the highest number of annual deaths among all weather-related hazards. Heat-related illnesses are preventable. It is important to learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness. In extreme heat, evaporation is slowed, and the body must work harder to maintain a normal temperature.

Groups at increased health risk from extreme heat include older adults (ages 65+), people with chronic medical conditions, young children, and those who work or exercise in a high heat environment.

• It's important to visit older friends, relatives and neighbors to make sure fans or air conditioners are working and living spaces are ventilated. People who do not have air conditioning are advised to seek relief from the heat by visiting friends or relatives who have air conditioning.

Health and safety tips to avoid heat-related illness: • Stay indoors and in an air-conditioned environment as much as possible. • Drink plenty of fluids – avoid beverages that contain alcohol, caffeine or a lot of sugar. • Eat more frequently but meals should be balanced and light. • Never leave any person or pet in a parked vehicle. • Avoid dressing babies in heavy clothing or wrapping them in warm blankets. • Cover windows that receive morning or afternoon sun. Awnings or blinds can reduce the heat entering a house by as much as 80 percent. • Make sure pets have plenty of water.

The early warning signs of heat stress can include decreased energy, slight loss of appetite, light-headedness, and nausea. People experiencing these symptoms should go to a cool environment, drink fluids, remove excess clothing, and rest.

• Serious signs of heat stress can include unconsciousness, rapid heart-beat, throbbing headache, dry skin, chest pain, mental confusion, irritability, vomiting, diarrhea, muscle cramps, staggering, and/or difficulty breathing. People experiencing these symptoms should get immediate medical attention. While waiting for help move the person to a cool area, remove excess clothing, spray with water, and fan the person. In an emergency, dial 911..

DNR implementing burn bans through most of the state

OLYMPIA – On Friday, June 25, Hilary Franz, Washington Commissioner of Public Lands issue the follow statement concerning high temperatures forecasted for our area.

“This weekend, our state will enter a period of record breaking heat. Temperatures are forecast to reach over 100 degrees for most of Washington. We are also entering a period of extreme drought. This heatwave coupled with drought is extremely dangerous, creating extreme fire danger.

During this period of extreme weather and increased risk, my agency is implementing burn restrictions through most of the state to help limit fire that fire risk. But our burn restrictions alone aren't enough. We can't fully protect our forests or our communities without your help.

I'm asking everyone to please refrain from starting outdoor fires. The vast majority of all wildfires are caused by humans, so we're going to need everyone to do their part to keep people safe as the weather gets hotter and drier.

Some other tips to stay

safe during this fire season include:

Make sure your dirt bikes or ATV's have operating spark arrestors

If you're in an area where campfires are permitted, make sure you've doused, stirred and doused your fire again until it is cool to the touch before heading home.

People should use this time at home to prepare for wildfire by creating defensible space.

Reduce dry fuels around your home

Clean roof tops and gutters
Limb up your trees and remove dead branches

Pay attention to burn ban restrictions and keep an eye on your burn pile.

You can visit <https://www.dnr.wa.gov/burn-restrictions> to check the status of burn restrictions in your area and you can go to <https://www.dnr.wa.gov/WildfirePrevention> to learn more about actions you can take to prevent wildfire. These prevention steps make a substantial impact and help to keep our firefighters and first responders safe.

Thank you for helping us protect our state from wildfire risk.”

Parades, tournaments and more

Events aplenty will celebrate July 4 weekend

By MIKE MALTAIS
STAFF WRITER

QUAD CITIES – Most of the action over the July 3-4 holiday weekend will be centered in Brewster which has scheduled two full days of events together with an Independence weekend parade.

Brewster

Things start hoppin’ at 8 a.m. Saturday, July 3 and will continue through Sunday’s fireworks display in the city park.

Saturday, July 3

8 a.m.-12 p.m. - 3-on3 basketball tournament

All day - Softball tournament at city park.

10 a.m. - Parade starts at 7th and Main and ends at Legion Park. Trophies will be awarded for categories including Best Patriotic theme, Best Horse entry and more.

4-10 p.m. - Live music at the Armory at 600 W. Main. Brock Hires 4-5:30 p.m. Waterdog 6-10 p.m.

Sunday, July 4

7-9 a.m. - Breakfast at Brewster Fire Station

9 a.m.-1 p.m. - Softball tournament at city park.



Events at the Brewster July3-4 holiday will start at 8 a.m. On July 3 with a 3-on-3 basketball tourney and end on July 4 at 10 p.m. with fireworks.

12 – 10 p.m. - Vendors at city park

10 p.m. - Fireworks at city park

The Pateros Brewster Long Term Recovery Group has donated \$1,000 in gift cards. Brewster Chamber president Mike Mauk said 40 cards for \$25 each from local businesses

will be dispersed during the festival.

The Brewster Chamber will be selling July 4 buttons for \$2 each and each button comes with a raffle ticket.

“We will have raffles all day Saturday at the event,” said Mauk. “We will have them along with our beautiful T-Shirts for sale at our booth in

the Armory Parking lot at 600 W. Main.”

“We hope to have a very special singer do the National Anthem before the parade starts,” said Mauk, who is withholding a name at this writing while he is working to confirm that appearance. “Hint - she sang it at the Brewster High School graduation,” Mauk disclosed.

Bridgeport - July 3

Mayor Janet Conklin said that since city residents did not get to fully experience the annual Bridgeport Daze celebration held June 6, she suggested a continuation of that event over the Independence Day weekend. At this writing plans call for concessions in Fireman Park and a parade at 5:30 p.m., Saturday, July 3, that will not conflict with Brewster’s 10 a.m. parade the same day.

Pateros

No special events are planned at Pateros July 3-4. The city is gearing up for its annual Apple Pie Jamboree, July 16-18, when fireworks over the river will be part of that multi-event two-day celebration.

Reserve third weekend of July for Apple Pie Jamboree

By MIKE MALTAIS
STAFF WRITER

PATEROS – Reserve the third weekend of July for Apple Pie Jamboree that will run from Friday, July 16 through Sunday, July 18. The annual event brings together the best of our community to raise money

for local students, clubs, and community groups.

Vendors, kids’ games, jet ski races on the Columbia River, 3-on-3 basketball, Color Run, parade, Samaritan Riders benefit, fireworks and breakfast in the park are some events planned that have made past APJ weekends so popular.

Governor Inslee’s decision on moving to Phase 3 of Healthy WA Roadmap to Recovery is due June 30 and the APJ situation hinges on what phase the state is in by July. In the meantime, check the APJ website at paterosapj.org or on Facebook for the latest updates and schedule of events.

WISE series Part 3

Conserve water with drought and fire-resistant plants

Editor’s note: The PUD debuted a four-part series on May 12 called WISE (water, infrastructure, safety efficiency) Landscaping that offers advice to homeowners on how to make their properties and structures more fire resistant. The four-part series, along with a zone map, is also posted on the PUD website blog (okanoganpud.org/behind_the_meter), Facebook page, (facebook.com/OkanoganPUD), and YouTube link to video (youtube.com/watch?v=B6yo6SIF0WI).

Part 3 that follows was produced by Kim Johnson of Energy Services and Sheila Corson, Public Relations Coordinator, addresses water conservation.

OKANOGAN -- Do you want your home to be safer and more efficient? This is part three of a four-part series from Okanogan County PUD about WISE (water, infrastructure, safety, efficiency) landscaping around your home. In this third part, we will explore ways to conserve water while still

being safe and efficient.

When we talk about home ignition zones, a basic principle is that the closer you get to your home, the more critical it is to avoid combustible items. Part of wildfire readiness is keeping plants well-watered and providing natural fire breaks like an irrigated lawn. But you might not want a huge yard that requires a lot of water. Instead, you might want to create a xeriscape, which utilizes plants that require little or no water.

Many Okanogan County native plants are good for xeriscaping, since they are both drought-resistant and fire-resistant – like lupine and balsamroot. Group plants based on similar water needs to avoid over- or under-watering. Consider some hardscaping as well, such as pavers or dry rock beds. If you plant a lawn, consider reducing the size and plant grass types that are conducive to your site and environment.

A greener lawn means better fire resistance, but

you can minimize water usage with a timer system for optimal times – earlier morning or evening when temps are cooler. Water deeply, but infrequently, which helps plants develop deeper roots. Soil probes help to determine if you are over- or underwatering.

Do not water on windy days when water will evaporate quickly. Also, arrange your sprinklers to water low to the ground (avoiding evaporation again) and to avoid spraying on pavement or other areas where water will be wasted. Make sure you water where plants need it – trees for example need water out to the edge of their canopy to reach the full length of the root system.

Regularly inspect your irrigation system for leaks. A leak as small as the tip of a pen in your automatic irrigation system can waste as much as 6,300 gallons of water per month.

Healthy soil is important for water retention. Consider a three-bin compost

system and use it in your garden. The organic matter in the compost helps retain moisture. You could also lay non-combustible mulch around your plants to retain moisture as well.

There are several other ways to reduce water waste: Winterize outdoor spigots when temps get below freezing to prevent leaks. Aerate your lawn, which allows for better absorption of water and nutrients. Install porous walkways to prevent water runoff. Wash your vehicle or your pet in an area of the lawn that needs the water. And maintain your plants by proper pruning to save on water.

So now that we are getting more wildfire-ready, infrastructure aware, energy efficient, and conserving water, how do we keep it that way? We will share more about maintenance in the next and final part of our series on WISE landscaping. Check out our videos and more on our website, www.okanoganpud.org, or on our Facebook page.

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DOUGLAS COUNTY SHERIFF

June 11
Burglary at 1380 Rd. F N.W. in Mansfield.
Domestic disturbance at 113 State Ave. in Bridgeport.
Civil incident at 417 Columbia Ave. in Bridgeport.
Traffic offense at State Route 173, milepost 4 on Bridgeport Bar.

June 12
Noise at 1808 Raymond Ave. in Bridgeport.

June 13
Juvenile problem at 12 AMC Rd. on Bridgeport Bar.
Agency assistance at 2400 Tacoma Ave., No. 27 in Bridgeport.
Noise at the 200 block of 17th St. in Bridgeport.
Noise at 108 Davis Ave. in Bridgeport.
Structure fire at 2400 Tacoma Ave., No. 37 in Bridgeport.
Fall at 39 E. First Ave. in Mansfield.

June 14
911 at 1400 Tacoma Ave. in Bridgeport.
Welfare check at 845 Columbia Ave. in Bridgeport.
Domestic disturbance at 417 Columbia Ave. in Bridgeport.
Animal problem at 28 Wilnot St. in Mansfield.
Fraud/forgery at 1300 Foster Ave. in Bridgeport.
Court order violation at 222 17th St., No. 6 in Bridgeport.
Noise at 1700 block of Fisk Ave. in Bridgeport.
Alarm at 52 Moe Rd. on Bridgeport Bar.

June 15
CPS/APS at 929 Maple St., No. 44 in Bridgeport.
Parking/abandoned vehicle at 301 E. First Ave. on Mansfield.
Court order violation at 222 17th St., No. 6 in Bridgeport.

June 16
Court order violation at 222 17th St., No. 6 in Bridgeport.
Child protective service/adult protective service at 929 Maple St., No. 44 in Bridgeport.
CPS/APS at 417 Columbia Ave. in Bridgeport.
Fireworks at 15th Street and Foster Avenue in Bridgeport.

June 17
Agency assistance at 430 16th St. in Bridgeport.
Noise at 1804 Raymond Ave. in Bridgeport.
Agency assistance at 309 Columbia Ave. in Bridgeport.

June 18
Agency assistance at 700 Fairview Ave., No. 6B in Bridgeport.
Traffic offense at 1636 Douglas Ave. in Bridgeport.

June 19
Unknown accident at McNeil Canyon Road, milepost 8 in Mansfield.
Agency assistance at 430 16th St. in Bridgeport.

June 23
Child protective services/adult protective services 1637 Fisk Ave. in Bridgeport.
Suspicious incident at 2 Cedar Ave. on Bridgeport Bar.
CPS/APS at 417 Columbia Ave. in Bridgeport.
Fireworks at 15th Street and Foster Avenue in Bridgeport.

June 22
Public assistance in Bridgeport.
Traffic offense 10 block of Moe Road on Bridgeport Bar.
Traumatic injury at 110 S. Mansfield Blvd. in Mansfield.

June 21
Extra patrol at 811 Jefferson Ave. in Bridgeport.
Suspicious incident at 2 Moe Court on Bridgeport Bar.

June 20
Agency assistance at 627 State Route 173 in Bridgeport.
Suspicious incident at 100 block of Whitlam Ave. in Bridgeport.
Trespass at 121 Third St. on Bridgeport Bar.
Alarm at 1300 Douglas Ave. in Bridgeport Bar.

Flood control requires lots of dam work



Mike Maltais/QCH

Water courses over the spillway at Grand Coulee Dam as part of the Bureau of Reclamation operations to maintain flood control levels in the Columbia River. According to its website [usbr.gov/pn/grandcoulee/lakelevel/index.html](https://www.usbr.gov/pn/grandcoulee/lakelevel/index.html) the range of water elevation for Lake Roosevelt is 1,208 to 1,290 (full pool) feet. The lake level was predicted to reach 1,278.82 feet by May 31. Lake level forecasts are updated by 3 p.m. each day. Call 1-800-824-4916 for the updated 24-hour forecast.

THE WASHINGTON OUTDOOR REPORT

Outdoors roundup

By JOHN KRUSE

Snoqualmie Pass Wildlife Crossings – Those multi-million-dollar wildlife crossings under and over Interstate 90 (east of Snoqualmie Pass), are getting some good use by area wildlife and reducing traffic collisions. The Washington State Department of Transportation posted a tweet on their Snoqualmie Pass Twitter page showing video of deer, elk and other animals using the crossings day and night.

WSDOT also states in this tweet, “The I-90 wildlife crossings are bursting with activity. Last month, we recorded over 900 animals (up by 136 from May 2020) using the structures with many deer fawns and elk calves.” That’s good news for both wildlife and motorists.

Wenatchee Salmon Derby: The North Central Washington Chapter of the Coastal Conservation Association will be holding their annual Peter Flohr Memorial Salmon Derby on the Columbia River on July 16 and 17 this year. Participants will be after the largest Chinook salmon as well as the largest boat weight (the total weight of salmon caught by entrants fishing out of each boat). Anglers are allowed to fish



Courtesy John Kruse

Elk are using the wildlife crossing near Snoqualmie Pass.

anywhere from Rock Island to Wells Dam. There will be an awards ceremony, open to the derby entrants and non-participants alike, at the Wenatchee Eagles Hall on Sunday the 17th at 5 p.m. That’s when the derby winners will be announced and a number of raffle prizes given away. You can buy your derby tickets at Hooked on Toys in Wenatchee. Tickets for raffle prizes can be purchased at the Eagles Hall on the 17th. The cost for a derby ticket is \$45 if you are a current CCA member or \$75 if you are not (which includes a one-year CCA membership). More details are available at www.wenatcheesalmonderby.com

Sockeye Salmon Run Cerns – Sockeye salmon numbers over Bonneville Dam are significantly down compared to recent years. Most of these salmon are headed towards the Upper Columbia River and its tributaries. On June 23, only 37,400 sockeye had gone through the fish ladder at Bonneville Dam. This is about half the ten-year average for this time of year. If the current trend continues, we are shaping up for a run well under 100,000 sockeye, something only seen twice in the last ten years.

A reduced Upper Columbia run could mean there will not be a Lake Wenatchee sockeye salmon fishery this year, though it’s too early to know that for sure yet. On the

other hand, Baker Lake does have a sufficient number of sockeye returning this year. This lake near Mount Baker will open for sockeye fishing on July 10 with a limit of one salmon a day measuring at least 18-inches.

Enjoy Fireworks But Prevent Wildfires – Most of Washington is suffering through a drought and severe heat. Add summer camping and Independence Day fireworks to the mix and it will be amazing if we don’t have several fires break out in the week ahead.

If you are camping this week pay attention to campfire restrictions. If you are allowed to have a campfire, be sure to put it out before you leave. Do so by pouring water on it until it’s cold, stirring the remnants, and then put more water on that fire to ensure it’s really out. Unattended and abandoned campfires are a significant source of wildfires every year.

If you choose to purchase fireworks do remember you can’t use them on public lands such as state or national parks, state fish and wildlife areas, federal national wildlife refuges and on lands managed by the US Forest Service or Bureau of Land Management. A better bet? Look for a sanctioned fireworks show near you and enjoy the booms, sparkles and colors in the night sky with friends or family. Fireworks shows are not as numerous as they were prior to the Covid pandemic but there are several fireworks displays in our region on Independence Day to include:

1. Wenatchee Valley 4th of July Celebration – July 4 – All day – Walla Walla Point Park
2. Brewster 4th of July Festival – July 4 – Noon to 10 p.m. – City Park
3. Grand Coulee Festival of America – July 3 and 4th– Noon to 10 p.m. – Laser Light Show both nights and a Fireworks Show at 10:30 p.m. on the 4th at Grand Coulee Dam
4. MarDon Resort – Pot-holes Reservoir – July 4 just after sunset
5. Freedom Fest – Newport/ Bear Paw Camp – July 2-4 – A weekend of Christian music artists and worship – Fireworks at 10:30 p.m. on July 4 – Paid admission –Details available at www.freedomfest.net



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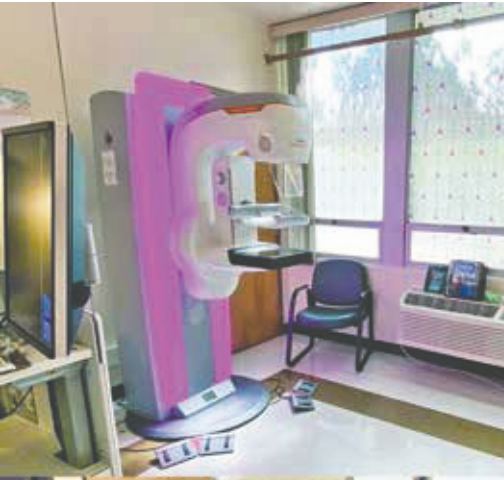
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Bridgeport 2021 graduates earn scholarship awards

BRIDGEPORT – Seniors in the 2021 graduating class earned the following scholarship awards.

Luis Velasco: WAEF J.D.Gebbers Memorial and North Valley Mechanical/Charity Rumbolz Memorial

Brandon Medel-Ramirez: Scott Baker Technical Education Scholarship

Lizette Trejo: Impact Award, National Kohawk Award, Trustee Scholarship, WJ Diversity, COE Grant Scholarship, Washington Baccalaureate, Dean's Scholarship, Washington College Grant, WA College Bound, EWU Grant, George Fox University, University of Portland, Whitworth Visit Scholarship

Rebecca Hernandez: Eastern University Scholarship, Pell Grant, Washington Col-

lege Grant, WA College Bound Scholarship

Anissa Bustos: Washington College Grant, College Bound Scholarship, Pell Grant, Dist. Academic Achieve Div., Experience WSU Waiver, University Achievement Waiver

Didier Acevado: Eastern Washington University

Jose Luis Gordillo: United States Army

Miriam Jimenez: EWU Deans Scholarship

Brandon Medel: Washington Apple Education Foundation

Dulce Rosas Rocha: Central Washington University

Karla Torres: United States Air Force

Brandon Valdovinos: EWU Dean Scholarship

Luis Velasco: Washington Apple Education Foundation

Marisol Hernandez-Palacio qualifies for Provost’s Honor Roll

SPOKANE- Marisol Hernandez-Palacios, of Bridgeport. achieved Provost’s Honor Roll status for the Spring 2021 semester at Whitworth University. To be named to the list, undergraduate

students must maintain a grade-point average of 3.75 or better during the semester.

Whitworth is a private, liberal arts university affiliated with the

Presbyterian church. The university, which has an enrollment of more than 3,000 students, offers more than 100 undergraduate and graduate degree programs.

LETTERS TO THE EDITOR

Enjoys added national news

Dear Publisher Forhan:

For the past several weeks, I have enjoyed the added national news coverage in my Chelan Mirror. First, it is well written, seemingly free of the political bias found in the other newspapers, and absent the “woke” orientation of the Seattle Times.

After earning a journalism degree and spending my professional career in the

communications field, I can certainly tell the difference from honest, straightforward reporting, news analysis, political commentary and out-and-out propaganda. Most television news, both on cable and on the mainstream broadcast networks, fall into the last categories. This is such rampant, political blather that now I don’t tune in — reflecting the recent collapse of TV news ratings on nearly all channels. Americans can discern the reporting differences as

well — rejecting it all.

This leaves local radio and local newspapers to step up to the news challenge. Thank you for forging an alliance with the Epoch Times. Yes, it is privately funded and covers topics that the mainstream media, including the Seattle Times and New York Times, fail to cover. I seriously doubt either paper would report on the 180,000 illegal immigrants that the Biden administration is trying to hide. Or, that the recent jump in inflation — the most in 18 years — will hurt all

Americans with higher prices and reduced spending power. These are issues and topics that all people should know.

To quote the June 16 issue of the Mirror, “It’s important for us, or even imperative, to teach students how to think, not specifically what to think.” That goes for the readers of community newspapers as well.

Sincerely,
Terry J. LaBrue, APR
Principal LaBrue Communications
Chelan

COMMUNITY BULLETIN BOARD

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is serving hot meals only on Thursday at this time. Take out only. Please reserve your meal by calling 509-689-2815. Pick-up time is between 11 a.m. and 12 noon.

The home-delivered meal program is on its regular schedule.

For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459

Thursday, July 1

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County

Transportation and Nutrition (OCTN) meals on Thursdays. Suggested donation for those over age 60 is \$8.50. For those 60 and under the cost is \$10.

Senior Menu not available for July 1.

July 1, 2, 8

‘What’s Up Vet!’

NCW - All Chelan and Douglas County veterans are invited to attend the new “What’s Up Vet!” informational meetings via Zoom!

Every Tuesday/Thursday from 2 p.m. – 4 p.m.

Open to vets, spouses, dependents and anyone with questions regarding veteran benefits and resources.

Go to: us02web.zoom.us with Zoom platform meeting id: 863 5856 4972.

Call 509-664-6801 (Chelan County

Veteran Service Office) or 509-683-3605 (DCVSO) for more information.

Sponsored by CCSVSO, DCVSO, Wenatchee Valley College and the Washington State Veteran Corps Navigation project.

Help available for Douglas County veterans

EAST WENATCHEE - Sarah Simonson the Veterans Service Officer for Douglas County, is available for appointments in her office at 211 11th St. NE in East Wenatchee. Call her at 509-683-3605. You can also find her on Facebook at facebook.com/douglascountyvso

July 9-10

Pateros Community Market, Movie

PATEROS – The Pateros Community Market (PCM), also known as the Pop-up Market, will open for its second weekend of business on Friday and Saturday, July 9-10 at the Riverview Pavilion on Lakeshore Drive. Their will also be markets August 13-14, and Sept. 10-11. On Market & Movie Fridays, the PCM will open at 5 p.m. and continue through 8 p.m. Then from around 8:30 p.m./dusk a family friendly outdoor movie will entertain marketgoers. On Market & Music Saturdays the PCM will open at 9 a.m. through

1 p.m. with music and local vendors.

The Pateros Market Committee is currently looking for vendors of all kinds, farmers, processors, crafters, makers, musicians, non-profits, young entrepreneurs, and more. Those interested in being a vendor, volunteer, or sponsor can email PaterosCommunityMarket@gmail.com. Vendor applications are available online at forms.gle/hnzzg4UH5LVHboHUs8.

July 9, 16

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is July 9. 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 July 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.

July 12

Okanogan County Fair Advisory Committee

OKANOGAN - The Okanogan County Fair Advisory Committee meets the second Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

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Liliana Medel

VANCOUVER - Woman of Wonder, Inc., a nonprofit that funds college scholarships, awarded scholarships for the 2021/2022 academic year to eight women of Washington State including Bridgeport resident Liliana Medel attending the University of Washington. This is the second year that Medel has been a Woman of Wonder scholarship recipient.

“We’re honored to support these incredible women,” said Board President Carol Doane. “Our winners demonstrated commitment to their communities, and their dedication to complete their degrees shows commitment to themselves. We’re excited to see the impact they will have as they pursue their career aspirations.”

Woman of Wonder’s scholarship program is open to residents of Washington state and are submitted through www.theWashBoard.org January 1 through April 10. Candidates are required to provide their FAFSA® EFC number (expected Family Contribution), or their WASFA (Washington Application for State Financial Aid), and two signed letters of recommendation. A guide to help applicants with the apply process is found on the nonprofit’s website, How to apply for a college scholarship.

Uniquely, Woman of Wonder’s gives preference to women who are single parents, women raised by a single parent, or women on their own with little or no support.

This year the decision was difficult due to caliber of the applications. “We were impressed with the pool of the applicants,” said board member Pat Stephens, “We couldn’t have made a bad choice.” This has increased the board’s commitment to boost raise awareness of the nonprofit to potential donors. This is the third year that scholarships have been awarded.

The nonprofit has consistently earned Guidestar’s Seal of Transparency and was named one of Candid’s #GivingTuesday Sweepstakes Winners.

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OBITUARIES

Brett Lee Steele

Brett Lee Steele, Surveyor, Party Chief and long-time resident of Moses Lake passed away unexpectedly on October 10, 2020 at his home.

Brett was born on August 27, 1960 in Klamath Falls, Oregon to Alan and Neva Steele. He was the third of four siblings. They moved to Bridgeport, Washington when Brett was 3. His Father, Alan went to school at Oregon Tech in Klamath Falls receiving his LS in Surveying. His Mother, Neva was a full-time mother, secretary and plat drafter helping with the Survey Business. Brett started learning the Survey profession at a young age. He grew up learning how to work hard and had a good work ethic that he carried with him throughout his life.

Growing up in Bridgeport he spent summers gopher hunting, changing water, catching rattle snakes for local farmers and orchardists and helping his dad survey. Fall and Winter months were busy playing football and downhill skiing. Brett was part of the foreign exchange student program spending a summer in Japan. He had many great experiences with his student exchange family. After graduating from high school in Bridgeport in 1978, Brett spent his first summer with his best friend Kenny Rader touring the United States. Later that year Brett and his father

moved to Alaska surveying. Brett continued surveying in Alaska for 8 years. Working in Alaska, it was common to travel by helicopter to the job site. He had many great stories of wildlife migrations, meeting and learning traditions from Native Alaskans and helicopter skiing.

In 1982, Brett was blessed with a son, Brett Joel Steele (BJ). Brett and BJ moved back to the Bridgeport area to be closer to family and later moved south of Moses Lake in 1989. Brett was a great dad, a good cook, patient parent and taught BJ that great moral code.

Brett worked as a Surveyor Party Chief all his life. He was Co-Owner of Basin Surveying and then later working for Columbia Northwest Engineering for many years.

In 1993, Brett met the love of his life Lisa Steele and they married in 1995. Together they worked hard and were building their retirement home on the Pend Oreille River. He was looking forward to the next phase of his life. God had other plans and graciously called him home while taking a nap on a Saturday afternoon. Brett was a wonderful husband, dad, brother and friend. He is dearly loved and will be missed by all.

Brett is survived by his wife Lisa Steele of 25 years, son Brett Joel Steele (Cyndi) of Spokane Valley, brother



Jerald Steele of Lone, Washington, brother Mark Steele of Bridgeport, Washington and little sister Jann Jenkins (Scott) of Bridgeport, Washington. Nephew and nieces: Jacob Steele, Ephrata; Zach Steele, Mansfield; Jamey Jo Steele, Mansfield; Megan Trautman, Ephrata and Kyle Jenkins, Cheney.

Preceding him in death were his parents Alan Steele and Neva Dezellem, grandparents Ed and Leona Goodrich, Percy and Eula Steele and good friends Bob Matter and Kenny Rader.

Should you wish to send a donation, Brett would be honored to have contributions sent to the Shriner's Hospital in Spokane or the charity of your choice.

There will be a Celebration of Life for Brett on July 3, at 11 a.m. at 131 Box Canyon Road, Lone, Washington. Family and friends are welcome.

Susan Lavina Solorzano

Susan Lavina Solorzano, age 55, passed away June 18 peacefully at home in Brewster, Washington.

Susan was born July 29, 1965 in Brewster, Washington to Thomas and Thelma Murrah. She grew up in Pleasant Valley with her three brothers and one sister and attended school in Okanogan, Washington (Class of 1983).

Susan was a very generous and sweet person. She loved all animals, especially horses and cats. She worked for Custom Apple Packing for about 18 years. Then went to Wenatchee community college and achieved a degree as a Medical Assistant in August 2006. Her favorite job was her current job working for the Pateros School District as a cook for the past 10 years. All of the

students brought a lot of joy to her life.

Susan was baptized as a Jehovah's Witness April 29, 1995 and she enjoyed sharing her faith with others.

Susan is survived by her husband of 39 years Vicente Solorzano, her son Roman Solorzano, daughter Carmela Martinez and her husband Eduardo Martinez, her stepson Jason Solorzano and grandchildren Julian Solorzano, Ella Solorzano, Jax Solorzano and Cruz Solorzano. Brothers Larry Murrah, Jerry Murrah and sister Jeannie Murrah.

She is predeceased by her parents; Thomas Murrah, Thelma Murrah and brother Jimmy Murrah.

A Zoom memorial will be held on July 3, at 1 p.m. Meeting ID:511249408 Pass-



word:029739 for all who would like to attend. Any cards for the family may be sent to POBox 1305 Brewster, WA, 98936.

Please leave any thoughts or memories for the family at www.barneschapel.com. Services are entrusted to Barnes Chapel in Brewster, Washington.

Wilma Viola Bowers

October 19, 1926, to June 5, 2021

Wilma Viola Bowers went to be with the Lord after passing unexpectedly on Saturday June 5, 2021. Wilma, the fifth of five daughters (Alma Beck, Hazel Bowen, Ruth Biggs, Mildred McKee, and Wilma) was born on October 19, 1926, to William and Nancy (Wasson) Hartman in Hillsdale, Oklahoma. She attended elementary school in the Lacy School District and attended her final 8 years in the Hillsdale School District, graduating in 1944. She went to one year of college at Phillips University and shortly after Wilma followed her sister Alma's family to Washington State where they were doing "essential work" in the apple industry during World War II.

It was here Wilma met Larry Bowers who was working as an orchard foreman. Larry and Wilma were married on March 9, 1946, and together they had four children, Dian Bowers Varela (Lupe), Larry Bowers (Carol), Janet Bowers Tolzin (Keith), and Brad Bowers (Jeanette).

Wilma sorted and packed apples for eight years while her children were young, and Larry worked for the Washington State Highway Department. In the early years, the family lived in Mansfield where Wilma took the postal exam and became the assistant postmaster. In 1963 Larry was transferred to Chelan and Wilma took a position as the superintendent's secretary, where she remained for 11 years.

By 1974, all four of Wilma and Larry's children had graduated from Chelan High School and the highway department promoted Larry to a supervisor's position in Omak, Washington. Larry later became district high-

way superintendent and during this time Wilma was employed by Wenatchee Valley College in the fiscal office on the satellite campus in Omak. After retiring, Wilma and Larry spent a great deal of time traveling with the Good Sam Club making many lifelong friends in Arizona. Larry passed away from colon cancer in 1988.

During her time in Arizona Wilma was introduced to Merle Hove from Boone, Iowa. Merle and Wilma were married in 1990. They spent the next several years square dancing, traveling, and enjoying each other's families. Merle and Wilma traveled through much of the United States and especially enjoyed their cruises, including a square dance cruise to the Eastern Caribbean. In 1998 while returning to Chelan for the summer, Merle passed away while Wilma was driving. Wilma courageously contacted help and returned to Chelan. In the year 2000 Wilma returned to Arizona and was introduced to Jim Vetch.

Both Jim and Wilma loved to travel, and they were married in May of 2000.

They took 8 cruises in the five years they were together and due to long term poor health, Jim passed away in January of 2006. Wilma continued to travel to Arizona for the next several years and enjoyed sharing the summers with her children, grandchildren and great grandchildren. Most recently, Wilma moved from Chelan to Wenatchee where she lived at Colonial Vista by Prestige. Once again, she made many good friends and she liked to say that "no grass grew under her feet." Wilma was an active member of the Prestige community spending time playing cards, tossing bean bags, and she was the Wii Bowling



champ on more than one occasion.

During her life, love of God and family were of primary importance to Wilma.

She was a member of the Little Stone Church in Chelan and active in church at Prestige. Wilma loved sports and spent much of her life watching her children and grandchildren engage in athletics. She was also very proud of the accomplishments of each of her family members. Before her passing she wrote down four things that were important to her including:

1. To be obedient and truthful
2. To be considerate of others
3. To be kind to everyone, and
4. To use the bible as a guideline.

She concluded with Psalms 19 and 21; "Let the words of my mouth and the meditations of my heart be acceptable in thy sight, oh Lord my strength, and my redeemer."

Services for Wilma will be held on July 10, 2021 with time and location to be determined. Please check back with the Precht Rose website for time and place.

Please leave any thoughts and memories for Wilma at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

DEATH NOTICES

Perfecto Salazar

Perfecto Salazar, 90, of Brewster, Washington, passed away on June 24, 2021.

Rosary & Visitation at Barnes Chapel, 4-8 p.m., Wednesday, June 30. Services at Sacred Heart Catholic Church in Brewster, 2 p.m., Thursday, July 1,

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

Brian Thomas Wooten

Brian Thomas Wooten, 58, of Brewster, Washington, passed away on June 20, 2021.

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

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~ Matthew 19:26

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

900 Percent Jump in Illegal Aliens Caught on Freight Trains

Charlotte Cuthbertson

UVALDE, Texas—On a single eastbound train line stretching from the border town of Eagle Pass to San Antonio, Texas, Border Patrol agents are dealing with a 911 percent jump in illegal alien apprehensions, according to Customs and Border Protection (CBP).

On that line, Border Patrol stops trains as they near Uvalde, Texas, about 60 miles from the U.S.–Mexico border.

Border Patrol agents have apprehended 3,390 illegal immigrants on the trains they’ve stopped for inspection near Uvalde so far this fiscal year (since Oct. 1, 2020), according to CBP data released on June 23.

During the same period in fiscal 2020, agents arrested 372 illegal aliens.

“Uvalde Station continues to see a troubling increase in migrants encountered during train check operations,” Del Rio Sector Chief Patrol Agent Austin Skero said in a press release on June 23.

“They are found hiding in many dangerous storage areas to avoid detection, putting their lives at risk. With the increase in temperatures during the summer months, this mode of transportation

could turn deadly.” Many are found in dark, sweltering grain hopper compartments. The illegal aliens in the empty grain hoppers generally can’t get out unless someone on the outside of the train cranks open the bottom plate. They get in by cutting the locking wire on the lid, dropping in, and closing the lid.

Others hide wherever they think they can avoid detection. As the train grinds to a halt in Uvalde, it’s common to see a stream of illegal aliens jump off the train and haphazardly run across the road into the brush, or down a street to disappear into a neighborhood.

On June 21, from the four trains stopped by Border Patrol in a five-hour window, agents apprehended at least 43 illegal aliens. Several more got away. All but two were male, and aside from a few Hondurans, most were from Mexico. Several carried knives. Agents were observed checking for gang tattoos on the apprehended individuals.

Authorities will likely return all of those captured to Mexico the same day or the next day. Many of those captured will try again within days.

“The increase in the num-



Charlotte Cuthbertson/The Epoch Times

Border Patrol agents apprehend 21 illegal aliens from Mexico who had hidden in a grain hopper on a freight train heading to San Antonio, near Uvalde, Texas, on June 21, 2021.

[Illegal immigrants] are more aggressive, have assaulted law enforcement, and pose a greater threat to our community.

Don McLaughlin, mayor, Uvalde

ber of illegal immigrants that are going through Uvalde on trains has become a serious problem for Border Patrol, local law enforcement, and our community, as most of these individuals have criminal records or gang affiliation and wouldn’t be allowed in our country,” Uvalde Mayor Don McLaughlin told The Epoch Times on June 23. “They are more aggressive, have assaulted law enforcement, and pose a greater

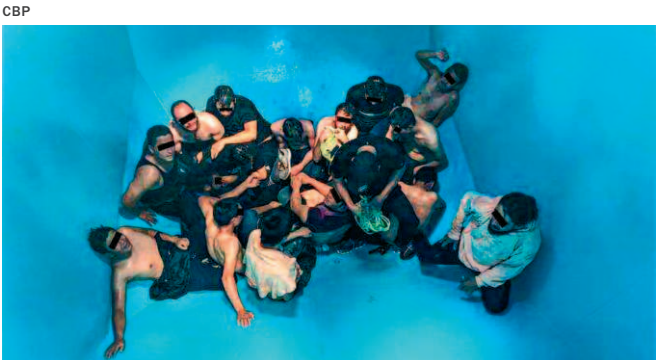
threat to our community. It’s just a matter of time before someone is hurt or there is a loss of life. It’s truly so sad that our federally elected politicians don’t care.”

The number of illegal border crossings has been rising steadily since last October and surged in February after President Joe Biden took office.

In May, CBP apprehended 180,034 individuals illegally entering the United States, the highest number in a single month in 21 years.

In the same month, at least 51,000 illegal aliens evaded apprehension after being detected by Border Patrol, according to numbers obtained by The Epoch Times.

Union Pacific Railroad spokesperson Robynn Tysver told The Epoch Times that the company is “tak-



CBP

Illegal immigrants inside a grain hopper on a train that Border Patrol stopped at Hebbronville, Texas, on June 5, 2021.

ing the issue at Eagle Pass seriously and have assigned extra special agents at the border.”

Tysver said local law enforcement departments have shared jurisdiction with Union Pacific and can charge the illegal immigrants found on the trains with trespassing and/or applicable crimes.

However, Union Pacific itself doesn’t charge aliens with trespassing.

“People who are illegally found on our property are taken into custody by the Border Patrol. We do not cite them for trespassing on top of the federal charges or deportation they already face,” Tysver said via email.

Judge Allows Part of Fulton County Election Lawsuit to Proceed, Plaintiff Claims ‘Victory’

Tom Ozimek

A Georgia judge on June 24 dismissed seven of nine claims in a Fulton County election lawsuit while allowing two to proceed that require the county to produce digital images of some 150,000 mail-in ballots that are at the center of plaintiffs’ allegations of fraud in the 2020 presidential election.

In an order, Henry County Superior Court Chief Judge Brian Amero ruled that the respondents of the lawsuit—Fulton County, Fulton County Board

of Registration and Elections, and Fulton County Clerk of Superior and Magistrate Courts—could not be defendants in the suit due to sovereign immunity protections. However, Amero granted a request by the plaintiffs to add five named individual members of Fulton County’s Board of Registration and Elections as respondents in the case, essentially keeping the suit alive.

Don Samuel, an attorney for the Fulton County elections board, told The Atlanta Journal-Constitution that there

are plans to seek the rest of the lawsuit dismissed. He also said Amero’s ruling means the plaintiffs can’t inspect the absentee ballots with high-powered microscopes as they had intended.

“That litigation is finished,” Samuel told the outlet. “Is there going to be an audit? Not right now. ... There’s no discovery permitted. There’s no lawsuit pending anymore.”

The lead plaintiff in the case, Garland Favorito, said in a statement that he viewed Amero’s order as a win.

“We are pleased that the

court has ruled in our favor again for the fifth time. The ruling substitutes Defendants by replacing currently named government organizations with individual board members we named originally in our lawsuit. It also moots Don Samuels’ attempt to dismiss our case. This continues the string of victories we have including how we obtained the original protective order, conditional approval to inspect ballots, access to ballot images, and the order to unseal the ballots,” he said.

Bob Cheeley, lead attorney for



Megan Varner/Getty Images

An election worker processes absentee ballots at State Farm Arena in Atlanta on Nov. 2, 2020.

two of the petitioners, told Just the News that he believes the ruling will allow the complainants to “get an audit and get to the truth.”

“This is a huge victory for everyone who wants to get to the truth about the way in which Fulton County mishandled the absentee ballot count,” he said.

The plaintiffs in the case secured a win last month when Amero ordered Fulton County to allow the group led by FAVORI-

to to inspect scanned images of 147,000 mail-in ballots.

Cheeley said in court recently that the examiners would use “high-powered microscopes” in the examination, if approved by the judge.

If granted, the audit would be one of the largest independent reviews in the nation conducted after the 2020 election.

Zachary Stieber contributed to this report.

Pennsylvania Senate Passes Constitutional Amendment to Require Voter ID for All Ballots

Isabel Van Brugen

The Pennsylvania Senate on June 23 passed a bill that would amend the state constitution to require that voters present identification each time they cast a ballot.

The measure, SB735, passed in a 30–20 vote, mostly along partisan lines. The proposal was backed by all Republicans and a single Democrat.

Currently, state voters are only required to present identification the first time they vote at a polling station. The measure would require some form of verification every time a ballot is cast, including when voting by mail. It

also proposes amending the voting age in the Pennsylvania Constitution from 21 to 18, making it consistent with the U.S. Constitution.

If both houses of the legislature approve a proposed amendment, or if it is adopted by a state constitutional convention, the measure is put on the ballot in a general election. If a majority of voters then approve, the state constitution is amended.

“It’s clear that Pennsylvania citizens want this common-sense requirement for secure elections,” Republican state Sen. Bob Mensch said in a statement of the bill. “We desperately need to settle on

We desperately need to settle on procedures that restore faith in our elections and aren’t subject to constant change.

State Sen. Bob Mensch

procedures that restore faith in our elections and aren’t subject to constant change. Approval of this measure will ultimately put the matter before voters and, if approved, into the state Constitution.”

State Sen. Steve Santarsiero, a Democrat, said that amending the state constitu-

tion shouldn’t be seen as a solution “every time we may disagree on a particular issue of policy.”

State Sen. Judy Ward, a Republican, cited recent polling that showed strong support for greater voter ID requirements in Pennsylvania.

“This is something that the people of Pennsylvania are begging for,” Ward said.

Others expressed concern over the lengthy process that accompanies obtaining proper identification—something critics argue could discourage some from participating in the electoral process.

“There is very little evidence of systemic voter fraud

in Pennsylvania,” Sen. Sharif Street, a Democrat, said. “We should all be working to try and get as many people to participate in the electoral process as possible.”

Similarly, the nonpartisan Committee of Seventy, which opposes the bill, argued in a statement that voter fraud is “exceedingly rare,” and that sufficient voter ID requirements are already in place.

Just days earlier, the Pennsylvania state House approved House Bill 1300, which would include a requirement that voters present identification, among other measures relating to polls, audits, and procedures.

In their support of the bill, House Republicans said it’s necessary to restore what they described as integrity to the election process in the commonwealth. Other lawmakers said their constituents had pushed them to vote on the bill.

Democrat Gov. Tom Wolf has said several times that he will veto any election-related bill. On June 22, Wolf wrote on Twitter that he wouldn’t sign the House bill into law, saying, “I will veto this bill if it reaches my desk in its current form.”

Jack Phillips contributed to this report.

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TRUTH and TRADITION



A protester argues with a Portland riot officer during a protest in Portland, Ore., on April 16, 2021.

Major Police Departments Losing Officers, Struggling With Recruiting

PETR SVAB

The largest police departments in the United States have seen a steady decline in officers over the past year and a half amid the CCP virus pandemic and a rash of anti-police activism. The top three police departments in the country have lost thousands of officers since 2019, driven by an increase in retirements and resignations on top of recruiting woes. Reports of officers leaving in droves have been coming from other major jurisdictions as well.

Meanwhile, those cities have seen a significant uptick in murders and shootings.

New York City

The largest police agency in the country, the New York Police Department (NYPD) is down about 1,500 officers as retirements jumped to 2,600 last year from 1,509 in 2019, the department's spokesperson told The Epoch Times via email. Another nearly 350 officers had exited by mid-May this year.

Many of the retirements had to do with anti-police sentiment fanned by activist groups during protests and riots that followed the death of convicted felon George Floyd, a black man, during an arrest in Minneapolis last year. The officer had knelt on his neck and back for more than eight minutes as Floyd repeatedly said he couldn't breathe before becoming unresponsive.

Last year, the state of New York outlawed officers from using a knee on a suspect's back or chest as a restraint technique during an arrest. Police officers and experts have criticized the law for criminalizing martial arts techniques routinely used by police to safely subdue resisting subjects.

New York City also implemented new laws regarding



People walk down 16th street after "Defund The Police" was painted in the street near the White House on June 8, 2020.

bail that banned judges from requiring cash bail for most nonviolent and some lower-level violent crimes, resulting in criminals returning to the street quickly after an arrest.

Shootings and murders in the nation's top three cities jumped in 2020.

Officers called the policy demoralizing as it makes their work seem pointless.

The NYPD mounted a large recruitment drive this year, even waiving the usual \$40 application fee, although still falling short of the applicant numbers of a previous drive, according to NYPD Personnel Chief Martin Morales. Part of the reason is that the drive was shorter than usual this time.

Of the more than 14,500 who applied, only about one in nine will make it through the entrance exam and the academy, if past results are any indication, Morales said during a May 18 press conference.

That means there will be about 1,600 new officers sometime next year. By then, thousands more may have left

the force, if the pace of retirements continues.

While overall crime in the city continues to decline slightly, shootings are still on the rise. In 2019, the police reported over 900 people shot, fatally and nonfatally. In 2020, that number more than doubled. This year, 721 have been shot as of June 13—the highest number for this period since 2002.

Chicago

The Chicago Police Department has lost more than 700 officers since 2019, according to data The Epoch Times obtained from the department.

In 2019, the department was able to hire 459 officers. In 2020, that number dropped to 157. This year, 105 have been hired as of April 30, based on the data.

Meanwhile, 646 officers retired or resigned last year, compared to 592 in 2019. This year, 330 have left as of April 30.

And it's not just the old guard leaving, according to John Catanzara, head of the local lodge of the Fraternal Order of Police, the officers' union.

"We have young officers doing lateral transfers, leaving this department and going somewhere else, whether it's

a suburb or out of state entirely," he told The Epoch Times. "I'm talking the same people that they [the city leadership] think are going to pick up the mantle and carry on this police department are the ones that are even saying they had enough."

Earlier this year, the union voted no confidence in Chicago Mayor Lori Lightfoot as well as Police Superintendent David Brown.

Catanzara indicated salary disputes, excessive workloads, and lack of respect for the force as the main areas of friction.

Lightfoot blamed the union leadership for protracting contract negotiations, which Catanzara rejects.

Meanwhile, murders and shooting incidents went up more than 50 percent in 2020 and are up another 5 percent and 18 percent, respectively, this year as of June 13.

Lightfoot blamed the violence on unemployment, poverty, and the fact that people can "purchase military-grade weapons" in neighboring Indiana. Most poor and unemployed people don't engage in murder and shootings, and such incidents almost never involve "military-grade weapons." The favored weapons of inner-city criminals are small, easily concealable handguns.

Los Angeles

The Los Angeles Police Department has lost nearly 600 officers since 2019. That's in major part due to a government hiring freeze instituted in response to the pandemic, as well as the city's decision last year to cut the police budget by \$150 million in response to calls from activists to "defund the police."

The defunding was supposed to cut the staffing level to 9,757 officers by this summer. As of June 21, the department is down to 9,444 officers.

The city somewhat boost-

ANDREW CABALLERO-REYNOLDS/AFP VIA GETTY IMAGES



A firecracker thrown by protesters explodes under police one block from the White House, during a protest following the death of George Floyd, on May 30, 2020.

ed the department's budget this year, which will allow it to start hiring on July 1, LAPD Chief Michel Moore said at the May 25 commissioner meeting. That won't be enough to restore it to pre-pandemic strength, but merely to replenish "staffing levels that were the result of the budget cutbacks that were implemented last year by the mayor and city council," he said.

The city recorded more than 1,300 people shot, fatally and nonfatally, in 2020, an increase of nearly 40 percent from the year before. This year, 626 have been shot as of June 12, up almost 60 percent from the year-earlier period.

Other Agencies

Similar stories of staffing shortages have been coming from other major police departments.

The St. Louis police department has hired 109 officers in 2020 and 2021 by June 2; in the same period, it has lost 192.

"Just as fast as we can hire and get new recruits trained and placed on our police department for patrol work, we are losing police officers at the same or an even faster rate," SLPD Sgt. Christy Allen told The Epoch Times.

There were 264 murders and 3,047 aggravated assaults with a gun in the city in 2020. That's up more than 36 percent and 20 percent, respectively, compared to 2019.

The Seattle Police Department has hired 86 officers in 2020 and through April 2021. In the same period, it



has lost 252, Sgt. Randy Huserik told The Epoch Times via email. Violent crime in the city somewhat declined overall in 2020, although murders went up to 52 from 37 the year before.

In May, Axios reported staffing concerns at the Charlotte-Mecklenburg Police Department in North Carolina, Des Moines Police Department in Iowa, as well as the Fayetteville Police Department in Arkansas.

Cara Ding and Vanessa Serna contributed to this report.

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Administrative

Puzzle Solution

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

Announcements

General Interest

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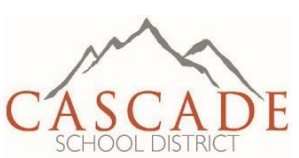
Employment

Help Wanted

Manson Parks
is looking to fill our Seasonal Park Aide/ Launch Attendant position immediately. Schedule is flexible but applicants must be able to work weekends. Duties include cleaning restrooms, emptying trash cans, and checking for payment and ticketing at Old Mill boat launch. Must have current WA Driver License free of major infractions and be able to pass a background check. For more details, please contact us at (509) 679-8735 (call or text), or email robin@mansonparks.com

• **High School Social Studies Teacher**
• **K-8 Sped Ed Teacher**
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.

Help Wanted



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

Icicle River Middle School
6th grade ELA Teacher

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

The Leavenworth Echo
Looking for a part-time job?

We are looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience. Please email a resume to BillF@leavenworthecho.com or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. Equal Opportunity Employer.

Looking for a great local employee?
It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site. **Want Print Only** for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

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

WHAT'S EVENTS HAPPENING
Need to promote your event?
Have you thought about **NCWMarket.com**
the best online promotion available

Help Wanted

PATEROS SCHOOL DISTRICT COMBINED PERMANENT MAINTENANCE, GROUNDS & TRANSPORTATION SUPPORT

This permanent full-time position commences immediately. Eight (8) hour day split between general maintenance, mechanical, and grounds work. FREE training available for Class B CDL with "S" endorsement (passenger and air brakes) for motivated candidates. Hourly starting pay \$21.39-27.87 with medical and retirement benefits. Must favorably pass background check. Salary is dependent on experience. Position open until a qualified applicant hired. All applications processed through FAST TRACK: www.pateros.org>Our District>Employment. Position description available online. Contact employment@pateros.org or the district office at 509-923-2751 x 4 for more information. First review of applications is 7/7/2021. Positions open until filled. EOE

Receptionist-Administrative Assistant

The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/administrative assistant, full-time, Monday-Friday in our Chelan office.
Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants can apply at the Lake Chelan Mirror office 310 E. Johnson Avenue 9 a.m.-5 p.m. or send your resume to: publisher@leavenworthecho.com EOE



qcherald.com

Help Wanted



Retail Sales Assistant Manager position available.
Application period will be open until 6/30/21 Lake Chelan Sports is seeking a year around assistant manager and retail sales associate. We are open seven days a week and applicants must be available to work weekends. Applicants must have retail apparel experience. Salary will be discussed during interview.

Skills include:
• Understanding of sales principles and customer service
• Solid communication and interpersonal skills
• Ability to effectively communicate with customers, peers and management
• Team leader, take initiative and be a problem solver
• Ability to multi task, while being attentive to customers
• Good Computer skills and previous experience with retail Point of Sale Programs
• Physical demands include: constant moving, lifting up to 50 pounds, talking, hearing and reaching
• Merchandising
• **E-mail resume to info@lakechelansports.com or mail to P.O. Box 998 Chelan, WA 98816**

Hiring: Front desk associate

We are looking for a hard working, cheerful receptionist to join our team in Brewster. Responsibilities include greeting patients, answering phone calls, checking insurance, accepting mail, finalizing paperwork and other administrative tasks. Must be fluent in English and Spanish. We are looking for someone who is friendly, organized, and has strong problem solving skills. Integrity is a must. Wages determined by experience. Benefits start with 2 weeks paid vacation, eye care, and bonuses. Hours are Monday through Thursday, 7:30-4:30pm. Please apply at brittneygillespie@gmail.com Learn more about us at GillespieEyeCare.com

Help Wanted

Finance/ HR Director Full-time Organization: Okanogan County Transit Authority (TranGO)
TranGO is looking for a full-time Finance/ HR Director. This position is hourly non-exempt. Compensation is \$28.08-\$39.97 per hour. Benefits include health, dental, vision and life insurance, retirement, sick leave, vacation. Responsible for overall operations in the areas of accounting (including payroll), finance, budget, and procurement. Develops and oversees the Agency's Human Resources Programs including recruitment, selection, labor relations, compensation and benefit administration, staff development, drug testing program and records management in accordance with state, federal and local laws. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to admin@okanogantransit.com or mail to TranGO, PO Box 507, Okanogan WA 98840 Application Deadline: Open until filled. Okanogan County Transit Authority is an Equal Opportunity Employer

For Sale

Apparel

A Variety of Bavarian Clothing for Sale: **PRICES REDUCED !**
Three-Bavarian-styled vests, sizes small-medium, 2 woolen and one velvet. \$15 each. One Loden- grey and green wool suit, German size 44. now \$30
One pink and green dirndl with apron. \$15.
2 aprons, light blue and copper-colored. \$5 each.
One medium-sized long-sleeve white blouse. \$5.
3 girls' dirndls, sizes 6, 8 and 10. \$20 each.
Man's Military green overcoat, Size 38 short \$30.
Contact Carol at The Leavenworth. 215-14th St. or call 548-5286 or cell:670-1723. See photos on NCWMARKET.COM

Help Wanted

Newspaper Advertising Sales person needed.
Come join our sales team. If you enjoy helping our local businesses get their advertisements out to the communities we serve. We have the job for you! The right candidate must be outgoing, personable, honest and knowledgeable on the computer. Training on our software. The Leavenworth Echo 215-14th St. with a resume or call for an interview with Bill or Carol, 509-548-5286.

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Lake Chelan Mirror
Quad City Herald
Call 682-2213

Leavenworth
Cashmere
Call 548-5286

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we can help you sell your old one

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

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• Video • Unlimited description
• Google Map to your location (you can opt out)
• Privacy Link (interested buyers contact you through the site protecting your identity)
Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Legals

Public Notices

BEFORE THE OKANOGAN COUNTY WATER CONSERVANCY BOARD OKANOGAN COUNTY WASHINGTON

Notice of an Application for Change of Water Right to Change Point of Diversion, Add Point of Diversion, Change season of use, and Change Place of Use under Adjudicated Cert. No. 14 (Class III Chiliwist Adjudication -Surface Water Certificate No. S4-67014JWRIS).

TAKE NOTICE: That on August 7th, 2019, Mac & Cass Partnership, LLC of Brewster, WA filed an application number OKAN-19-04 with the Okanogan County Water Conservancy Board to Change/Add Point of Diversion, Change Season of Use and Change Place of Use under Surface Water Certificate No. S4-67014JWRIS.

That said Surface Water Certificate diverts water at 1.6 cfs, 320 acre-feet per year for irrigation of 80 acres within the NW1/4 NE1/4, SE 1/4, and that part of the W1/2 lying easterly of the county road; All of Section 10; AND the N1/2 of Sec. 15; All in T. 32N., R.24E.W.M., AND that part of the W1/2 NW1/4 Section 10, T. 32N., R. 24E.W.M. lying westerly of the county road. That the season of use is April 1 through October 1 each year, and which includes 0.01 cfs as needed, for stockwater and domestic supply. That the authorized point of diversion is located NW¼ of Section 10, T.32N., R24E.W.M.

That the applicant proposes to change/add the point of diversion to an existing diversion located as follows: S½SE¼ of Sec. 22, T. 31N., R.25 E.W.M. That the applicant proposes to irrigate 80 acres within W½ Section 21, and N½NW¼ Section 28, All in T31N, R25E.W.M. from April 1 through November 15.

Any protests or objections to the approval of this application may be filed with the Department of Ecology and must include a detailed statement of the basis for objections; protests must be accompanied by a fifty dollar (\$50) recording fee and filed with the Department of Ecology Cashiering Unit, P.O. Box 47611, Olympia, WA 98504-7611 within thirty (30) days from July 7, 2021.

Any interested party may submit comments, objections, and other information to the Board regarding this application. The comments and information may be submitted in writing or verbally at any public meeting of the Board held to discuss or decide on the application. This application will be on the Board's agenda during its regular meeting to be held on the first Thursday of each month via Zoom conference call until the Board renders a decision on the application. Additionally, the Board, may receive written comments or information through August 7, 2021 by mail to OKWCB c/o Lisa de Vera, 1205 Ormiston Street, Wenatchee, WA 98801 or by email to ldevera@nwi.net.

Published in the Quad City Herald June 30 and July 7, 2021. #2307

Public Notices

BEFORE THE OKANOGAN COUNTY WATER CONSERVANCY BOARD OKANOGAN COUNTY WASHINGTON

Notice of an Application for Change of Water Right to Change Point of Diversion, Add Point of Diversion and Change Place of Use under Surface Water Certificate No. S4-01218C.

TAKE NOTICE: That on August 7th, 2019, Mac & Cass Partnership, LLC of Brewster, WA filed an application number OKAN-19-02 with the Okanogan County Water Conservancy Board to Change/Add Point of Diversion and Change Place of Use under Surface Water Certificate No. S4-01218C.

That said Surface Water Certificate diverts water at 1.67 cfs, 450 acre-feet per year for irrigation of 180 acres within E½NW¼ and W½NE¼ Section 15, SE¼SW¼ and SE¼ of Section 10, all within T. 32 N., R. 24 E.W.M. That the season of use is April 15 through October 15.

That the authorized point of diversion is located 125 feet east and 175 feet north from the center of Section 10, (SW¼NE¼ of Sec. 10), T.32N. R 24 E.W.M.

That the applicant proposes to change the point of diversion to an existing diversion located as follows: S½SE¼ of Sec. 22, T. 31N., R.25 E.W.M. That the applicant proposes to irrigate 180 acres within W½ Section 21, and N½NW¼ Section 28, All in T31N, R25E.W.M. from April 15 through November 15.

Any protests or objections to the approval of this application may be filed with the Department of Ecology and must include a detailed statement of the basis for objections; protests must be accompanied by a fifty dollar (\$50) recording fee and filed with the Department of Ecology Cashiering Unit, P.O. Box 47611, Olympia, WA 98504-7611 within thirty (30) days from July 7, 2021.

Any interested party may submit comments, objections, and other information to the Board regarding this application. The comments and information may be submitted in writing or verbally at any public meeting of the Board held to discuss or decide on the application. This application will be on the Board's agenda during its regular meeting to be held on the first Thursday of each month via Zoom conference call until the Board renders a decision on the application. Additionally, the Board, may receive written comments or information through August 7, 2021 by mail to OKWCB c/o Lisa de Vera, 1205 Ormiston Street, Wenatchee, WA 98801 or by email to ldevera@nwi.net.

Published in the Quad City Herald June 30 and July 7, 2021. #2305

Public Notices

BEFORE THE OKANOGAN COUNTY WATER CONSERVANCY BOARD OKANOGAN COUNTY WASHINGTON

Notice of an Application for Change of Water Right to Change/Add Point of Diversion, Change Season of Use, and Change Place of Use under Ground Water Certificate No. 4070-A w/ chg Vol 1-4, PP137 (G4-CV1-4P137)

TAKE NOTICE: That on August 7th, 2019, Mac & Cass Partnership, LLC of Brewster, WA filed an application number OKAN-19-03 with the Okanogan County Water Conservancy Board to Change/Add Point of Diversion, Change Season of Use, and Change Place of Use under Groundwater Water Certificate No. G4-CV1-4P137.

That said Ground Water Certificate withdraws groundwater at 400 gpm, 320 acre-feet per year for seasonal irrigation of 180 acres within E½SW¼ and SE¼ Sec. 10; E½NW¼ and NE¼ Sec. 15, ALL in T. 32 N., R. 24 E.W.M. That the approved season of use is April 1 through October 1.

That the authorized point of diversion is located 480 feet east and 280 feet north from the center of Section 10, (SW¼NE¼ of Sec. 10), T.32N. R 24 E.W.M.

That the applicant proposes to change the point of diversion to an existing diversion located as follows: S½SE¼ of Sec. 22, T. 31N., R.25 E.W.M. That the applicant proposes to irrigate 180 acres within W½ Section 21, and N½NW¼ Section 28, All in T31N, R25E.W.M. from April 1 through November 15.

Any protests or objections to the approval of this application may be filed with the Department of Ecology and must include a detailed statement of the basis for objections; protests must be accompanied by a fifty dollar (\$50) recording fee and filed with the Department of Ecology Cashiering Unit, P.O. Box 47611, Olympia, WA 98504-7611 within thirty (30) days from July 7, 2021..

Any interested party may submit comments, objections, and other information to the Board regarding this application. The comments and information may be submitted in writing or verbally at any public meeting of the Board held to discuss or decide on the application. This application will be on the Board's agenda during its regular meeting to be held on the first Thursday of each month via Zoom conference call until the Board renders a decision on the application. Additionally, the Board, may receive written comments or information through August 7, 2021 by mail to OKWCB c/o Lisa de Vera, 1205 Ormiston Street, Wenatchee, WA 98801 or by email to ldevera@nwi.net.

Published in the Quad City Herald June 30 and July 7, 2021. #2306

How to take iron supplements

After a short hospital stay for a bleeding ulcer, 78-year-old Mabel became anemic. She was discharged home on medicine to heal her ulcer, plus an iron supplement. Despite taking iron for 3 months, Mabel's blood tests showed she was still low in iron.

When I asked her which iron supplement she was taking, she proudly showed me a bottle of ferrous gluconate 300mg sustained-release capsules instead of the ferrous sulfate tablets originally prescribed.

"The iron tablets they gave me at the hospital really upset my stomach, so the pharmacist recommended this one instead. Besides, those doctors tried to give me a sulfa drug, and I'm allergic to sulfa!" she exclaimed. I explained that ferrous sulfate was very different from a sulfa drug, and she could take it safely.

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron. They created iron-rich water by leaving swords in water to rust or reused the water that blacksmiths used to cool hot iron.

Iron is a critical part of hemoglobin, a protein responsible for carrying oxygen throughout the body. Your body needs four iron atoms to make each molecule of hemoglobin, which also gives blood its distinctive red color. Without enough iron available to make hemoglobin, your blood carries less oxygen, and you become pale and tired.

The most common cause of iron deficiency is blood loss. You can lose blood from stomach bleeding like Mabel, heavy menstrual periods, or from your intestines through ulcers, hemorrhoids, or diverticulitis. You can be low on iron from a poor diet, gastric bypass surgery, kidney disease, or simply need more iron during pregnancy or breastfeeding.



Iron deficiency anemia is treated with iron supplements which provide iron for hemoglobin in your blood and replenish iron stores in your bone marrow. Most people need 100mg to 200mg of elemental iron daily over several months to accomplish this.

Iron supplements can cause stomach pain, constipation, nausea, vomiting, even diarrhea. Iron turns your stools dark and can cause a metallic taste.

The 3 most common iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has 20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron is poorly absorbed and needs an acidic environment for best absorption. Vitamin C (ascorbic acid) improves iron absorption by converting some of it from a less soluble ferric form to a more soluble ferrous form. Vitamin C can increase the amount of iron absorbed from an iron supplement by 10% and from food sources by a factor of four.

Enteric-coated and sustained-release forms of iron are not as well absorbed as rapid-release forms because they dissolve in your intestine instead of your stomach. Your intestines are much less acidic than your stomach, causing less iron to be converted to its more absorbable ferrous form.

Taking iron supplements on an empty stomach, either 30 minutes before or 2-3 hours after eating also improves iron absorption.

Mabel's follow-up blood test showed she was still low in iron. She was taking one capsule daily, but as ferrous gluconate 300mg sustained-release instead of ferrous sulfate 300mg tablets. 300mg ferrous gluconate capsules contain only 36mg of elemental iron, compared to 65mg elemental iron in 300mg ferrous sulfate tablets. We

increased the dose to 2 pills daily to make up the difference.

Here are 7 Tips for Taking Iron Supplements Successfully:

1. Check the amount of elemental iron.

Ferrous gluconate 300mg has 36mg of elemental iron, compared with 65mg in ferrous sulfate. 300mg or 325mg tablets are interchangeable.

2. Try taking them on an empty stomach.

If taking your iron supplement on an empty stomach causes stomach irritation, take it with food instead of skipping doses.

3. Avoid sustained-release or enteric-coated iron supplements.

Although they may cause less intestinal irritation, you'll get less iron from sustained-release, delayed-release, and enteric-coated iron supplements.

4. Take one tablet daily to start.

Take your iron supplement more frequently if instructed to by your doctor. Higher doses of iron are not absorbed as well.

5. Consider using cast iron skillets and pans.

Cooking with cast iron increases the iron content of your food and can treat mild iron deficiency.

6. Add vitamin C to your diet.

One small glass of orange juice or vitamin C tablet improves iron absorption.

7. Keep iron tablets out of the reach of children.

Brightly colored, shiny ferrous gluconate and ferrous sulfate tablets look just like chocolate M&M candies.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-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*. © 2021 Louise Achey

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CROSSWORD PUZZLE

CROSSWORD

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THEME: SUMMER OLYMPICS

ACROSS

- Welsh dog breed
- With juice, or au ____
- Pirate's yes, pl.
- What a subordinate does
- Cigarette residue
- Chimney cleaner
- Coffin holders
- "Sheep be true! ____-ram-ewel!"
- Poisonous Christmas berry
- *First U.S. city to host Summer Olympics
- *Swimmer with most Olympic medals
- Part of a min.
- *Field hockey's stick and ball, e.g.
- Gayle King's network
- Capital of Latvia
- *Canoeing: slalom and ____
- Rhine tributary
- Building annexes
- Three-ply cookie
- *Madison cycling, e.g.
- *"Light ball tap, in volleyball or tennis
- What hoarders do
- Not happening (2 words)
- Half-rotten
- *Martial art debuting in Olympics in 2021
- Make a plaintive cry
- Short for although
- Luau instruments
- *____ horse in gymnastics
- *One of pentathlon events
- Kentucky Derby drink
- Rock in a glass
- Small Asian ungulate
- Spy's cover
- Not a win nor a loss
- Run off to marry
- Eastern Standard Time
- Between shampoo and repeat DOWN
- Corn units
- Rod attachment
- Federal Reserve in relation to U.S. currency
- *Boxing moves
- *All-time Olympic record holder in medal count
- Popular fitness magazine
- Military no-show
- Crowd-sourced review platform
- Mature elvers
- I do this with my little eye
- Tibetan mountaineer
- Slipperier
- ____-been
- London's Tyburn Tree, e.g.
- Kick the bucket
- Thailand's neighbor
- Give sheep a haircut
- A valley in Scotland
- *"Ant-Man" leading actor
- Dostoevsky's "The ____"
- Beethoven's famous symphony
- *2021 Olympic host
- Civil Rights icon
- Long adventure story
- ____ welcome!
- Tree cutters' leftovers
- ____ out, as in victory
- One suffering from tuberculosis
- Chosen few
- Food safety threat
- *Threat to muscles
- Mixture
- Pedal pushers
- Midday slumbers
- High school club
- #6 Down, sing.
- Post-Soviet Mountain union
- Source of protein
- Golf club
- Pat dry
- Final notice?
- Greek sandwiches
- A in AV

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