

Now open on Sunday

Brewster Library reopens with new head librarian

By MIKE MALTAIS
STAFF WRITER

BREWSTER – Typically when a facility receives a freshening up around here that involves something along the lines of a good cleaning, new paint, or different curtains. North Central Libraries’ Brewster branch at 108 S. Third Street went beyond that a bit while it was closed for an extended period during the pandemic by not only slapping on fresh paint and new flooring but even adding a new head librarian, Daniel Blanchard.

Originally from rural north-eastern Oregon, Blanchard received his bachelor’s degree in history and English from Portland State University and a master’s in history from Brown University. He graduated with a master’s in library and information services from the University of Washington. Blanchard’s most recent position was as an archivist with California State University-Dominguez Hills in southern Los Angeles County. He also interned with L.A. County Library and (pre-pandemic) enjoyed providing services and developing and hosting programs for patrons of all ages in East Los Angeles, according to an NCW Libraries media release.

“I am most looking forward to taking full advantage of the recently updated library space



Courtesy NCW Libraries
Daniel Blanchard

and implementing bilingual Spanish supports, services and programs for patrons of all ages in the Brewster area,” Blanchard said.

Blanchard replaces Rebecca Zion who completed her sixth year as NCW’s Brewster branch head librarian last Nov.1.

NCW Libraries is looking forward to welcoming the community to the Brewster library. The public is reminded that due to COVID-19, face masks are still required for all patrons aged five and older, restrooms are closed, furniture is limited, and visits should be 30 minutes or less. They are open: Monday 3-7 p.m., Tuesday 10 a.m.-7 p.m., Wednesday 3-7 p.m., Thursday 10 a.m.-2 p.m., Friday 10 a.m.-2 p.m., closed Saturday, open Sunday 1-5 p.m. They can be reached at 509-689-4046.

Just five months away

Time to start planning for the Okanogan County Fair

SUBMITTED BY THE OKANOGAN COUNTY FAIR ADVISORY COMMITTEE

Are you thinking about the fair?

Spring is here and the planning for the 2021 Okanogan County Fair, Sept. 9-12, is in full swing!

Are you ready? Have you thought about the projects you will be entering? Now is the time to begin planting if you are interested in entering flowers, vegetable and/or fruits. Remember, the biggest pumpkin takes time to grow!

Do you have your livestock project if you are taking one? What is your feed schedule/program to ensure they make weight? What will your educational display teach the spectators at the fair?

Our Queen Whitney Wilson has been busy representing our fair at a variety of community events and has delivered premium books to a variety of local businesses. The book is filled with important deadlines, rules and general information.

A few other things to think about:

- Camping applications are due by June 18.
- Are you a vendor? Have you turned in your application? The fair is always seeking new and returning vendors. If you’re interested in being a vendor, contact the fair office for an application. Applications are due by June 11.
- Preregistration for livestock will be done online through ShoWorks this year. Swine, beef and sheep need to be pre-registered by June 11. Horse registration runs August 1-30. All other animals need to be pre-registered by August 15.

For more information about animal registration, vending or camping application, contact the fair office at 509-422-1621.

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.

Monthly meetings changed

Brewster on approved list for \$6 million wastewater treatment plant upgrade

By MIKE MALTAIS
STAFF WRITER

BREWSTER – A wastewater grant, a pair of public hearings, a coronavirus measure, and a biosolids agreement were among topics discussed at the virtual monthly GoTo Meeting of the Brewster City Council last Wednesday, May 12.

Glenn Farrington filled the council seat vacancy left by Avis Erickson and will serve at least until the November elections.

Public hearings

The council held two public hearings at last week’s meeting. One approved a variance request to reduce the city 15-foot setback at 302 S. First Street to allow sufficient space for the owner to add a small mobile home and workshop. The property in question is located along the river and involves a double setback, the city’s plus a five-foot Douglas



Courtesy nwbiosolids.org

A biosolids spreader works the farm fields near Mansfield as part of the Boulder Park Project operational since 1992. The City of Brewster sells its sewage biosolids to BPP.

PUD setback.

The second was for approval of a nearly \$1 million Community Development Block Grant to be applied to an upgrade of the city’s wastewater treatment plant.

“We’re past the useful life of our plant,” said city clerk/treasurer Misty Ruiz who explained that a treatment plant

is usually effective for about 20 years between upgrades and Brewster’s is beyond that.

One of the improvements will be to the plant’s UV (ultraviolet) system used to disinfect wastewater.

“The newer lights will be more energy efficient and easier to take care of,” Ruiz said.

Earlier this year the city also

applied to the state Department of Health for more than \$6 million in loan and grant funds for the treatment plant renovation, Ruiz said. DOH recently approved the application.

FFCRA

The city approved the Families First Coronavirus Response Act and Emergency Paid Leave to address its employees affected by COVID exposure.

The (FFCRA) was passed by Congress in March 2020 and required certain employers to provide their employees with paid sick leave or expanded family and medical leave for COVID-related reasons.

“What’s happening here is if you are exposed (to the coronavirus) for more than 15 minutes you are supposed to quarantine for at least seven days before we are allowed to give you a check; then you can

SEE PLANT ON PAGE A3

Water, infrastructure, safety, efficiency

Okanogan PUD announces four-part WISE Landscaping series

By MIKE MALTAIS
STAFF WRITER

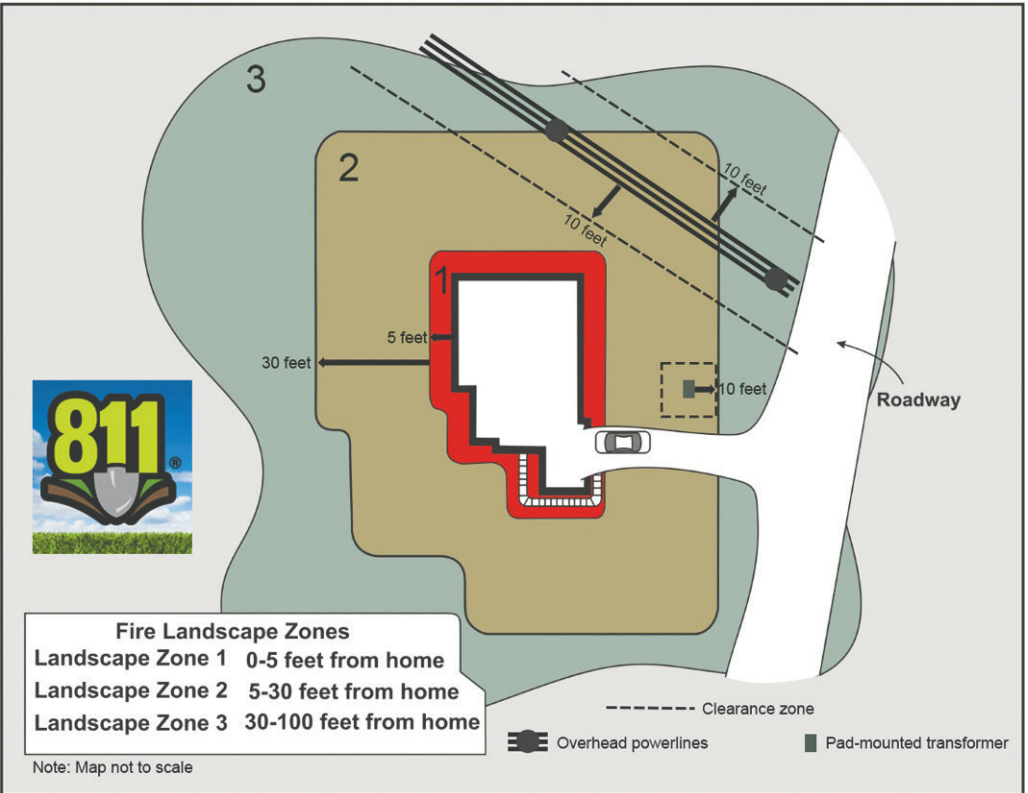
OKANOGAN – The PUD announced a new four-part series last Wednesday, May 12, called WISE (water, infrastructure, safety, efficiency) Landscaping around the home that, along with a zone map, will be posted on its website blog (okanogan-pud.org/behind_the_meter), Facebook page, (facebook.com/OkanoganPUD), and YouTube link to video (youtube.com/watch?v=B6yo6SIF0WD).

The following Part One, produced by Kim Johnson of Energy Services and Sheila Corson, Public Relations Coordinator, addresses safety regarding wildfires and utility infrastructure:

“Home ignition zone” maps show three zones to be aware of around your home, where landscaping choices play a huge factor in wildfire risk.

Zone 1 is the area up to five feet from your home, where you want to avoid any combustible items. Recommended plants should be herbaceous – high moisture content and leafy – not coniferous – wood, oily or with sticky sap. Whatever plants you use, keep them low to the ground and spaced apart to prevent fire from spreading if they were to ignite. Many folks use flammable bark mulch in flower beds against a house, but a fire-resistant option would be rock or hardscaping like paving.

Basically, if you could start



Zone map

a campfire with it, keep it out of Zone 1.

Zone 2 takes you five to 30 feet out from your home. Focus on low to medium sized plants, as well as turf, fire-resistant rock or hardscaping. Whatever you plant, keeping it low and spaced apart will prevent the spread of fire.

In Zone 3, 30-100 feet from your home, you could plant larger trees and shrubs, but it’s still important to keep from planting too close together and

to choose fire-resistant options when possible. You also need to clear out dead fuel material as part of seasonal maintenance (we’ll talk more about maintenance in part four of the series).

There are many other factors to consider, so if you want an assessment of your home, contact the Okanogan Conservation District, okanogandnr.org. You can also sign up for Wildfire Ready Neighbors through the Department of Natural Resources at wildfireready.dnr.

wa.gov.

But whatever zone you plant trees in, watch out for utility infrastructure. Before you plant trees, make sure the mature plant will stay at least 10 feet away from overhead powerlines as it grows. Otherwise, the trees could grow right into the lines and cause a fire. Keep all plants more than 10 feet away from power poles, where they could pose a fire hazard.

SEE WISE ON PAGE A3

SHOP LOCAL

With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, Dining and Events

INSIDE THIS WEEK

Community.....	A1-A4	Business & Services Directory.....	A4
National News.....	A6-A7	Sports, School, Outdoor.....	A5, A10
Births, Obituaries, Death Notices.....	A4	Classified Index	
Church Directory.....	A4	Classifieds/Public Notices.....	A8-A9

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Numbers down almost half

Okanogan County schools face shortage of sports referees

By Mike Maltais
STAFF WRITER

OKANOGAN COUNTY – The COVID pandemic has disrupted daily life in countless areas including school sports programs and the ranks of high school sports referees have not been immune to the changes. Due to COVID-19 adjustments this year's traditional WIAA winter sports are being played in Season 3 that started around mid-May. Pateros, for example played its first basketball game on May 15. Bridgeport will play its first basketball game on May 22.

Winthrop resident Rick Lewis of the Okanogan County Basketball Officials Association (OCBOA) has officiated county high school basketball games for 30 years and is sounding the alarm that Okanogan and Chelan counties are facing a critical shortage of referees going into this revised winter season. Lewis submitted the following assessment based upon his experience and reports from others in his field.

By Rick Lewis, Okanogan



Courtesy Rick Lewis
Tim Lewis. Liberty /bell High School and WSU graduate, referees a high school basketball game.

County Basketball Officials Association

As the 2021 Washington state high school sports season

moves from Covid-19 Season 2 (traditional Spring sports) into Season 3 (traditional Winter sports), the out-of-the-normal

season of May 12-June 19 has found North Central Washington's basketball officials associations in Okanogan and Chelan Counties significantly short of game officials. Early estimates show rosters of game referees are down by as much as 50 percent, with several differing factors playing a role in the loss of game refs.

As of April 30, Okanogan County Basketball Officials Association (OCBOA) Assignor Mike Thornton was reporting only 15 of the normal 25 varsity certified officials have indicated they are returning for the upcoming season to cover varsity, junior varsity, and junior high levels.

The Okanogan County Association needs additional members from local communities to help cover the local middle school and Junior Varsity levels, especially. Game fees vary from about \$25 per game for Middle School to \$40 for High School Junior Varsity and \$50 for High School Varsity. There is some adjustment at the Middle School and Junior Varsity levels for the difference between two-and three-person crews. There is an annual assessment of \$65 that covers both the WOA and local As-



Mike Maltais/QCH

Rick Lewis, right, confers with another referee during a break in a 2018 Brewster High School varsity girls' basketball game.

sociation dues, complete set of books covering rules and the mechanics of officiating, and provides a year subscription to Referee Magazine, a WOA State Pass for all state tournaments and events and insurance coverage through the National Association of Sports Officials. Contact Mike Thornton in Omak at (509) 826-1965 for more information.

In Chelan County, long time referee and member of the Washington Officials Association (WOA) Board of Directors Steve Simonson reports numbers are down about 33 percent in that association.

Numbers might be below 50 percent in the Columbia Basin Association, centered in Grant County and serving most of the area inside the Big Bend of the Columbia outside the eastern tier of counties.

"It would be a great time for those thinking about officiating," said Simonson. "With the

shortage there will be lots of games to ref and with no play-offs or tournaments, a great time to learn about officiating."

WOA Executive Director Todd Stordahl reported that through Seasons 1 and 2 the figures are consistent across all the sports that require game officials. It is still early for firm numbers on Season 3. Stordahl says, though, the WOA is "not sure about basketball officials (yet), but other sports are down about 33-37 percent."

The total number of games is down as some schools are not offering junior high or junior varsity programs this year.

"So that helps," said Stordahl. "It seems like the officials that have opted to officiate have also made themselves available to cover as many games as possible. It still isn't enough, but the effort is definitely there."

SEE SPORTS ON PAGE A3



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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 day-time 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


Corrections

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

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Bringing the community to your door

DOUGLAS COUNTY PUBLIC UTILITY DISTRICT

SUBMITTED BY DOUGLAS COUNTY PUD

EAST WENATHCEE - Awarded Customer Engineer Mike Snyder with his 20 year service award. Commissioner Viebrock thanked Mike on behalf of the citizens of Douglas County for his years of service. Mike thanked the Commission and said “I work with a lot of customers and the way the District is run makes my job easier.”

Awarded Meterman Foreman Darren Robertson with his 25 year service award. Commissioner Viebrock thanked Darren on behalf of the citizens of Douglas County for his years of service. Darren thanked the Commission and said “I enjoy what I do. I have a great crew and this is a great place to work. I’m happy to be here.”

• Heard the bid opening results for bid documents 21-11-D, supply and deliver Bus steel to Lincoln Rock Switchyard and 21-13-D, supply and deliver 230kV breakers to East Wenatchee. All bids will be evaluated prior to a recommendation for contract award.

• Authorized surplus and salvage of Distribution transformers and bushings. These



Courtesy Douglas County PUD

Left to right: Commissioner Viebrock, Mike Snyder, Darren Robertson, Commissioner Simpson, and Commissioner Skagen.

items are no longer in use and have exceeded their life expectancy.

• Awarded contract 21-10-D, supply and deliver tubular steel poles for the Lincoln Rock Switchyard to MICA Steel Works, the lowest responsive bidder.

• Awarded contract 21-11-D, supply and deliver bus support steel for the Lincoln Rock Switchyard to Galvanizers, Inc. the lowest responsive bidder.

• Approved a professional

service agreement with Schnabel Engineering LLC to provide specialized dam safety, geotechnical and civil related engineering services for the Wells Hydroelectric Project.

• Authorized adjustments to certain technical, professional and administrative salaries. An adjustment to salaries of 3.0% and other adjustments to recognize promotions, performance, responsibility and job market trends are necessary to continue to attract and retain a

qualified workforce.

The next meeting of the Commission is scheduled for 1:30 p.m. May 24 at the District’s East Wenatchee Office. The District Office is closed to the public in response to the COVID-19 guidance from Governor Inslee. To comply with the Open Public Meetings act, a conference phone line number will be provided at the top of the Draft Agenda posted on our website under Latest News the Friday before the meeting.

DOUGLAS COUNTY SHERIFF REPORT

May 9
Disturbance at 10th Street and Douglas Avenue in Bridgeport.

May 10
RSO at 301 E. First Ave. in Mansfield.

May 11
Burglary at 1445 Tacoma Ave. I Bridgeport. Parking/abandoned vehicle at 805 State Route 173 on Bridgeport Bar.

May 12
Public assistance in Bridgeport. Child protective services/adult protective

services at 408 State Route 173, No. 1 on Bridgeport Bar. Parking/abandoned vehicle at 64 Arden Ave. on Bridgeport Bar.

Animal problem at 250 Diagonal St. in Bridgeport.

Burglary at 39 Wall Ave. in Mansfield. Civil incident at 320 Ninth St. in Bridgeport. Traffic offense at 1820 Raymond Ave. in Bridgeport.

May 13
Suspicious incident at the 600 block of Columbia Ave. in Bridgeport. Sex offense at 26 Richards Ave. in Bridge-

port. Agency assistance at 26 Richards Ave. in Bridgeport.

Non-injury accident at McNeil Canyon Road, milepost 9 in Mansfield.

May 14
Trespass at 860 State Route 173 on Bridgeport Bar.

Animal problem at 1820 Raymond Ave.in Bridgeport.

Agency assistance at 310 Fairview Ave.in Bridgeport.

Trespass at 400 Fairview Ave. in Bridgeport.

PLANT

CONTINUED FROM PAGE A1

come back to work if you come back negative,” Ruiz said.

When the Emergency Paid Leave Act expired last December city employees were having to use their own accumulated leave to comply with a mandate required by the city. “We’re the ones mandating

that they stay home,” said Ruiz. “It’s really not fair that we are making them take a week’s worth of leave for something we are requiring.”

Boulder Park Agreement
As it has for years past the city ratified its agreement with Boulder Park, Inc. in Mansfield involving the sale of its sewage biosolids for use as farm field fertilizer in Douglas County. The Boulder Park Project has

been operational since 1992.

Monthly meeting change
Beginning in July the council’s regular public meetings will be moved from the third Wednesday of every month to the third Thursday. Mayor Art Smyth, an Advanced Emergency Medical Technician (AEMT) with Douglas-Okanogan Fire District 15 has been on call every Wednesday for more than a decade. That obligation

did not conflict with his council or mayoral commitments until the COVID pandemic came along and EMS callouts increased. The new meeting day will allow Smyth to attend on one of his days off call.

Street Plan
The council scheduled a public hearing concerning the city’s six-year street plan for its next regular meeting at 6 p.m., June 17.

SPORTS

CONTINUED FROM PAGE A2

Of the drop in numbers, the shifting of the season from late November through February to late May and early June seems to be a key factor everywhere. Officiating high schools in Washington is not usually a primary income source, so work responsibilities and the demands of “day jobs” take precedence with individual scheduling and taking time away to travel and call games is more difficult. Covid precautions and a resistance to wearing the state-mandated facial protections are also key in the decision to avoid officiating this year, and the normal general turnover in game of-

ficiating is also present.

Liberty Bell and WSU graduate and current Pullman resident Tim Lewis is a Board member and trainer for the Southeast Washington Basketball Officials Association (SEWBOA). An additional factor in that area is the loss of college student officials as key to that association. With both Washington State and the University of Idaho out for the summer in early May, they will lose significant numbers (about 25 percent) leaving that area to go for summer jobs and graduating seniors leaving the area for good. SEWBOA also depends largely on schoolteachers and staff.

“It’s a lot tougher to ask our schoolteachers to get that sub for their last period so they can drive to Pomeroy or Rosalia

now in the heat of finishing the school year, than it is the week of Christmas break,” said Lewis. “At some point, as selfless as our people are, we have to keep their mental and physical health in mind and working games six nights a week isn’t going to be healthy mentally or physically for 90% of our officials. As much as we try to preach the fun aspect of what we do, there’s still a lot of brain work that goes into refereeing basketball and it can wear on people.”

Most associations while gearing up for the impending season are still ready to accept new members, train them up and set them out with veterans to learn the craft this year. Simonson agrees with the sentiment in this year of

no District, Regional or State tournaments, “it’s a good year to jump in and learn.” There are plenty of games and fewer officials which equals big opportunity to learn, gain experience and discover how rewarding officiating can be.

Applications now available, deadline May 28

New round of funding announced for Okanogan County small businesses

OMAK – The Economic Alliance announced May 10 that a new round of funding is available for the Okanogan County Small Business Support Initiative. Applications became available May 15.

The Department of Commerce has committed \$25,000 in funding for small business assistance. Grants of up to \$2,500 will be awarded to Okanogan County businesses that have been adversely impacted by the COVID-19 public health pandemic.

The intent of this grant is to assist new businesses that started up after March 1, 2020 and that have been in business at least six months with eligible expenses incurred beginning when they started their new business through the date of their application.

All applications will be reviewed based on the following eligibility criteria:

- Business is located within Okanogan County.
- Business is a new business

that started up after March 1, 2020.

- Business has 20 employees or less.
- Business has been in business at least six months.
- Business has a valid UBI number.
- Business has been adversely impacted by the COVID-19 public health pandemic
- See application for additional criteria.

Completed applications can only be considered if the required documentation is included. This includes copies of a Washington State Business License, completed W-9, etc. The application deadline is 5 p.m., May 28.

For more information about the Okanogan County Small Business Support Initiative Grant visit: economic-alliance.com/grants/

Please email Roni Holder-Diefenbach to request an application at rholderdiefenbach@economic-alliance.com or call 509-826-5107.

Candidate filing period is May 17-21

OKANOGAN – Deputy Chief Auditor Jamie Groomes reminds potential office seekers of the following candidacy filing information:

Filing Period

Monday, May 17 through Friday, May 21, 2021. (RCW 29A.24.050)

For more information on what positions are open, filing fees, and any other questions please contact the Elections Department at (509)422-7240 or elections@co.okanogan.wa.us .You can also go to our website at okanogancounty.org/auditor

All Declaration of Candidacy Forms must be in the Auditors

Office by 4:30 p.m., May 21, 2021.

Declaration of Candidacy Forms for Offices that are statewide or involve more than one county, are filed with the Secretary of State in Olympia. For more State candidate filing information go to the Secretary of State web site at votewa.gov.

Special 3-day filing periods

There will be a Special 3-day filing period for non-partisan offices for which no one filed during the regular filing period. A list will appear at the end of the regular filing period. The date of the special 3-day period will be May 26 – 28, 2021, if needed, per RCW29A.24.171.

WISE

CONTINUED FROM PAGE A1

If you have a pad-mount transformer on your property – green electrical boxes on a cement slab – please keep it clear from any plants or other items. If possible, keep 10 feet clearance on all sides, but especially the front to prevent anything from growing into it and causing problems. Utility workers need to be able to easily access it for maintenance. Fencing is OK around the transformer with proper clearances, so long as it can open up on the front of the box for access. Don’t paint

or put anything on top of your transformer – it’s best to just keep it clear.

Before you start digging to plant a tree or a new garden bed, make sure to call 811 two days before you dig. It’s a free service, and public utilities will mark their underground infrastructure for you. Get more information at digsafewa.com.

That’s a quick look at fire and infrastructure safety, but what more can we do? Let’s talk more about efficiency in part two of our series on WISE landscaping. Check out our videos and more on our website, okanoganpud.org, or on our Facebook page.

EMS WEEK MAY 16 - 22



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- OCFD#10; OCFPD#16
- Larry O Smith MPD

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For more info call: Quad City Herald at 509-689-2507

Email to: ruthk@lakechelanmirror.com

DEATH NOTICE

James Virgil Yancey

James Virgil Yancey, 74, of Pateros, Washington, passed away on May 13, 2021.
Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

Have a Community or Sports Story idea?

Contact Mike Maltais at 360-333-8483 or qchreporter@gmail.com

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

COMMUNITY BULLETIN BOARD

Senior Farmers Market Nutrition program

NCW - Call 866-0700 ext. 235 or 800-572-4459 ext 235 and leave your full name mailing address and phone number. Applications will be mailed out in May and vouchers will be mailed out to those who return their completed application during the third week of June. You may also visit online at www.aaccw.org for more information.

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](https://www.facebook.com/douglascountyvso)

Combat Veterans International meeting

WENATCHEE - The Central Washington chapter of the Combat Veterans International meets at different times and places throughout the North Central Washington region. Call Bob Ashford, schedule manager for the Veterans Hall, at 509-669-3741 for more information. All combat-experienced veterans from any era or current residence are welcomed to attend.

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is still serving hot meals Tuesday, Wednesday, and Thursday.

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 not interrupted and 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

Tuesday, Wednesday, Thursday, May 19-20, 25-27

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$8.50. For those 60 and under the cost is \$10.

Senior Menu not available for May 19-20, 25-27

May 19

Virtual Out of Bounds Circus

OMAK - The Omak PAC Foundation brings you Out of Bounds Circus, a free virtual short-form circus show presented by Matt and Heidi Morgan on Wednesday evening, May 19 at 7 p.m. Their short-form circus entertainment is a must see. Matt and Heidi have performed this show for the students of the employees of the United Nations in New York and for schools in Las Vegas. To view this outstanding performance, go to the Omak PAC website at omakpac.org to upload this fun show from the site. The show will be available for viewing for 24 hours.

May 20, 25, 27

'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/j/86358564972 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 CCVSO, DCVSO, Wenatchee Valley College and the Washington State Veteran Corps Navigation project.

May 21, June 11

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is June 11. 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 21, 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 21

Cascadia Conservation District to meet

The regular Cascadia Conservation District board meeting will be an in person and call-in meeting, Friday, May 21, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More

information and instructions will be available on their web site at cascadiacd.org or by calling the District at 509-436-1601.

May 24

Okanogan County PUD meeting

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners will held Monday, May 10 at 3 p.m. For more information okanoganpud.org

May 24

Douglas County PUD meeting

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is May 10 1:30 p.m. at the District's East Wenatchee office. To comply with the Open Public Meetings act due to COVID-19, a conference phone line number will be provided at the top of the Draft Agenda posted on their website under Latest News the Friday before the meeting.

June 3

Brewster Chamber of Commerce to meet

BREWSTER – The Brewster Chamber of Commerce will hold their next general meeting on Thursday, June 3 at 7 p.m. It will also be held via Zoom for those not comfortable meeting in public. Join Zoom Meeting: Meeting ID: 895 8397 7411

Passcode: 676193 . One tap mobile

+12532158782,89583977411# US (Tacoma)

+16699006833,89583977411# US (San Jose)

Go to: us02web.zoom.us/j/kcNDnPF2Ow

June 14

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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Due to lifted Covid-19 state regulations, some churches will be opening up for in person services. Call the church of your choice to see any changes.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

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Saturday Worship 10:45 a.m.

Church: 509-689-3537

17 Hospital Way NE, Brewster

www.brewstersda.com

School: 509-689-3213

115 Valley Road, Brewster

www.brewsteradventistschool.com

Pastor Matthew Axford

CALVARY BAPTIST CHURCH

Sunday Worship 9:30 a.m.

509-689-2920 • 6th & Jay

www.cbcbrewster.com

Pastor Greg Thorn

COMMUNITY LOG CHURCH

Sunday Worship 10 a.m.

509-689-2224 • 501 W. Indian Avenue

www.communitylogchurch.com

Pastor Gordon Wright

HOPE LUTHERAN CHURCH

Sunday Worship 11:00 a.m.

Holy Communion 1st, 3rd, & 5th Sunday

Bible Study & Sunday School 10:00 a.m.

509-689-3106 • 1520 Sunset Dr.

Pastor Kevin Moore

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Wednesday 7 p.m.

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“With men this is impossible; but with God all things are possible.”

~ Matthew 19:26

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

Brewster takes both end of doubleheader from young Bulldogs team

By Mike Maltais
Staff Writer

BREWSTER – The Bears varsity baseball team continued its winning streak with 11-2 and 8-0 wins over the Okanogan Bulldogs on Saturday, May 8.

“We are officially in the midst of a winning streak now and we are going to finish this season strong and going to compete next weekend,” head coach Todd Phillips said.

“AJ Woodward finally got that much deserved win, going the entire way for the second time this season,” said head coach Todd Phillips. “He tallied 13 strike outs which is the second most for any pitcher I’ve coached.”

Phillips said a crowd of former players showed up to celebrate the win.

“It makes you very grateful for the kids you have had the opportunity to coach,” said Phillips. “Even had a player from my first season in Republic show up.”

The Bears struck first when Tyson Schertenleib hit his third double of the season, Brewster worked its way to loaded bases before Schertenleib scored on Brady Wulf’s RBI single.

“We broke it open in the sec-



Courtesy Brewster Bears

Members of this season’s Brewster Bears varsity baseball team include, from left: Cort Gebbers, Grant Baker, Logan McGuire, Blake Burgett, Kash Vandelac, Eric Ramirez, AJ Woodward, Brady Wulf, Zane Madden, Kelson Gebbers, Clayton Isensee, Reese Vassar, Tyson Schertenleib, Cole Aparicio, Arnie Arevalo, Braiden Westerdahl, Connor Bach, Nico Maldonado, and Evan Brooks.

ond. Arnie Arevalo reached on an error and Woodward homered,” said Phillips. “Schertenleib followed with a home run of his own.”

The Bears then went on a little two-out rally when Reese Vassar and Wulf reached base on errors, Kelson Gebbers doubled to plate one of them. The Bulldogs committed two

more errors that led to three more Brewster runs.

“Woodward ran into a little trouble in the fourth and had his only really rough inning,” Phillips said.

Then Okanogan got on the scoreboard with two runs off four hits.

“We took the lead right back to what it was when

Vassar reached on an error, stole second and scored on Wulf’s at bat,” said Phillips. “Eric Ramirez then scored off the bat of Nico Maldonado. We added two more in the fifth when Woodward helped himself off by singling and then scoring on Schertenleib’s

SEE BASEBALL ON PAGE A10

Torres takes a cut during Softball Senior Night



Courtesy Brad Skiff, Bridgeport School District
Bridgeport High School senior Bianca Torres was in the thick of the action during the Fillies’ Senior Night softball game on May 8.

Doubleheader win at home

Lady Bears take two from ACH Warriors

By Mike Maltais
Staff Writer

BREWSTER – The Lady Bears varsity softball team dealt a double loss to the visiting Almira-Coulee-Hartline Lady Warriors in non-conference play on Saturday, March 8.

The first game if the doubleheader was called after five innings per the 10-run rule with the Bears up 13-3. Anah Wulf hit a two-run homer to pace the winning romp.

“The girls have improved so much from the beginning of the season and continue to execute routine plays very well,” head coach Jessie Ham-

mons said.

Game two went the distance with Brewster again coming out the victors, 13-8. It was Wulf again with teammate Abi Boesel hitting balls over the fence.

“We hit extremely well the first inning and then ACH switched pitchers and we struggled a little bit to make the adjustment but ended up scoring one or two runs each inning,” said Hammons. “It’s always fun watching the girls put what we do in practice and transfer it to game situations.”

Last Saturday, May 14, was Senior ‘Night’ for the softball, baseball, and soccer teams.

Enrollment ends May 31 for Washington’s prepaid college savings plan

By Rodger O’Connor,
WA529 Associate Director
for Communications

OLYMPIA—The GET program’s 2020-2021 enrollment period comes to a close on May 31. Washington families still have time to start saving for future college costs with the state’s 529 prepaid tuition program. As a 529 prepaid tuition program, the State of Washington guarantees that a family’s GET savings will keep pace with in-state tuition and state-mandated fees. While GET account values keep pace with in-state tuition, beneficiaries have the freedom to follow their ambitions wherever they choose, as GET can be used at nearly any public or private university, community college, or technical school in the country. GET units can even be used to pay the costs associated with apprenticeships and for certain student loan repayments. The GET program is one of two college savings options offered by Washington College Savings Plans (WA529). The DreamAhead College Investment Plan was launched in 2018 to create additional choice and flexibility for families as they plan for college costs. “With all of the day-to-day distractions over the past year, it’s important to keep in perspective that your child’s dreams and your goals for their future are long-term,” says Washington College Savings Plans director, Luke Minor. “Whether their future plans include college, trade school, or some other form of

post-high school education, GET is a great way to ensure those dreams become reality.” The Guaranteed Education Tuition (GET) program opened in 1998, and since then, thousands of Washington families have saved billions of dollars to go towards their students’ future higher education expenses. To date, GET has distributed over \$1.2 billion to more than 56,000 students who have used their GET accounts to attend college in all 50 states and at least 15 countries worldwide. WA529’s website (wastate529.wa.gov) offers details, charts, planning tools and answers to questions that families may have about the program. Accounts can be opened online, and the GET

Contact Center is ready to help at (800) 955-2318 or GETInfo@wsac.wa.gov.

Washington College Savings Plans Washington College Savings Plans (WA529) offers two 529 college savings programs to Washingtonians: the Guaranteed Education Tuition Program (GET) and the DreamAhead College Investment Plan. Both programs offer individuals and families tax-advantaged options to save for higher education. The Committee on Advanced Tuition Payment and College Savings, commonly referred to as the WA529 Committee, provides oversight and sets program policies. The Washington Student Achievement

Council supports and helps administer the programs, based on the Committee’s direction. The five-member committee consists of the executive director of the Washington Student Achievement Council, the State Treasurer, the director of the Office of Financial Management, and two citizen representatives. The State Actuary and GET’s State Investment Board liaison provide expertise and advise the committee as needed.

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Border Patrol Union: Impossible to Protect American Public With Open Border

CHARLOTTE CUTHBERTSON

McALLEN, Texas—The most concerning aspect of the border crisis is the increasing number of illegal aliens who are getting away, says National Border Patrol Council President Brandon Judd.

“We don’t know who they are, where they’re from, or what their intentions are,” Judd told The Epoch Times. “When you look at border security, when you look at the border, we have to be able to identify who’s coming into the United States. And if we can’t do that, it’s impossible to protect the American public.”

In February, Border Patrol estimated that around 30,000 illegal aliens crossed the U.S.-Mexico border and evaded capture; in March, it was around 37,000; and the preliminary numbers for April show around 42,600 escaped. That’s about 1,400 per day.

On May 5, the Webb County Sheriff’s Office discovered 76 illegal im-

migrants locked inside a residence in Laredo, Texas.

On top of that, Judd said, “it’s very fair to say that there’s a large number of people that are able to get away that we don’t even detect.”

Some of those illegal aliens who manage to bypass Border Patrol then end up getting picked up during a high-speed vehicle chase, or locked in a tractor-trailer unit, or packed by the dozens in a stash house. Others die on ranchland trying to get around a Border Patrol checkpoint, or they’re abandoned by a smuggler because they get sick.

“As long as we continue to, in essence, encourage people to cross our borders illegally, we’re going to continue to see the stash houses, we’re going to continue to see the boats, we’re going to continue to see the semis filled with people,” Judd said.

Border Patrol agents in the Laredo sector have been involved in dismantling about



Seventy-six illegal immigrants are discovered in a stash house in Laredo, Texas, on May 5, 2021.

When we do not remove people who crossed the border illegally, that is, in fact, an open border.

Brandon Judd, president, National Border Patrol Council

140 stash houses since Oct. 1, 2020—a 230 percent increase over the total found during the entire previous fiscal year.

Uvalde Mayor Don McLaughlin told The Epoch Times that on May 6, a vehicle traveling through

town at 140 miles per hour crashed through two buildings while trying to evade law enforcement.

Sheriff Pinky Gonzales of Refugio County, Texas, said he’s calculated more than 3,000 deputy man-hours since January to deal with cross-border crime.

“We have just been overwhelmed, overwhelmed with these cases. I have 13 deputies working around the clock, and sometimes I have to call those that are off to come help us,” Gonzales said.

Further north, in Lavaca County, Sheriff Micah Harmon said his deputies have dealt with numerous ve-

hicle pursuits and bailouts.

On the state level, Gov. Greg Abbott launched Operation Lone Star on March 6 in response to the burgeoning number of illegal border crossings, as well as human and drug smuggling throughout the state.

During the first four weeks of the operation, Texas Department of Public Safety officers referred more than 16,000 illegal immigrants to Customs and Border Protection and arrested 598 criminals, Abbott said on April 1. In addition, state troopers seized 14 pounds of cocaine, 23 firearms, and almost \$1 million in currency and ar-

rested nine gang members involved in smuggling contraband, he said.

Judd said he doesn’t see anything on the horizon from the Biden administration that will reduce the trajectory of illegal activity at the border.

“When we do not remove people who crossed the border illegally, that is, in fact, an open border,” he said. “And I think that as the American public starts to recognize and realize this, I think that there’s going to be a huge outcry. I think there’s going to be a huge pushback. Unfortunately, the damage has already been done.”

Americans Poorly Informed on Deficit, Police Shootings, Health Insurance Coverage, Poll Shows

PETR SVAB

Americans had trouble picking the right answer on several politically salient topics, a poll of likely voters shows. Supporters of President Joe Biden were wrong more often than those who disapprove of the president, although on no question did a majority of respondents answer correctly.

Fewer than one in five of those approving of Biden correctly approximated the current national debt by picking the right \$10 trillion range. About two in five of those who disapprove of the president picked the closest answer (\$20 trillion to \$30 trillion), according to forthcoming results of the Rasmussen/Heartland Institute poll obtained by The Epoch Times.

The national debt was



Protesters march through Larimer Square in Denver, Colo., on April 17, 2021.

about \$28 trillion as of mid-April.

When asked about the extent of health insurance coverage, only about 5 percent of Biden supporters picked the right answer—that less than 10 percent of Americans were uninsured in 2019 before the COVID-19 pandemic. About 20 percent of Biden opponents chose correctly.

As of 2019, about 29 million Americans lacked health coverage, which was less than 9 percent of the population. The number rose to about 31 million in 2020, according to estimates by the Congressional Budget Office (CBO).

When asked about fatal police shootings of unarmed black men, fewer than one in four Biden

Supporters of President Joe Biden were wrong more often than those who disapprove of the president.

supporters correctly answered that less than 50 cases occurred last year. The exact number was 26, according to a tally kept by The Washington Post. About two-thirds of those who disapprove of Biden picked the right answer.

A majority of Biden opponents, however, overestimated how many white Americans were shot dead by police. Less than a third said it was fewer than 50, which is correct as the actual number was 37. Biden supporters fared better on the question, but still only

about two in five answered correctly.

Most Biden opponents also underestimated how many rifle homicides occur each year in America. Only about 14 percent picked the right option of 100–500. While a majority of Biden supporters also got it wrong, fewer did, with about 30 percent giving the right answer.

When it came to what the top marginal income tax is, about one in four Biden supporters picked the right answer. Among those opposing Biden, close to 40 percent chose correctly.

The top tax bracket is currently 37 percent, down from more than 39 percent before President Donald Trump’s 2017 tax reform.

People who picked CNN, MSNBC, NBC, ABC, or CBS as their favorite cable or broadcast news source were less likely to choose

the right answers than those picking Fox News or “another” network. People who said they were getting their news primarily from talk radio tended to be the most accurate, compared to people who identified cable news, network news, online and social media, or streaming services as their primary source.

Those who said they use “a mix of services” as their primary source also fared comparatively well.

The poll was conducted between April 29 and May 3 among 2,000 likely voters by Rasmussen for The Heartland Institute, a conservative-leaning think tank. The pollster also asked about climate change, where the results showed Biden supporters being more pessimistic than establishment experts about the consequences of global warming.

DHS Cybersecurity Chief Warns That More Ransomware Attacks on Infrastructure Are Likely Following Colonial Attack

JACK PHILLIPS

The head of the Department of Homeland Security’s (DHS) cybersecurity agency warned that following the ransomware attack that shut down the Colonial Pipeline, more and more attacks may hit American infrastructure and businesses in the near future.

Acting Cybersecurity and Infrastructure Security

Agency (CISA) Director Brandon Wales made that assertion before the Senate Homeland Security Committee on May 13.

Wales was asked by a senator about whether more ransomware attacks would occur following the success of the Colonial Pipeline hack last week. “That is true,” Wales responded.

Some lawmakers during the hearing suggested that

there need to be more cybersecurity safeguards regarding critical infrastructure controlled by private entities.

“These VADR assessments have proven effective at identifying a wide range of potential vulnerabilities within pipeline systems—some of which have been publicly distilled,” wrote Rep. John Katko (R-N.Y.) in a letter to Wales.

“Better understanding common security flaws and common misconfiguration issues is in everyone’s best interests, and these aggregated insights will help enhance national resilience. For this reason, my CISA appropriations request sent last week proposed an increase of 50 percent for the infrastructure analysis mission in the NRMCM’s budget.”

Wales meanwhile said that, no, he didn’t believe the Colonial would have contacted CISA if the FBI hadn’t acted.

“I think that there is benefit when CISA is brought

in quickly,” Wales said.

The FBI earlier this week confirmed that a hacking group known as Darkside, which produces ransomware, was behind the Colonial breach. White House officials later said that Darkside is believed to operate inside Russia, although they stressed that the Russian government wasn’t behind the attack.

The shutdown of the pipeline, a 5,500-mile-long network that spans from the Gulf Coast to New York, triggered significant fuel shortages at many gas stations in North Carolina, Maryland, Tennessee,

Georgia, Virginia, Washington, and several other states.

One of the reasons for the shortage, according to GasBuddy’s Patrick De Haan, was panic buying. De Haan, on Twitter and in an interview with The Epoch Times on May 12, said that when motorists see long lines at the pump, they will often join them, exacerbating the shortage.

De Haan early on May 14 said that demand for gasoline fell 7 percent on May 13 from May 6 a week before, suggesting that “many filled their tanks and have enough fuel.”

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Pelosi: House Lawmakers Reach Agreement on Jan. 6 Capitol Breach Commission

JACK PHILLIPS

House Representatives on the Homeland Security Committee came to an agreement on a bill to establish a 9/11-style commission on the Jan. 6 Capitol breach—which was pushed by House Speaker Nancy Pelosi (D-Calif.) in recent months.

The bill, according to members of the committee, would include an equal number of Democrats and Republicans.

“It is imperative that we seek the truth of what happened on January 6 with an independent, bipartisan 9/11-type Commission to examine and report upon the facts, causes and security” of the incident, Pelosi said in a statement.

Members of the commission will be law enforcement experts, civil liberties, cybersecurity, and civil rights, the committee said in a news release. It will also have the ability to issue subpoenas for information related to their information, although the subpoenas will require a

bipartisan vote.

The 10-person commission will look into the factors that caused the incident and the “influencing factors that may have provoked the attack on our democracy,” said a press release from the committee.

“I am pleased that after many months of intensive discussion, Ranking Member Katko and I were able to reach a bipartisan agreement,” Rep. Bennie Thompson (D-Miss.), the head of the Homeland Security panel, said in a statement. “The creation of this commission is our way of taking responsibility for protecting the US Capitol.” He was referring to Rep. John Katko (R-N.Y.), the ranking member on the committee, who notably was among 10 Republicans to vote to impeach former President Donald Trump over his Jan. 6 speech that House Democrats claimed incited the Jan. 6 breach.

House Minority Leader Kevin McCarthy (R-Calif.) said that the commission needs to examine events outside of the Jan. 6 breach,



Speaker of the House Nancy Pelosi (D-Calif.) answers questions during her weekly press conference in Washington on May 13, 2021.

including deadly riots that erupted across the United States last summer.

“If this commission is going to come forward to tell us how to protect this facility in the future, you want to make sure that the scope, that you can look at all that came up before and what came up after. So that’s very concerning to me,” the California Republican told reporters on

Friday. Previously, Senate Minority Leader Mitch McConnell (R-Ky.) said the commission should expand its investigation into other civil unrest.

Trump, for his part, said that House Democrats—in their impeachment effort—made false accusations against him and accused them of continuing a “witch hunt” during his presidency. In his

The commission will have the ability to issue subpoenas for information related to their information.

speech to supporters, the former president told them to “fight like hell” but it appeared to refer to political engagement, not violence. He also said, “I know that everyone here will soon be marching over to the Capitol building to peacefully and patriotically make your voices heard.”

And some have criticized claims made by House impeachment managers regarding the death of Capitol Police officer Brian Sicknick—whose death was later revealed by the D.C. Medical Examiner’s office to have been caused by a stroke and his manner of death was deemed natural—saying they were later proven to be incorrect.

During the impeachment,

House Democrats, citing reports from the New York Times and other media, had claimed that Sicknick was beaten to death by a group of protesters on Jan. 6 before the NY Times updated its report to say there was no evidence to support that claim. For its initial report, the NY Times and other media had cited anonymous sources for the claim that Sicknick was killed by demonstrators.

Julian Elie Khater, 32, of Pennsylvania, and George Pierre Tanios, 39, of Morgantown, West Virginia, were charged with assaulting Sicknick with a chemical spray, officials said in March.

According to court documents, prosecutors said that Khater told Tanios to “give me that bear [expletive],” possibly referring to bear spray, which is a non-lethal deterrent designed to stop aggressive behavior in bears and other wildlife. The documents then stated that Khater is seen in a video spraying a canister into the face of Sicknick and other officers.

DHS Creating New Intelligence Unit to Focus on Domestic Terrorism

KATABELLA ROBERTS

The Department of Homeland Security (DHS) is establishing a new dedicated intelligence team to focus on domestic terrorism, Secretary Alejandro Mayorkas announced on May 11.

The new dedicated domestic terrorism branch within the department’s Office of Intelligence and Analysis (I&A) is designed to “ensure DHS develops the expertise necessary to produce the sound, timely intelligence needed to combat threats posed by domestic terrorism and targeted violence,” the agency said in a statement.

In addition, DHS’s recently initiated Center for Prevention Programs and Partnerships (CP3) to address domestic violent extremism will replace the Office for Targeted Violence and Terrorism Prevention.

Mayorkas said the CP3 will improve the department’s ability to combat terrorism and targeted violence, consistent with privacy protections, civil rights and civil liberties, and other applicable laws.

It will also “help build local prevention frameworks to provide communities with the tools they need to combat terrorism and targeted violence,” Mayorkas said.

Federal law enforcement has been widely criticized for its response to the Jan. 6 breach of the U.S. Capitol building.

Mayorkas’s announcement came one day before he appeared before the U.S. Senate Appropriations



Department of Homeland Security Secretary Alejandro Mayorkas testifies before a Senate Homeland Security and Governmental Affairs hearing, on Capitol Hill in Washington on May 13, 2021.

[Office of Intelligence and Analysis is to] ensure DHS develops the expertise necessary to produce the sound, timely intelligence needed to combat threats.

Department of Homeland Security

Committee to testify in a hearing about the current threat posed by domestic extremists, titled “Domestic Violent Extremism in America.”

Mayorkas told lawmakers that the threat to the United States is now “more complex, more dynamic, and more diversified,” and often fueled by “false narratives, conspiracy theories, and extremist rhetoric spread

throughout social media and other online platforms.”

“Today, racially or ethnically motivated violent extremists are the most likely to conduct mass-casualty attacks against civilians; and anti-government or anti-authority violent extremists, specifically militia violent extremists, are the most likely to target law enforcement, government personnel, and government facilities,” Mayorkas said.

He said the department is taking a new approach to addressing domestic violent extremism, both internally and externally, and will focus more on how extremists exploit and leverage social media and other online platforms.

In March, a report released by the Office of the Director of National Intelligence warned that racially motivated extremists and militia violent extremists pose the most lethal domestic terrorism threats to the United States.

Facebook Urged by State AGs to Abandon Plan for Children’s Instagram

JANITA KAN

A bipartisan coalition of state attorneys general is urging Facebook to abandon its plans to create a platform for children under the age of 13.

The group sent a letter to Facebook CEO Mark Zuckerberg arguing that the use of social media can be detrimental to children and that the company had previously failed to protect the welfare of children on its platforms.

“The attorneys general have an interest in protecting our youngest citizens, and Facebook’s plans to create a platform where kids under the age of 13 are encouraged to share content online is contrary to that interest,” they wrote in their letter.

A BuzzFeed report that cited an internal company post revealed the plans. The post stated that executives at Instagram were considering building a version of the photo-sharing app for children under the age of

13. Under the current Instagram policy, users must be 13 or older to use the application.

The top law enforcement officials from 44 states and territories expressed concerns over the plan, citing research that links the use of social media by young people could lead to an “increase in mental distress, self-injurious behavior, and suicidality among youth.” Other research cited in the letter found that selfie viewing has led to “decreased self-esteem” and “decreased life satisfaction.”

The officials also argued that young children also aren’t equipped to handle challenges associated with having an Instagram account including having an understanding of privacy, the appropriateness of what content can be shared, the permanency of the content, and who has access to content shared online. They warned that cyberbullying could be exacerbated by such a platform.

They also cited Facebook’s historical failure to protect children in the past on similar projects such as the Facebook Messenger Kids app. That messenger app, the attorneys general argue, contained a glitch that allowed children to circumvent restrictions and join group chats with strangers that weren’t previously approved by the children’s parents.

They also took issue with a recent “mistake” of Instagram’s algorithm that promoted diet content to users with eating disorders.

“It appears that Facebook is not responding to a need, but instead creating one, as this platform appeals primarily to children who otherwise do not or would not have an Instagram account. In short, an Instagram platform for young children is harmful for myriad reasons,” they wrote.

Facebook, which owns Instagram, didn’t immediately respond to a request by The Epoch Times for comment.

House GOP Votes Stefanik as Replacement for Cheney

ZACHARY STIEBER

House Republicans on May 14 elevated Rep. Elise Stefanik (R-N.Y.) to one of their caucuses’ most powerful positions, two days after they ousted Rep. Liz Cheney (R-Wyo.) from the same post.

The House GOP voted Stefanik, 36, as House Republican Conference chair over challenger Rep. Chip Roy (R-Texas), 48.

The vote, which took place behind closed doors,

was 134–46.

“I want to congratulate Elise Stefanik and welcome her to the leadership team,” House Republican Leader Kevin McCarthy (R-Calif.) told a press conference.

Roy, a member of the House Freedom Caucus, launched a last-second bid on May 13, with supporters arguing that he would better represent Republicans. He said after the vote that he would support Stefanik, whom he described as a friend and colleague.

Stefanik said she was focused “on unifying our Conference” after Cheney rankled most members by continuing to attack former President Donald Trump, who garnered a record number of votes for a Republican candidate in 2020.

Trump threw his weight behind Stefanik earlier in the week, calling her a “gifted communicator” who “has experience flipping districts from Blue to Red as we approach the important 2022 midterms.”

“I PASS ON YOUR ARTICLES TO ENLIGHTEN SOME OF THE UNENLIGHTENED.” —Philip Lewis

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Employment

Help Wanted

**THREE RIVERS
HOSPITAL**

**OR Manager
Full-Time**

Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Monday-Friday, 8-hour shifts. No call time. Sign-on bonus: \$5,000.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
[www.threerivershospital.net
opportunity@trhospital.net](mailto:opportunity@trhospital.net)
EOE


Help Wanted

**UVCares**
Nonprofit Organization Ensuring
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18 hours per week
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Coverage via
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**THREE RIVERS
HOSPITAL**

Med/Surg RNs
Full-time Nights

Three Rivers Hospital is seeking a Med/Surg RN to perform general nursing duties in an acute care setting with adequate supervision. Current WA State RN license and must have current BLS/CPR & obtain ACLS certification within one year. Rotating days and includes some weekends. Sign-on bonus: \$5,000.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
[www.threerivershospital.net
opportunity@trhospital.net](mailto:opportunity@trhospital.net)
EOE


Brewster School District is accepting applications for the following teaching positions for the 2021-22 school year.

- * Elementary Teacher (Grades K-6)
- * STEM Technology Instructor (6-8 Grade)
- * Agriculture/ Technology Education Instructor
- * Instructional Coach Position
- * K-12 ELL Teacher
- * Transitional Kindergarten Teacher

Applications and job descriptions may be obtained on the district's website www.brewsterbears.org or by calling the district office 509-689-3418. These positions are open until filled. Brewster School District is an EOE.

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Help Wanted

**CASCADE
SCHOOL DISTRICT**


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

Alpine Lakes
Intervention/Title 1
Para Educator

Beaver Valley
Para Educator

Icicle River Middle School
Special Education
Para Educator

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

**THREE RIVERS
HOSPITAL**

Family Practice
Nurse Practitioner or
Physician Assistant

Three Rivers Hospital is seeking a Nurse Practitioner or Physician Assistant in our family practice clinic. Candidate must have a valid WA State NP or PA-C license. Minimum of five years' experience in a medical setting is required. Sign-on bonus: \$5,000. Full-time benefits.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
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opportunity@trhospital.net](mailto:opportunity@trhospital.net)
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Jamie's Place is an innovative Adult Family Home specializing in dementia, looking for individuals with a heart for the elderly. We offer a one-time \$1,000 sign-on bonus for the first 2 qualified candidates. HCA or CNA preferred but willing to train the right candidate. Competitive wages and generous PTO. The full job description on our website jamiesplacehomes.org/jobs Pick up an application at 109 Norfolk Rd. in Winthrop or call 509-996-4417.

**CHELAN COUNTY
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TOUR GUIDE
Greet the public at the Rocky Reach Discovery Center, provide dynamic tours and assist with educational presentations to visitors. This is a seasonal position, late July to Dec. 2021. Visit our Website at chelanpud.org for complete details and to apply online. EOE, including disability/vets

**qcherald.com**

Help Wanted

The North Central Educational Service District is seeking a qualified individual for the following position:

Desktop Support
Technician
Bridgeport School District and possibly districts in Chelan, Douglas, Okanogan and Grant Counties
260-days/ year,
8-hours/ day
Applications are accepted on-line only. If you have any questions regarding our on-line process please contact
Human Resources at
NCESD, 430 Olds Station Rd., Wenatchee, WA 98801, 509.667.7100 or
<http://www.ncesd.org>
A completed application packet is required. Equal Opportunity Employer


**THREE RIVERS
HOSPITAL**

**OR Circulator Nurse
Full-time**

Three Rivers Hospital is seeking an OR Circulator Nurse. Current WA State RN license. Two years' experience as a full-time circulator. BLS and ACLS certifications. Basic computer skills. Monday-Friday, 8-hour shifts. No call time. Sign-on bonus: \$5,000.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
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**wheatland bank**

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Wheatland Bank seeks upbeat and energetic individual with outstanding customer service skills to work on a full-time basis, in our Chelan branch.

Will perform a variety of teller services such as greeting customers, processing deposits and withdrawals, customer account maintenance, and educating customers on bank products and services. Previous cash handling and customer service experience desired. This is a fully benefitted position.

Wheatland Bank
Email:
hr@wheatlandbank.com

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Help Wanted


**THREE RIVERS
HOSPITAL**

Certified Occupational Therapist Assistant
Full-time

Three Rivers Hospital is seeking a Certified Occupational Therapist Assistant (COTA) to provide therapeutic services to enhance the goals and objectives with patient care directed by the OT. The COTA will be responsible for implementing programs developed by the OT in compliance with all local, state, and federal regulations. Graduate of an accredited OT Assistant program. Certification as OT Assistant in the state of WA with valid license. Two years' work experience in a hospital setting and/or swing bed program is preferred. Current BLS.

Interested Candidates may apply in person or by mailing their resume to:

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Human Resources Dept.
PO Box 577
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opportunity@trhospital.net](mailto:opportunity@trhospital.net)
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**THREE RIVERS
HOSPITAL**


**Director of Quality
Full-time**

Three Rivers Hospital is seeking a Director of Quality to manage our quality program, including risk and compliance. Registered Nurse with a BSN degree is preferred; however, a minimum of a bachelor's degree in Business or related field may be considered. Three to five years healthcare experience is preferred. Strong skills required: organizational, interpersonal, communication, analytical, risk assessment, computer, statistics & math, and problem-solving. Attention to detail and a high moral integrity is crucial.

Interested Candidates may apply in person or by mailing their resume to:

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opportunity@trhospital.net](mailto:opportunity@trhospital.net)
EOE

Help Wanted

**THREE RIVERS
HOSPITAL**

**Informatics RN
Full-time**

Three Rivers Hospital is seeking an Informatics RN to support the hospital and clinic in the application of the EMR. Experience teaching clinicians with EMR, strategic planning and development, and familiar with continuous quality improvement methods is preferred. Strong computer skills and experience working with healthcare informatics systems. Excellent interpersonal skills required. Current WA State RN license required; BSN preferred.

Interested Candidates may apply in person or by mailing their resume to:

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EOE

**THREE RIVERS
HOSPITAL**

**OCCUPATIONAL
THERAPIST
Full-time**

Three Rivers Hospital is seeking a full-time Occupational Therapist. This position practices in the hospital and/or clinic setting for inpatient and/or outpatient care. Includes oversight of the hospital swing bed program. A bachelor's degree in Occupational Therapy from an accredited/AOTA approved OT program is required, and studies were accredited by the APTA. Current WA State OT license. Two years' work experience preferred. BLS required. Must have strong communication and interpersonal skills.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
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Organization: Okanogan County Transit Authority (TranGO)
TranGO is looking for four (4) transit drivers; one full-time (36 – 40 hours per week) and one part-time (10+ hours per week) position based in Okanogan, and two full-time in Twisp, WA. These positions are hourly non-exempt. Compensation is \$19.06-\$20.62 per hour. Benefits include health, dental, vision and life insurance, retirement, sick leave, vacation for full-time. Must have a minimum Class B CDL with Passenger Endorsement. 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 clerk@okanogantransit.com
Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Help Wanted



Retail Sales Assistant Manager position available.
Application period will be open until 5/20/21
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**

PATEROS SCHOOL DISTRICT
JUNIOR HIGH MATH/ TK-8TH GRADE PE TEACHER

All applications processed through FAST TRACK: www.pateros.org
Our District>Employment. Job announcement and 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 will be 5/26/2021. Position open until filled. EOE

Help Wanted



LAB TECHNICIAN/ TECHNOLOGIST
Full-time

Three Rivers Hospital is seeking a Lab Tech to perform various technical, clerical and information systems related procedures in Chemistry, Hematology, Microbiology, Blood Bank. A.S Degree in Medical Laboratory Technology or related scientific field with a one-year internship or one year of clinical experience. Professional certification as a MLT (ASCP) or equivalent is highly recommended. Friday – Sunday, will include after-hours call-time. Sign-on Bonus: \$1,500.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
PO Box 577
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EOE

Help Wanted

Boat operator needed on Columbia River near Chelan / Pateros. Must have a current boater card issued by Washington state. Individual needs experience operating a personal boat. Fishermen who have previously ran boats are well suited. Temporary position. Job lasts from approximately April 10 to June 20. Selected individuals will be able to work 20-40 hours per week at 8 hours per day, with flexible schedules. Pay starts at \$16.00 per hour. More info and contact at 509-679-0384

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Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR KING COUNTY IN THE MATTER OF THE ESTATE OF ARTHUR C. DAVIS, Deceased.
No. 21-4-02646-3SEA PROBATE NOTICE TO CREDITORS RCW 11.40.030

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Personal Representative: James R. Wright 725 1st St S., #304 Kirkland, WA 98033 Attorney for Estate: Caleb M. Stewart Oseran Hahn, P.S. 929 108th Avenue NE, Suite 1200 Bellevue, WA 98004 Telephone: 425-455-3900 FAX: 425-455-9201 DATE OF FIRST PUBLICATION: May 5, 2021 COURT OF PROBATE PROCEEDINGS: King County Superior Court CAUSE NUMBER: 21-4-02646-3SEA Published in the Quad City Herald May 19, 2021. #1988

Public Notices

SUPERIOR COURT, STATE OF WASHINGTON, COUNTY OF DOUGLAS

HORIZON CREDIT UNION, Plaintiff, v. ANGELA KING individually and the marital community of ANGELA KING and JOHN DOE KING, wife and husband, Defendants.
NO. 21-2-00079-09
SUMMONS BY PUBLICATION
The State of Washington to the said Angela King and John Doe King:
You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 19th day of May, 2021, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Horizon Credit Union, and serve a copy of your answer upon the undersigned attorneys' for plaintiff Horizon Credit Union, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. This is an action to recover on a Complaint for Monies Due and for defendants failure to pay. Dated this 11th day of May, 2021. PHILLABAUM, LEDLIN, MATTHEWS & SHELTON, PLLC By: /s/ Benjamin D. Phillabaum BENJAMIN D. PHILLABAUM, WSBA# 48089. Published in the Quad City Herald May 19, 26, June 2, 9, 16 and 23, 2021. #2055

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THEME: SCREEN-FREE PLAYTIME ACROSS

DOWN

1. Belgrade native
2. Dessert sandwich
3. Pavlova, e.g.
4. Tube-nosed seabird
5. Tibetan priests
6. Japanese cartoon
7. Used to be
8. *Explore the great ____
9. ____ spumante
10. Editor's mark
11. Craggy peak
12. Official emissary
13. Bird-deposited fertilizer
14. Same as schlock
15. Famous Bobby, on ice
16. *Sideshow art medium
17. Macho man
18. *Tell jokes, e.g.
19. Sub station
20. Permissible
21. Extract a memory, e.g.
22. Try to prevent
23. It's not a want
24. ____ Bernie Sanders, abbr.
25. *Guessing game
26. Administer an oil
27. "Don't make me ____"
28. With pleasure
29. Full of bunnies?
30. Full of gentleness
31. Ramee's wrap
32. *Macrame or wood carving, e.g.
33. Expunge
34. Bodily disorders
35. Hermes and Apollo
36. 'I' in Greek alphabet
37. Person, place or thing
38. John Wayne's "True ____"
39. Delivery vehicle

1. Ivory, in the bathroom
2. Letter of the
3. Kiln for drying hops
4. Marine eagle
5. Muffin Man's Drury
6. Zest
7. Landlord's collection
8. Chieftain in Arabia
9. Frequently precedes "nonsense"
10. *Tabletop fun (2 words)
11. Passage in a coal mine
12. Clear the whiteboard
13. Sean's mom Yoko
14. Alpine structure
15. Slabbered
16. Clothing border
17. Incense burning container
18. Gauche or Droite, in Paris
19. In a frenzy
20. Unagi
21. Fancy necktie
22. Eye protection, sing.
23. Not dangerous to health
24. Dwight the President
25. Worked the dough
26. *Screen-free message
27. Hairpiece, slangily
28. Libra symbol
29. Buenos
30. *Dirty hobby?
31. African prairie
32. Like family lore
33. Ten-pit let it hit you on your way out
34. *Den-pin establishment
35. Challenge
36. Purse to match a gown
37. Lake of Scottish lore
38. *Between 'game' and 'match'
39. Deliver a tirade

SUDOKU PUZZLE

SUDOKU

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THE WASHINGTON OUTDOOR REPORT

Riding the Cascades to Palouse Rail Trail!

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Good news from Washington State Parks. The Cascades to Palouse State Park Trail now offers 100 miles of virtually unimpeded access for bicyclists, horseback riders and hikers between North Bend and the Columbia River near Beverly. This comes about with the recent renovation of the Renslow Trestle, crossing Interstate 90 east of Kittitas, along the old Milwaukee Road rail line that has been converted to a multi-use recreational trail.

Formerly known as the John Wayne Pioneer Trail and Iron Horse State Park, this old rail line was acquired by the state after Milwaukee Railroad went out of business in the 1970's. Over time, trestles, tunnels and other sections have been repaired. This spring, for the first time, the full 100-mile length of the trail to the Columbia is available for use, with the exception of a small stretch of street travel between Water Street and the Kittitas County Fairgrounds in Ellensburg.

The trail begins at Rattlesnake Lake just outside of North Bend and a slow grade, no more than 2.2 percent,

goes up towards Snoqualmie Pass where you'll want to have a flashlight or headlamp to navigate the 2.3-mile-long Snoqualmie Tunnel. Emerging from the tunnel at Hyak, you'll continue east past Lake Easton and along the Yakima River to Cle Elum and Thorp. There are a number of campsites along the trail throughout this stretch and according to the Evergreen Mountain Bike Alliance, the path is well compacted and smooth for bike trail to Snoqualmie Pass. After that the trail surface is variable, with some potholes and loose in



A Washington State Park Ranger chats with a bicyclist on the Cascades to Palouse State Park Trail in South Cle Elum.

places becoming more so the closer you get to the Columbia River. That's why fat or wide bike tires could be a good bet for cyclists traveling from Ellensburg to the Columbia River.

A couple of other things about traveling this trail are worth noting. First off, you'll want sunscreen and plenty of water for the trail east of Thorp because the terrain is open with little shade available. The final stretch east, from the Army West trailhead just past the Renslow Trestle to the Army East trailhead near the Columbia



The Renslow Trestle over I-90.

River, is land owned by the U.S. Government. It's part of the Yakima Training Center, land primarily used by the U.S. Army. Fortunately, the Army has agreed to allow visitors to use the trail as they traverse the northern end of this military area. However, you have to self-register to do so at the Army West (Renslow) or Army East (Doris) Trailhead. You also have to stay on the trail and no camping is permitted in this section. A Discover Pass is also required to park

your vehicle at any of the State Park developed trailheads accessing the Cascades to Palouse State Park. After the Columbia River there are additional sections of the trail that will take you all the way to the Idaho border but right now some of the rail line (between Royal City and Othello) is still active and other stretches (like the bridge over the Columbia River) require significant detours. Eventually, Washington State Parks plans to have a complete 250-mile multi-use

rail trail open to the state line and to link it in with the Great American Rail Trail, an ambitious project that hopes to establish a trans-continental rail trail across the nation. You can find out more about the Palouse to Cascades Trail from Washington State Parks at parks.state.wa.us/521/Palouse-to-Cascades. Information about the Great American Rail Trail can be found at railstotrails.org. John Kruse -northwest-ernoutdoors.com and ameri-caoutdoorsradio.com

Vitamin D the “Sunshine Vitamin”

Deficiency can occur from not absorbing fat-soluble vitamins

Over 40% of American adults are deficient in vitamin D. Are you? You are more likely to be lacking vitamin D if you are elderly, have dark skin, are homebound, or live in an institution like a nursing home. And if you are deficient in vitamin D, you are more likely to become seriously ill with pneumonia or COVID-19.

We call vitamin D the “Sunshine Vitamin” because our skin generates vitamin D from UVB rays’ ultraviolet energy in direct sunlight.

Unfortunately, sun exposure also increases your risk of getting skin cancer. Medical professionals recommend



you cover up or use sunscreen when going out into the sun, limiting your ability to get enough daily vitamin D.

Vitamin D deficiency can also occur from not absorbing fat-soluble vitamins like vitamins A, D, and E. For example, this can happen after having gastric bypass surgery when taking the weight loss drugs Alli® or Xenical®, or in people with inflammatory bowel disease.

In addition, prescription medicines like prednisone and some anticonvulsants can also impair the absorption of vitamin D.

Vitamin D plays an essential role in maintaining the strength of your muscles and

bones, with vitamin D deficiency contributing to thinning bones, muscle weakness, and falls. It also boosts your immune response to viral infections. In addition, vitamin D has a calming effect on inflammation of the lungs, especially with pneumonia or exposure to the COVID-19 virus.

To infect you, coronaviruses like SARS and CoV-2 must first attach to a particular protein in your body, called ACE2. Your lungs, heart, kidneys, and blood vessels are full of ACE2, which are attacked by the virus.

Vitamin D prevents coronaviruses from attaching and multiplying inside your body. In addition, vitamin D calms inflammation of the lungs and blood vessels caused by CoV-2 virus, the most severe COVID-19 symptoms. Many people who become

severely ill with COVID are seriously deficient in Vitamin D. Several clinical trials using vitamin D are currently in progress to determine if it can prevent COVID-19 infection or reduce its severity.

Most recommendations of supplementation with vitamin D are 800-1000 IU daily. However, some researchers suggest 1000-2000 IU per day of vitamin D is better for people staying home due to the pandemic.

Unfortunately, it's hard to get enough vitamin D from just your diet. The best source is fatty fish such as salmon, canned tuna, and sardines, with about 300 units of vitamin D per 3.5 ounce serving.

The next best dietary source is fortified milk, with 100 units of vitamin D per cup. Milk was fortified in the United States beginning in the 1930s to combat rickets, a deficiency of vitamin D in

children causing soft bones and deformed legs.

How do you know if you need a vitamin D supplement? A simple blood test can help determine how much vitamin D is present in your body. A healthy level is 20ng or above. I was found deficient when my vitamin D blood test showed 12ng.

There are multiple forms of vitamin D. Most supplements have either D2 (ergocalciferol) or D3 (cholecalciferol), which are considered equivalent. These are then converted by your body into calcitriol, the active form of vitamin D.

With new evidence that vitamin D deficiency increases your risk of serious illness, I restarted vitamin D with 1000 IU every day. Should you?

Here Are 5 Tips on Getting Enough Vitamin D:

1. Include vitamin D-rich foods in your diet.

It's hard to get enough Vitamin D from your diet. Good dietary sources of vitamin D include egg yolks, tuna, and salmon. Unfortunately, most foods contain little vitamin D unless they have been fortified. Foods fortified with vitamin D include milk, yogurt, and fortified orange juice.

2. Consider taking a vitamin D supplement.

The National Osteoporosis Foundation and the North American Menopause Society recommend 800 to 1000 IU daily of vitamin D for people aged 50 and older. People who are obese may need 2-3 times that amount.

3. Consider 1000-2000 IU of D2 or D3 daily.

With 1300 IU in each tablespoon, cod liver oil is the most concentrated vitamin D supplement available. Thankfully, there are less fishy tasting alternatives available!

4. Avoid taking the weight loss agents Alli® or Xenical®.

The fat-blocking action of these agents interferes with your body's ability to absorb fat-soluble vitamin D.

5. Get outside.

UVB radiation from sunlight on bare skin produces vitamin D in your body. However, due to the risk of skin cancer, dietary sources and supplemental vitamin D are preferred over sun exposure.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-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

BASEBALL

CONTINUED FROM PAGE A5

double. Schertenleib would advance on a sacrifice fly and then score on Vassar's single."

Innings 1 2 3 4 5 6 7 R H E
Okanogan 0 0 0 2 0 0 2 7 9
Brewster 1 6 0 0 2 2 X 11 14 1
W-AJ Woodward (1-2)
L-Kolby Tuerberg
S-None
2B-Brewster: Tyson
Schertenleib 2 (4), Kelson
Gebbers, Arnie Arevalo (2);
Okanogan: Carson Boesel
3B-None
HR-AJ Woodward (2), Tyson Schertenleib

The Bears held Okanogan scoreless in the second game as Phillips describes the tempo of the win:

"Schertenleib pitched another gem for us today, only giving up two hits and throwing our first shutout of the season," said Phillips. "Okanogan is going to be really good in a couple years and we are going to see some of those Okanogan and Brewster rivalry battles for titles like the days of yore."

"The scoring started off in the first with Schertenleib helping his cause by singling and advancing on a passed ball and a wild pitch

before scoring on Reese Vassar's single," said Phillips. "We added three in the third when Woodward started things off with a walk, Schertenleib doubled, and the runners advanced on an error."

"Logan McGuire grounded out to score one and Vassar reached on an error and scored on Kelson Gebbers' two-out single," said Phillips. "In the fourth, Arnie Arevalo doubled then reached third on a wild pitch and scored on a second one."

The Bears scored their final three runs in the fifth inning. "Brady Wulf singled, ad-

vanced on an error and went to third then home on wild pitches," said Phillips. "Kelson Gebbers and Maldonado were walked back-to-back. Gebbers came all the way around on wild pitches and Maldonado scored on an RBI ground-out by Arevalo."

Innings 1 2 3 4 5 6 7 R H E
Okanogan 0 0 0 0 0 0 0 2 3
Brewster 1 0 3 1 3 0 X 8 7 3
W-Tyson Schertenleib (2-3)
L-Carson Boesel
S-None
2B-Brewster: Tyson
Schertenleib (5), Arnie Arevalo (3); Okanogan: Pritchard
3B-None
HR-None

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