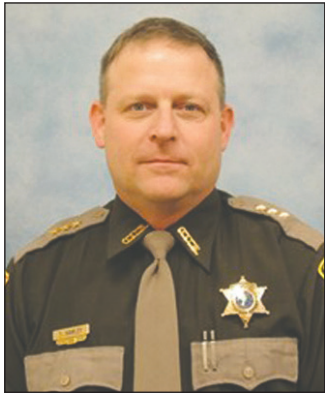


Smile!

Okanogan County deputies now equipped with body cameras

By MIKE MALTAIS
 STAFF WRITER



Courtesy Okanogan County Sheriff's Office
Okanogan County Sheriff Tony Hawley

OKANOGAN – Patrol and corrections deputies with the Okanogan County Sheriff's Office (OCSO) are now equipped with a piece of technology that has been getting a large share of media attention lately, Body Worn Cameras (BWC).

In a May 5 media release the OCSO announced that the new BWC technology "will be a valuable tool in accurately documenting events, actions, conditions, and statements made during investigations, interviews, arrests, and critical incidents."

Patrol and corrections deputies received training on the use of the cameras during the last week of April

and are now equipped with the small, lightweight, rugged cameras.

"We are very proud of the

SEE CAMERAS ON PAGE A2

Third time since 2010

Okanogan PUD wins NWPPA safety award

By MIKE MALTAIS
 STAFF WRITER

OKANOGAN – For the third time in the past 10 years Okanogan PUD has been recognized for its safety record by the Northwest Public Power Association (NWPPA).

"Workplace safety is a top priority for the utility industry as a whole and a high priority for Okanogan PUD," General Manager Steve Taylor said.

NWPPA announced its 2020 safety awards at its annual Engineering and Operations Conference held virtually on April 11-14. NWPPA based its awards on a review of each utility's number of recordable

illness and injury cases and lost workdays last year.

Okanogan PUD placed second behind Inland Power & Light Company in the 150,001-500,000 hours of exposure category. Okanogan crews stayed safe despite extra hours and challenges in the wake of the Cole Spring wildfire last September.

"This past year we saw fires and snowstorms that required us to work in adverse conditions," Taylor said. Yet, we managed successfully to get the lights back on safely. I am proud to work with such a dedicated and safe team."

Okanogan OUD last won first place NWPPA awards in 2010 and again in 2017.

Are you following me?



Mike Maltais/QCH

A black bear out for an early morning stroll among the purple lupine checks his six o'clock to see who is trailing him.

Parade day rescheduled

Chamber discusses July 4 activities, salmon derby, visitor's sign

By Mike Maltais
 Staff writer

BREWSTER – The Independence Day parade, salmon derby, and visitor sign were among topics discussed at the regular monthly meeting of the Chamber of Commerce last Thursday, May 6, held at the American Legion and via Zoom.

Chamber President Mike Mauk told meeting participants that the Independence Day parade, originally scheduled for Sunday, July 4, has been moved up a day to Saturday, July 3, following comments on social media that Sunday was not a good parade day. The city has already approved the parade permit for that weekend and has no issues with the change. The parade will start at the corner of Seventh Street and Main at the west end of the city and end at the American Legion park at the east end of Main.



Mike Maltais/QCH
Brewster Chamber of Commerce President Mike Mauk

Mauk said the graphic design by Laura Fields of Fields' Folly Graphic and Web Design Services has been approved for promotional T-shirts for both the parade and salmon derby. Quotes to print the shirts are in the works. July 4 activities will include

a two-day softball tournament, 3-on-3 basketball tournament, and live music for which the chamber is seeking \$300 Rainier package sponsorships.

Brewster Salmon Derby

Tickets are on sale as of May 1 for the three-day salmon derby which will be on August 6, 7, and 8 this year. Mauk said 43 tickets have already been sold. Sponsors are lining up for commitments including regular \$1,000 Sockeye Package sponsors like Headliner USA and VIP, said Mauk. Visit the derby Facebook page at Brewster Salmon Derby for more information and to follow developments.

"We are still sending out reminders and soliciting more sponsors," Mauk said adding that local businesses are invited to donate gift cards or products.

"The derby brings in visitors from far and wide and they are here for the weekend," said Mauk. "Let's all do

what we can to welcome them to town and make sure they go home wanting to come back."

Visitor's sign

Mauk said the Okanogan County Tourism Bureau has been contacted about getting a 4' x 8' visitor city map sign for display, perhaps along Main Street.

"We have been offered a place at The Armory parking lot by Main Street to put it up," said Mauk. "We bought the wood to do that and will have it ready when the sign gets here."

Along that line Mauk said the city is getting close to having a visitor's center in the downtown core.

"We have a very good line on a place where we can maybe rent a small section of office for the brochures and information for our tourists," Mauk said.

The next regular chamber meeting is at 7 p.m., June 6, at the American Legion.

Appointed by Okanogan County Commissioners

Prosecuting Attorney Melanie R. Bailey issues open letter to Okanogan residents

By MIKE MALTAIS
 STAFF WRITER

OKANOGAN – Melanie R. Bailey, appointed by the Okanogan County Commissioners last January to fill the vacancy left by Arian Noma as Okanogan County Prosecutor, has released a letter to the public that "gives a brief update on how things are going in the Prosecutor's office, talks a little bit about me, and thanks the community for allowing me to serve them," Bailey wrote in her introductory remarks.

Citing a number of issues including staff shortages, case backlogs, harassment, and budgetary issues, Noma announced his resignation as Okano-

gan County Prosecutor on Dec. 10, 2020, that took effect on Jan. 15. Baily was appointed as his replacement effective Jan. 16. The prosecuting attorney is a nonpartisan elected office serving a four-year term.

Bailey's letter to county residents follows:

I want to take this opportunity to introduce myself and offer some updates from the Prosecutor's Office and our progress since the transition. As you may know, I was appointed by our County Commissioners as Prosecuting Attorney upon the resignation of our former Prosecutor, Arian Noma. I began my service as Prosecuting Attorney on January 16, 2021. Although



Courtesy BluElephant Photography
Okanogan County Prosecutor Melanie R. Bailey

myself and my staff have been busy with the transition, reflecting on these past several weeks, I have been so overwhelmed by the generosity this community, our District and Superior Court Judges and Law Enforcement. They have all welcomed me, assisted me in various ways and made this such a smooth transition.

I also want to take this opportunity to thank my amazing team at the office, who have all rolled up their sleeves to assist in the transition. We all understand the value of teamwork and have incorporated that into our daily operations at the

SEE LETTER ON PAGE A2

Candidate Filing Week is May 17-21 statewide

By MIKE MALTAIS
 STAFF WRITER

OKANOGAN – Citizens feeling the urge to scratch that itch called selfless public service or who think they "could do a better job than that" running things, now have their chance with the opening of Candidate Filing Week, May 17-21.

"There are more than 3,200 county offices up for election this year," said a May 5 media release from the Secretary of State's office, "including over 100 mayor and 500 fire district positions, and many others in city and county councils, and

port, hospital, cemetery, airport, water, sewer, and park and recreation districts."

The Secretary of State Elections website (sos.wa.gov/elections/) offers several resources for people considering a run for public office. These include a downloadable candidate filing guide, answers to frequently asked questions, and much more on the For Candidates & Campaigns page.

"People who run for public office and serve as an elected official have an opportunity to help shape the future of our state, counties, and communities," said Secretary of State Kim Wyman. "Most

of these offices up for election this year are local and have the greatest impact on people's daily lives."

For more information on Okanogan County elections contact the county elections department:

Okanogan County
 149 3rd Avenue N. Rm.104/P.O.B. 1010
 Okanogan, WA 98840-1010
Office Hours: 8 a.m. – 4 p.m.
 • **Phone:** 509-422-7240
 • **Fax:** 509-422-7163
 • **Email:** elections@co.okanogan.wa.us
 • **Website:** https://www.okanogancounty.org/auditor/elections/elections.html

SHOP LOCAL

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



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QUAD CITY HERALD

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Emergency agriculture housing rules updated to reflect current COVID-19 conditions

SUBMITTED BY WASHINGTON DEPARTMENT OF LABOR & INDUSTRIES

TUMWATER — The Washington Department of Labor & Industries (L&I) and the state Department of Health (DOH) filed updated emergency rules on May 7 to protect farmworkers living in temporary worker housing from COVID-19.

The updated rules, which took effect Sunday, May 9, detail the COVID-19 requirements and protections housing operators must meet to allow temporary workers to live onsite at agriculture worksites in the state.

The current emergency temporary worker housing rules were set to expire May 8. This is the third update to the rules since they were enacted in May 2020 to provide protections to workers during the pandemic.

The rules cover COVID-19 requirements for training, physical distancing, masking, cleaning and sanitation, and ventilation. They also spell out requirements for identifying and isolating symptomatic and confirmed cases, along with medical monitoring and reporting requirements involving workers in isolation.

Many of the requirements did not change from the previous version of the rules, including the requirement for workers living together in group shelters and using bunkbeds to be separated into groups of 15 or fewer.

The key updates to the rules concern medical monitoring and fully vaccinated workers living in group shelters.

Medical monitoring

Current rule: A licensed health care provider must make in-person visits twice a day to workers in isolation

for COVID-19 exposure.

Updated rule: A licensed health care provider must visit isolated workers once a day in-person or through telemedicine. Both types of visits require a review of symptoms, temperature, and pulse oximetry. For virtual visits, employers must provide a working telephone. Interpreter services must be provided when needed.

Vaccinations

Current rule: Vaccinations were not addressed.

Updated rule: Multiple fully vaccinated workers living in group shelters may share common areas at the same time while maintaining physical distancing and mask use. Multiple fully vaccinated workers may be transported in the same vehicle while wearing appropriate face coverings.

Quarantine

Current rule: Workers living in a group shelter must either be quarantined or tested for COVID-19 if one member of the group develops symptoms.

Updated rule: Clarifies that all workers, not just workers living in group shelters, must be quarantined and housed separately when exposed to COVID-19, unless fully vaccinated.

Permanent rules and resources

Along with the emergency rules, L&I and DOH continue to consider changes to the permanent rules for temporary worker housing during a major infectious disease outbreak.

Information is key to keeping workers and the public as safe as we make our way through the pandemic. L&I's COVID-19 website, the DOH's COVID-19 website and the state Coronavirus Response (COVID-19) include resources for employers and workers.

SUBMITTED BY OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. — On April 30, Reps. Dan Newhouse (R-WA), Rodney Davis (R-IL), Peter DeFazio (D-OR), Ron Kind (D-WI), Jimmy Panetta (D-CA), and Chellie Pingree (D-ME) introduced the Continuous Improvement and Accountability in Organic Standards Act (CIAO Act), bipartisan legislation to improve the federal process for the oversight of organic standards.

The bill will establish a new framework for advancing organic standards and improve oversight and enforcement of new rules and guidance while clearing regulatory red tape that has hampered innovation within the industry.

“Central Washington organic growers should not be kept in regulatory limbo. I’m sponsoring the Continuous Improvement and Accountability in Organic Standards Act so that USDA is required to clear the backlog of recommendations to improve our organic standards,” said Rep.

Newhouse. “As a Co-Chair of the House Organic Caucus, I represent the highest number of USDA-certified organic farmers, ranchers, processors, and distributors in Washington state and the fourth highest in the country. It’s imperative that we provide our organic growers certainty and help spark further innovation and improvement within the organic industry.”

“Each year, more and more consumers are choosing products with the USDA Organic label, yet producers are held back from fully meeting the demand for organic products due in part to slow rule-making at the USDA,” said Rep. Davis. “Our bipartisan legislation will clear the backlog of rule recommendations from the National Organic Standards Board and speed up and improve rule-making in the future. As a Co-Chair of the House Organic Caucus, I’m proud to support legislation like this that cuts red tape and ensures federal regulators aren’t inhibiting a growing industry like organic.”

“Consumers trust that when

they buy food marketed as organic, it meets a high standard approved by the USDA,” said Rep. DeFazio. “But federal bureaucracy for the past twenty years has gotten in the way of improvements supported by the organic sector, inhibiting innovation in the industry. I’m proud to introduce legislation that will help improve transparency and accountability at the USDA as it considers regulations strongly supported by the industry. It’s time for USDA to cut the red tape, expeditiously act, and allow improvements that both the industry and consumers demand.”

“As co-chair of the bipartisan House Organic Caucus, I’m committed to supporting the future of organic agriculture and working to meet the needs of organic farmers across Wisconsin and the nation,” said Rep. Kind. “This legislation will take necessary steps to ensure our organic farmers can continue to succeed and innovate for generations to come.”

“Unfortunately, it’s been way too long since the USDA

updated its standards that America’s certified organic producers are required to follow for growing and selling their crops,” said Rep. Panetta. “Our legislation would mandate the USDA to modernize and maintain its federal organic standards so that farmers can keep up with the 21st century marketplace. As the representative of nearly 500 certified organic operations on the central coast of California, I’m proud to co-lead this legislation to help our local organic agriculture industry innovate and thrive.”

“For far too long, organic producers have been waiting for the Department of Agriculture to move forward with numerous consensus recommendations to improve organic standards and protect the integrity of the organic label,” said Rep. Pingree. “As an organic farmer and Co-Chair of the House Organic Caucus, I am proud to support this bill to hold the USDA accountable so we can continue to move the National Organic Program forward.”

Governor signs Hawkins’ utility wildfire bill

SUBMITTED BY OFFICE OF SEN. BRAD HAWKINS

OLYMPIA - A proposal introduced by 12th District Sen. Brad Hawkins to implement recommendations of a key electric utilities wildfire group has been signed into law last week by Gov. Jay Inslee.

The legislation, Senate Bill 5158, directs state Commissioner of Public Lands Hilary Franz to work with the Utility Wildland Fire Prevention Advisory Committee to implement recommendations recently offered in this report issued in December 2020. According to Hawkins’ proposal, this is to be accomplished by Aug. 1 and the group’s work will be maintained and updated on the Department of Natural Resources’ website. Hawkins’ bill also will build a process into statute for future collaboration between utilities and DNR and calls for a biennial report to the Legislature about ongoing work.

The bill was passed Feb. 26 by the Senate on a 46-0 vote. On April 8, the House added a committee amendment before passing the revised measure 98-0. The Senate voted 48-0 on April 14 to concur, or agree, with the House-amended version, sending the bill to the governor.

“I’m pleased the governor has signed into law this important bill that will help us better address wildfires in the 12th District and other wildfire-prone areas,” said Hawkins. “Electric utilities throughout our state have shown strong support for this bill, including by our own Chelan County PUD. If our utilities and DNR can implement these key recommendations to avoid wildfires and utility liability as

well as keep communication flowing at all levels of government, that could be a huge benefit for our state and its PUDs.

“These recommendations are very important to many of my utilities, especially considering the 12th District’s recent history of devastating wildfires,” added Hawkins. “It is important to keep the momentum going on this issue, finalize the group’s recommendations, and ensure ongoing communications with the Legislature.

“I was very excited to partner with Chelan PUD and DNR on this bill. Commissioner Hilary Franz and her staff have been awesome to work with in past years and we accomplished some great things together in my first Senate term. Passage of this bill is a terrific way to start my second term in the Senate.”

During Senate Bill 5158’s public hearings, Chelan County PUD General Manager Steve Wright provided key testimony and appreciates Hawkins’ sponsorship of the bill.

“It’s great to see good public policy such as Senate Bill 5158 succeed with strong bipartisan support. Senator Hawkins’ dogged pursuit of this legislation is what made it happen,” said Wright.

“I appreciate the hard work Senator Hawkins put into this very important bill,” said Commissioner of Public Lands Hilary Franz, whose agency led the Utility Wildland Fire Prevention Advisory Committee. “He understands the importance of this collaboration and the importance of continuing to find solutions over the

long term. This bill ensures the recommendations put forward by the committee will continue to yield results for the residents of Washington state.”

Hawkins is proud of his strong partnership with DNR. During Hawkins’ first term as 12th District senator, three of his bills related to forest health or wildfire prevention were passed by the Legislature and signed into law. DNR worked diligently alongside him for each effort.

In 2017, the Legislature approved SB 5546, which directs DNR to set up a framework for assessing the health of fire-prone lands and treating them. It sets a specific goal of assessing and treating 1 million acres over 16 years, most likely through prescribed fire and mechanical thinning. The bill also includes a stakeholder process and biennial progress reviews to the Legislature.

The second measure, Senate Bill 5270, which was passed unanimously by both legislative chambers and signed into law by the governor in 2017, removes the “temporary” label from the contract-timber harvest program operated by DNR. The program allows the agency to hire someone to harvest timber and sort the logs, after which DNR can sell them. It began in 2003 and was expanded by lawmakers in 2009.

In 2018, SB 6211 became law. It gives DNR immediate authority to handle revenue and authorize spending under the Good Neighbor Authority agreement signed by DNR and the U.S. Forest Service in 2017.



Wednesday, May 19th @ 7pm

OUT OF BOUNDS CIRCUS

A free Virtual Variety show with short form circus acts featuring Omak’s own Heidi Brucher-Morgan and her side-kick husband, Matt, from Las Vegas. They bring a unique and personal experience.

Brought to you by the Omak PAC Foundation.

For access and information go to www.omakpac.org

CAMERAS

CONTINUED FROM PAGE A1

service and professionalism provided by OCSO deputies

across Okanogan County,” said Sheriff Tony Hawley. “Having their interactions recorded will allow for absolute transparency during their daily interactions with the public. The BWC

will also augment and support their investigative skills.”

While the cameras may not capture all that a deputy may notice, they will enhance the ability to document investiga-

tions, incidents, and interactions with both video and audio recordings.

The OCSO began working on BWC purchase and deployment last December.

LETTER

CONTINUED FROM PAGE A1

office. I am so blessed to have a very experienced and talented staff of attorneys, legal assistants and a victim advocate to help assist you, our community.

Prior to being appointed as Prosecuting Attorney, I

have worked in this office as a District Court Deputy, Felony Deputy Prosecutor and the Chief Criminal Deputy Prosecutor. Although I

was born and raised in East Wenatchee, I have been proud to call Okanogan County my home for the past four years. My husband was born and raised in Brewster, so it was an easy decision to

permanently call Okanogan County our home, where we are excited to raise our two children.

I consider myself extremely fortunate to have been raised where agriculture and smalltown values are key components to our way of life. I was raised to always help your neighbor and to work hard for what

you have. I feel fortunate to bring these values to this position, where I am blessed to serve this community and assist those who have been victimized by crime. I am so humbled and honored to fill this position and I look forward to serving Okanogan County as YOUR Prosecuting Attorney.

Melanie R. Bailey

QUAD CITY HERALD

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Call Quad City Herald at 689-2507

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Emergency powers go unaddressed in 2021 legislative session

By Rep. Keith Goehner



Rep. Keith Goehner

The Legislature recently adjourned without addressing one of the most pressing issues before us this session. Many of us had hoped to address the governor's emergency powers in the 105-day session, but the majority party was uninterested.

A couple of weeks ago, House Republicans made a motion that would have allowed us to bring important emergency powers reform legislation to the floor for a full vote.

We wanted to bring up House Bill 1557, which we viewed as very balanced. It would have established a greater role for the Legislature during a state of emergency – without taking away the governor's ability to respond quickly to emergencies. It had Republican and Democratic co-sponsors.

Unfortunately, our motion was rejected on a party-line vote of 41-56. The majority party stated if we circumvented the rules or cutoff dates for one bill, it would create an expectation that could be done for other legislation.

The argument is weak at best. This relates to emergency powers during a pandemic. This is a unique and unprecedented situation.

We had 105 days to examine this issue and work it through the legislative process. There were bills ready to go on Day 1, some

are dealing with both the pandemic and economic desperation."

We have asked for a more collaborative approach for almost a year, yet here we are – the session has adjourned, and we continue to be under one-person rule.

The governor was right to call an emergency last spring, and we agree with many of the decisions he has made through the process. However, what constitutes an emergency after 14 months? Shouldn't lawmakers and the thousands and thousands of people they represent have more of a voice? Our state government was not meant to be governed by emergency orders or the decisions of one person for months on end. Citizens deserve to have a stronger voice through those they elected to represent them.

This issue is not unique to Washington state. Legislatures across the country have passed laws aimed at increasing legislative oversight of governors' emergency powers. It is not Republican or Democrats being in control. Both parties have addressed the issue. Laws limiting emergency powers have been enacted in five states where the governorship and both branches of government are controlled by the same party - New York and Colorado where Democrats control all three and Arkansas, Ohio, and

Utah where Republicans control the three branches. It is about checks and balances.

Finally, the Maine Policy Institute recently did a study on states and the terms of their governmental balance of power. Washington state ranks in the bottom four because we bestow on our governor the sole authority to determine when and where an emergency exists, and when an emergency ceases to exist.

I am hopeful our declared "emergency" will come to an end soon. If counties are rolled back and additional restrictions are reimposed, there should be input and decisions involving local governments to address unique circumstances. Complete indefinite control from one branch of government is not the way government was intended to function.

All 147 lawmakers representing 49 very different districts deserve to be part of a collaborative process to share and reflect the interests of the citizens we represent.

Rep. Keith Goehner, R-Dryden, represents the 12th Legislative District in the Washington State Legislature. He is the lead Republican on the House Local Government Committee and also serves on the House Environment and Energy and Transportation committees.

Calling all poets in grades 1-6

Help celebrate the Columbia River and the all-new Rocky Reach Discovery Center

SUBMITTED BY CHELAN COUNTY PUD

WENATCHEE – What inspires you about the Columbia River? Students currently in grades 1-6 are invited to write a poem about the mighty river as part of the reopening celebration for the completely renovated Discovery Center at Rocky Reach Dam.

The wait is almost over to see the transformation of one of the region's most popular attractions. Visitors will find a whole new way to experience the Columbia River.

The first renovations since the building opened in the 1960s have created about 30 percent more display space in the same footprint and features all-new innovative and hands-on displays.

Discovery Center staff can't wait to welcome you back!

Awarding poetry prizes in three categories will be part of the fun at the reopening

celebration on Aug. 28. Rocky Reach Park will be open, too, with its lush gardens and popular playground.

The celebration will feature Discovery Center tours, entertainment in the park and treats! It's open to all and free – one of those great benefits of public power.

Numerica Credit Union is joining the Discovery Center celebration by supporting poetry contest prizes in three divisions for grades:

- 1st-2nd
- 3rd-4th
- 5th-6th

The theme of the poem is: "Why I like the Columbia River." Handwritten entries of 20 to 250 words must be mailed by June 30 to:

Chelan County PUD
Attn: Debbie Gallaher
PO Box 1231
Wenatchee WA 98807

See entry details at on the PUD's website: chelanpud.org.

Stay tuned for details on how to safely visit and celebrate on Aug. 28, 2021, coming on facebook.com/VisitRockyReach and in radio updates from Discovery Center mascot Rocky, a teenage bighorn sheep. As Rocky says, "it's gonna be epic!"

Have a Community or Sports Story idea?
Contact
Mike Maltais
at 360-333-8483
or qchreporter@gmail.com



Doctors answer patient questions about COVID vaccination

STATE POINT - The American Medical Association (AMA) is urging Americans to get vaccinated as soon as they're eligible and continue precautions against COVID-19 infection. But patients have many questions.

"For more than a year, physicians and public health officials have asked us to mask up, physically distance and do all we can to stop the spread of COVID-19 in an effort to save lives while scientists developed vaccines to help bring us back to normal," says AMA President, Susan R. Bailey M.D. "With vaccines here and available to all Americans over 16, it's your turn."

Here are the AMA's answers to top patient questions.

• How do we know COVID-19 vaccines are safe? COVID-19 vaccines were tested in large clinical trials with participants of different races, ages, ethnicities and medical conditions to ensure they meet safety standards. The U.S. Food and Drug Administration (FDA) and Centers for Disease Control and Prevention (CDC) reviewed all trial safety data before authorizing vaccines for emergency use and are continuing to monitor their safety to ensure even very rare side effects are identified.

• Which vaccine should I get? Three vaccines are now available in the United States: those made by Pfizer-BioNTech, Moderna and Johnson & Johnson/Janssen Pharmaceuticals. All are safe and highly effective at preventing severe COVID-19 illness, hospitalizations and death. The vaccines were studied at different times, in different countries and under different conditions, making comparisons difficult. However, the best vaccine is the first one available to you.

• Should I get the vaccine if pregnant or breastfeeding?



PHOTO SOURCE: (c) Choreograph / iStock via Getty Images Plus

There isn't definitive data on the safety of COVID-19 vaccines for pregnant women, but no untoward effects have been reported. Data suggest when pregnant individuals contract COVID-19, they have increased risk of severe illness, hospitalization and death, along with risk of adverse pregnancy outcomes. All pregnant individuals should have an opportunity to receive a vaccination. If you have questions, speak with your physician and make decisions based on risk of exposure to COVID-19.

• How do I know when I'm eligible for the COVID-19 vaccine? As of April 19, all people age 16 and up in every state are eligible for the COVID-19 vaccine. Additional information about eligibility and timeline can be found at your local public health department website found at www.cdc.gov/publichealthgateway/healthdirectories/. Vaccination information changes quickly, so check back frequently.

• Will COVID-19 vaccines be available for young children? Vaccines aren't currently authorized for anyone under 16, as only adults participated in clinical trials. As trials are completed in younger populations, vaccines may become

available.

• Once I'm vaccinated, can I stop wearing masks and practicing physical distancing? The CDC has phased out certain prevention measures for fully vaccinated people allowing them to resume some lower-risk activities. The CDC guidance allows fully vaccinated people in non-health care settings to visit other fully vaccinated people indoors without masks or physical distancing. They no longer need to wear a mask outdoors while walking, running, hiking or biking alone, or when in small gatherings, including with members of their own households. However, masks are still necessary in crowded outdoor venues like sports stadiums, the CDC says. Additionally, fully vaccinated people should continue taking precautions -- wearing masks, physical distancing and adhering to other prevention measures -- when in public and when visiting unvaccinated people at increased risk for severe disease or who have an unvaccinated household member at increased risk. Follow CDC and health department guidance as it updates at www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html.

National Hospital Week | May 9-15, 2021



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Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
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- Items pertaining to local events that are free or minimum charge.

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

OBITUARIES

Mary Louise Bowles

1960-2021

Mary Louise Bowles was the youngest of 10 siblings (5 girls, 5 boys) where she grew up in Pateros, Washington with her family. Mary was the daughter of L'Wayne Bowles and Florence Norene.

She grew up packing apples and raising horses (which she loved) Mary was married once until she then married the man of her life, Larry Farley. They grew up together since they were kids in Pateros. Later in life they got married (8-27-88) they had their first girl (1-23-91), Kelsey Sue. Shortly after they had their little boy Dylan Dean (9-07-92). Mary and her husband raised their kids in Rock Island, Washington, then shortly after moved to East Wenatchee, Washington where they bought their dream home.

Mary was extremely active in sports growing up. Playing basketball she got MVP (even though she was the shortest), volleyball, track where she did hurdles, ASB, FHA, Pep Club, Pom Pom girls, raising animals, she did it all!

Later in life she started her own business at Rocky Reach Dam called Lu Lu's Cafe which she ran with her kids and other help. Mary later moved on and worked at the cafeteria at Eastmont High School where everyone LOVED her.

Years and years later, Mary remarried to Jesse Liebman from NYC. (8-6-16) They bought a house together in Quincy, Washington and had four dogs. She then became an in home care worker for the elderly. Pretty soon Mary became Gam Gam to her first grandchild, Ava Jo, by



daughter Kelsey and her fiancé Joshua. Then came her other grandbabies, Daxtyn, Brynzlee, and Skylah by her son Dylan.

Mary was an amazing person in everyone's life she was a part of, and they knew that. She was definitely the life of the party and left an impact on everyone that crossed her path. She lives on by being an amazing Gam Gam, Mom, Wife, Friend, Sister, and the list goes on..

God saw you getting tired. When a cure was not to be. So He wrapped His arms around you, and whispered, "Come unto me."

You didn't deserve what you went through.

And so He gave you rest.

God's garden must be beautiful,

He only takes the best.

So when I saw you sleeping,

So peaceful and free from pain.

I could not wish you to come back,

to suffer all that again.

R.I.P Mom, I Love You

A Memorial Service will be held, Saturday, May 15, 1 p.m., at Pateros City Park. Any family or friends welcome to attend.

COMMUNITY BULLETIN BOARD

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

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 12-13, 18-20

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 12-13, 18-20

May 13, 18, 20

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

May 14, 21

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is May 14. 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 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

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Obituary & Memorial Policies

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

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

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

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

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

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

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

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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

New to the area? On Vacation? These churches welcome you!

BREWSTER • BRIDGEPORT • PATEROS



"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 SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL

Saturday Bible Study 9:30 a.m.
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

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Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10:00 a.m.
509-689-3106 • 1520 Sunset Dr.
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Courtesy Brad Skiff, Bridgeport School District
Pepe Plascencia, (23), right, fights for control of the ball against an Oroville opponent.

Mustangs soccer team on a winning run

By MIKE MALTAIS
 STAFF WRITER

BRIDGEPORT – The Mustangs varsity soccer team lost its first game of the season to the Ephrata Tigers, 3-1, but made up for the loss by winning its next game two games by defeating Oroville, 4-2, on the road April 22, and Tonasket, 3-1, at home on April 24.

Head coach Gabe Gonzalez reported that the Mustangs scored two goals in the first half of the Oroville match. Cristian Lopez scored twice with an assist by Yair Diaz,

followed by a goal by Diaz with an assist from Paul Torres.

Jesus Valdovinos scored both of Bridgeport's second half goals. Goalkeeper Elmer Alvarez was credited with three saves.

Against Tonasket Tony Flores scored in the first half with an assist from Diaz. A second score from an own goal was hit off a cross from Flores. Following a second half Tonasket goal, Diaz scored Bridgeport's third goal with an assist from Brandon Valdovinos. Goalie Elmer Alvarez had seven saves.

Benefits Brewster Boys and Girls Club

BBGC Golf Tournament taking reservations for Sept. 13 event

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – The biggest annual fundraiser for the Brewster Boys and Girls Club (BBGC) is its annual golf tournament which this year will be held Monday, Sept. 13, at Gamble Sands Golf Course according to the official flyer and registration form released last Friday, May 7.

This year's tournament will offer five sponsorship levels ranging from the \$10,000 Title Sponsor to the \$500 Tee or Green Sponsor. Intermediate levels include the \$5,000 Cart Sponsor, \$2,500 Putting Green Sponsor, and \$1,000 Team Sponsorship.

The tournament always draws a full compliment of players so interested par-

LEVEL	BENEFITS
Title Sponsor \$10,000	<ul style="list-style-type: none"> • Two Foursomes • Two overnight stays at The Inn at Gamble Sands • Company logo on "Welcome Banner" at golf course • Company logo on all promotional materials and event signage including a tee sign • Recognition on radio advertisements • Media recognition throughout the year • Complimentary meals throughout the course • Welcome gift for each player
Cart Sponsor \$5,000	<ul style="list-style-type: none"> • One Foursome • Company logo displayed on all golf carts • Recognition on radio advertisements • Media recognition throughout the year • Complimentary meals throughout the course • Welcome gift for each player
Putting Green Sponsor \$2,500	<ul style="list-style-type: none"> • One Foursome • Company logo on putting green • Recognition on radio advertisements • Complimentary meals throughout the course • Welcome gift for each player
Team Sponsorship \$1,000	<ul style="list-style-type: none"> • One Foursome • Complimentary meals throughout the course • Welcome gift for each player
Tee or Green Sponsor \$500	<ul style="list-style-type: none"> • Company logo on tee or green sign

ticipants are encouraged to use the attached registration form to reserve a

spot while vacancies are still available. Questions may be directed to BBGC

Director Jamie Sluys at 509-689-1192 or email js-luys@bgcsc.org.

DOUGLAS COUNTY SHERIFF REPORT

Douglas County Sheriff
May 1
 Civil incident at 557 State Route 173 on Bridgeport Bar.
 Extra patrol at 1637 Fisk Ave. in Bridgeport.
 Welfare check at 601 10th St. in Bridgeport.
 Noise at 1808 Raymond Ave. in Bridgeport.
 Domestic disturbance at 2405 Monroe Ave. in Bridgeport.
 Domestic disturbance at 438 14th St. in Bridgeport.
May 2
 Juvenile problem at 1636 Fisk Ave., No. 4 in Bridgeport.
 Civil incident at 1011 Foster Ave. in Bridgeport.
 Suspicious incident at 1500 Fisk Ave. in Bridgeport.
 Noise at 929 Maple St. in Bridgeport.
 Civil incident at 629 15th St. in Bridgeport.
May 3
 Agency assistance at 2251 Columbia Blvd. in Bridgeport.

Fall at 2251 Columbia Blvd. in Bridgeport.
 Breathing problem at 2400 Tacoma Ave., No. 14 in Bridgeport.
 Extra patrol at 1751 Rd K N.E. in Mansfield.
May 4
 Overdose/poison at 312 S. Mansfield Blvd. in Mansfield.
 Animal problem at the 300 block of Pearl Hill Road in Bridgeport.
 Child protective services/adult protective services at 700 Fairview Ave., No. 1A in Bridgeport.
 Suspicious incident at 1928 Rd P N.E. in Mansfield.
 Suspicious incident at 198 Rd 14 N.E. in Mansfield.
 Traffic offense at 15th Street and Foster Avenue in Bridgeport.
 Vehicle prowl at 125 Fir Ave. on Bridgeport Bar.
May 5
 Traffic offense at 123 Arden Ave. on Bridgeport Bar.
 Suspicious incident at 700 Fair-

view Ave., No. 2A in Bridgeport.
 Noise at 1808 Raymond Ave. in Bridgeport.
 911 at 214 E. Second Ave. in Mansfield.
May 6
 Vehicle theft at 2606 Foster Creek Ave. in Bridgeport.
May 7
 CPS/APS at 49 McCormack St. in Bridgeport.
 Traffic offense at the 1400 block of Columbia Ave. in Bridgeport.
Brewster Police
May 1
 Traffic hazard in Highway 97 southbound lane in Brewster.
May 2
 Agency assistance at Columbia Ave. in Bridgeport.
May 3
 Runaway juvenile at S. Third St. in Brewster.
May 4

Parking problem at W. Griggs Ave. in Brewster.
May 5
 Suspicious incident on Highway 97 in Brewster.
 Agency assistance at Black Dog Road in Brewster.
 911 Abuse at Hospital Way in Brewster.
 Okanogan County Sheriff
May 4
 Weapon offense at Black canyon Road and FS 4010 road in Pateros.
May 5
 911 Abuse at Pit road in Brewster.
 Missing person at Black Dog Road in Brewster.
 Theft at LaGrange Road in Bridgeport.
May 6
 Hit and run accident on Old Highway 97 in Brewster.
May 7
 Suspicious incident at Lakeshore Drive in Pateros.



Courtesy Omak PAC
 A free virtual short-form circus show will be presented by Matt and Heidi Morgan.

Virtual Out of Bounds Circus May 19

SUBMITTED BY VERA ZACHOW,
 OMAK PAC FOUNDATION

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.

Heidi Brucker Morgan is the daughter of Jim and Jerry Brucker. Heidi grew up on Omak graduating in 2000 from Omak High School. She and her side-kick husband as he likes to call himself, started performing together in 2010. They have toured the world to sold out shows in Australia, Germany, the Seychelles Islands and as well as 49 states

in the U. S. Matt and Heidi were married in November of 2010 and have two sons. They currently live in Las Vegas where they are seen often at Caesars Palace.

Matt studied theater arts at the University of Utah and is a graduate of Ringling Bros. Clown College touring with "The Greatest Show on Earth" as a clown. Matt and Heidi also tour with their own company called Shot-speare.

Matt did a TEDX talk at UNLV talking about the state of circus in America. He loves to teach, direct, write, produce as well as perform. He appeared on the Late Show with David Letterman.

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.

Have a Community or Sports Story idea?
 Contact
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 at 360-333-8483
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Florida Voting Integrity Bill Immediately Faces Lawsuits After Becoming Law

JANITA KAN

A Florida bill that seeks to protect the integrity of elections has been hit with legal challenges immediately after it became law.

Florida Gov. Ron DeSantis on May 6 signed into law the Republican-backed Senate Bill 90, which adds safeguards to the way people vote using ballot drop boxes and mail-in ballots. The bill has been heavily opposed by civil rights activists and Democrats, who argue that the measure disproportionately burdens African American and Latino voters' right to vote, which they say amounts to voter suppression.

Shortly after the law was enacted, several voting rights groups filed two separate lawsuits seeking to block the enforcement of the law and declare that the measure violates the U.S. Constitution and federal law.

Both of the suits were filed in a federal court in Tallahassee and claim that SB 90 is illegal because the "restrictions" don't apply to all Florida voters equally. The suits argue that the law was crafted in a way that would create substantial hurdles for senior, young, and minority voters and for voters who wish to vote by mail.

"SB 90 is a bill that purports to solve problems that do not exist, caters to a dangerous lie about the 2020 election that threatens our most basic democratic values, and, in the end, makes it harder to vote without adequate justification for doing so," one of the lawsuits claimed.

The lawsuits took particular issue with the new safeguards on ballot drop boxes such as the availability, location, and supervision of the boxes. The plaintiffs also opposed measures banning organizations and volunteers from collecting absentee bal-

lots, additional requirements for re-requesting absentee ballots, and the provision that bans solicitation activities around polling locations including the distribution of free food and water.

"Together, these foregoing provisions ... target almost every aspect of the voting process, and they do so without a legitimate purpose, much less a compelling state interest that can justify their restrictions on the franchise," one of the lawsuits alleged.

One of the lawsuits was co-filed by Democratic attorney Marc Elias of Perkins Coie, on behalf of the League of Women Voters of Florida, the Black Voters Matter Fund, the Florida Alliance for Retired Americans, and several individuals.

Meanwhile, the other lawsuit was filed by NAACP Legal Defense and Educational Fund (LDF), Disability Rights Florida, and



A poll worker helps a voter to post her mail-in ballot in an official Miami-Dade County ballot drop box in Miami on Aug. 18, 2020.

Common Cause.

LDF's assistant counsel Zachery Morris said in a statement that the law represents "a direct and swift backlash to Black voters' historic turnout during the 2020 election season."

"The law's suppressive and discriminatory provisions make it clear that the Florida Legislature's goal is to erect additional hurdles to inhibit Florida voters,

especially disabled voters, Black voters, and Latino voters, from accessing the ballot box. These efforts are shameful and they are not new. We cannot allow elected officials to suppress votes under the guise of election integrity," Morris said.

Responding to the lawsuits, DeSantis's office characterized the claims as "meritless" and argued that they "grossly mischaracter-

ize the legislation."

A spokesperson told The Epoch Times in an email: "With the Governor's signing of SB 90, Florida will remain a leader on election security, ballot integrity, and the protection of every vote. Florida's new election reforms make it easy to legally vote but hard to cheat. We look forward to defeating these baseless claims in court."

Pfizer, BioNTech Ask US Regulators for Full Approval of COVID-19 Vaccine

ZACHARY STIEBER

Pfizer and BioNTech are asking drug regulators in the United States for full approval for their COVID-19 vaccines.

The two companies announced on May 7 that they initiated a rolling submission for a biologics license application by submitting nonclinical and clinical data, including the most recent analyses from a phase three clinical trial, to the Food and Drug Administration (FDA) in the coming weeks.



A woman receives her first dose of the Pfizer COVID-19 vaccine at a mass vaccination site at Ripken Baseball in Aberdeen, Md., on May 5, 2021.

The BLA submission is an important cornerstone of achieving long-term herd immunity and containing COVID-19 in the future.

Ugur Sahin,
CEO, BioNTech

They plan to submit more data in the coming weeks to complete the application.

"We are proud of the tremendous progress we've made since December in delivering vaccines to millions of Americans, in collaboration with the U.S. Government," Albert Bourla, Pfizer's chairman and CEO, said in a statement. "We look forward to working with the FDA to complete this rolling submission and support their review, with the goal of securing full regulatory

approval of the vaccine in the coming months."

"The BLA submission is an important cornerstone of achieving long-term herd immunity and containing COVID-19 in the future," added Ugur Sahin, CEO and co-founder of BioNTech.

The companies asked for priority review. If that request is approved, a decision would come within 6 months instead of the typical 10-month time frame.

The FDA didn't immediately respond to an inquiry.

Unsealed Warrant Confirms FBI Raided Alaska Home Searching for Pelosi's Laptop

Couple says it's a case of mistaken identity

ZACHARY STIEBER

An unsealed search warrant shows that the FBI raided a couple's home in Alaska because agents believed one of them was involved in the theft of a laptop from House Speaker Nancy Pelosi's (D-Calif.) office during the U.S. Capitol breach on Jan. 6.

But the couple says the FBI has the wrong person and that the bureau and other agencies are being weaponized.

The warrant, dated April 22 and recently made public, details how Paul and Marilyn Hueper came to the FBI's attention. Both were identified as refusing to follow mask regulations on an Alaska Airlines flight in February and were banned from flying with the carrier

in the future. About a week later, the FBI was contacted by a person whose name was redacted, described only as "witness 1."

That person provided the FBI with an Instagram photo posted by Paul Hueper and claimed that a photo circulated by the bureau of a woman inside the Capitol during the breach was Marilyn Hueper. Agents reviewed surveillance video and concluded that Marilyn Hueper was part of a group that entered Pelosi's office and took an HP ProBook laptop from a desk there.

Agents then successfully applied for a search warrant for the Huepers' home in Homer, where they run an inn and spa.

The warrant authorized the FBI to seize the laptop if it were found on the premises, along with any other property believed to be stolen from the Capitol.

Agents raided the house on April 28.

Marilyn Hueper is at least the second person agents have claimed may be in possession of the laptop. They previously cited a tipster who claimed that Riley June Williams, a Pennsylvania woman, may have taken it with plans to sell it to Russian intelligence officials. But Williams's friend told The Epoch Times that the tipster was an abusive ex-boyfriend who is from Russia, and court filings indicate that the computer hasn't been found in Williams's possession.

The Huepers say the woman spotted inside the Capitol is a different person. They say they were no closer than 100 yards from the building on Jan. 6.

"It's definitely a case of mistaken identity," Paul Hueper told The Epoch Times. "They had a very similar jacket, but the other woman had this really ugly Christmas sweater on, and Marilyn was just wearing a white, red, and pinstripe blue shirt, mostly white."

"Surely the FBI could see that, unless their investigative work is just that weak that they pick up these small things."



In these still images from surveillance footage, a woman the FBI believes is Marilyn Hueper is pictured inside the U.S. Capitol on Jan. 6, 2021.

Americans don't really realize where this police state tactic kind of government is leading us.

Paul Hueper, husband of Marilyn Hueper

While the agents were allowed to seize electronic devices from the couple's home, Marilyn Hueper says they also took a copy of the Declaration of Independence. That signaled to her that they're "trying to say something or trying to intimidate."

She urged people to educate themselves on what rights they have. The Huepers believe they gave up a lot of rights during the search because of a lack of understanding.

"We have to know how to hold them accountable, which means we have to learn what is lawful and what isn't and put their feet to the fire," she said.

Paul Hueper added: "It's just really frightening, seeing our government weaponize different facets of these different agencies—the FBI, IRS, CIA, and so forth—against American citizens. This is the stuff of police state legends. This is where the USSR got formed

and where Venezuela got formed and Cuba, and on and on down the line.

"So Americans don't really realize where this 'police state tactic' kind of government is leading us, and I don't care if you're Democrat, Republican, if you're independent, if you're Libertarian—wake up Americans, your rights are getting taken away and they are slipping away fast."

"If we don't take a stand as the people and stop depending on the government ... if we as the people don't wake up and take a stand, and take a loud stand, we're going to wave goodbye to the lives that we've built them to be and the freedoms that we've enjoyed."

The Huepers also contest the situation with Alaska Airlines, saying that Marilyn only had her mask off while eating and drinking, and that Paul had his mask on the entire time.

Alaska Airlines didn't respond to a request for comment. The FBI declined to comment. No criminal charges have been filed against the Huepers as of May 7.

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ICE Deportations Hit Record Low in April

Arizona AG Says Biden Admin Is 'Abolishing ICE Through Administrative Acts'

Immigration and Customs Enforcement officers arrest an illegal alien from Mexico during a raid in the Bushwick neighborhood of Brooklyn, N.Y., on April 11, 2018.

SAMUEL ALLEGRI

The number of deportations carried out by Immigration and Customs Enforcement (ICE) in April has hit a record low, the agency told The Epoch Times on May 6.

The figure comes amidst a 20-year record-high number of illegal border crossings.

ICE completed 2,962 deportations last month, not including Title 42 expulsions, a reflection of the restrictions that the Biden administration has placed on the agency.

"U.S. Immigration and Customs Enforcement (ICE) has concentrated its

limited law enforcement resources on threats to national security, border security, and public safety," an ICE spokesperson told The Epoch Times via email.

"This has allowed ICE to focus on the quality of enforcement actions and how they further the security and safety of our communities rather than the simple quantity of arrests and removals."

U.S. Customs and Border Protection released an operational update in April that stated more than 172,000 illegal immigrants were apprehended in March along the Southwest border.



JOHN MOORE/GETTY IMAGES

Arizona and Montana took legal action in March in order to halt the Biden administration's new immigration regulations.

Compared to February, March saw a 100 percent increase of unaccompanied minors from Central America—18,890, the agency stated.

"ICE continues to implement the civil immigration enforcement priorities directed by the U.S. Depart-

ment of Homeland Security (DHS) on Jan. 20, to focus our limited resources on threats to national security, border security and public safety," the spokesperson wrote. "ICE will continue to carry out its duty to enforce the laws of the United States in accordance with the Department's national security and public safety mission."

Last week, as part of a court-ordered finding related to a lawsuit Arizona and Montana filed against the DHS, Arizona Attorney General Mark Brnovich's office announced that they acquired internal documents and emails from

the federal government that "convey a shocking disregard for the safety of American communities by the Biden Administration," said Brnovich. "The Biden Administration and its radical allies are effectively abolishing ICE through administrative acts."

Administrative records discovered as part of the lawsuit against DHS and ICE officials resulted in 5,000 pages of records, out of which only 170 weren't redacted.

Arizona and Montana are the first states to find the information.

His office stated that the states are "challenging

DHS's interim guidance that presumptively halts nearly all deportations outside of three narrow categories."

The two states took legal action in March in order to halt the Biden administration's new immigration regulations, which they claim would cause an adverse effect on the states.

According to Brnovich's office, emails in the records disclose that a high-ranking ICE official said the new policy would cause an approximately 50 percent decrease in ICE arrests.

The DHS didn't respond to a request for comment by press time.

Louisiana Senate Rejects Bill Allowing Social Media Companies to Be Sued for Limiting Speech

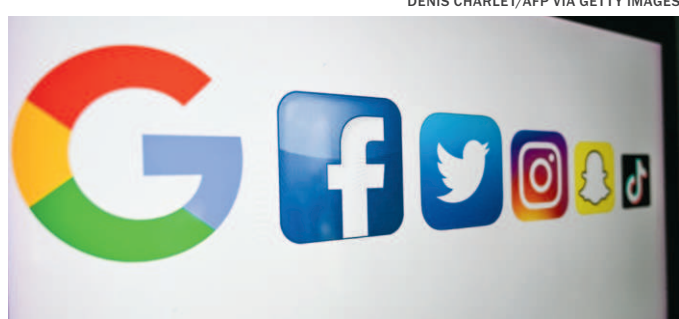
JANITA KAN

A bill that would allow Louisiana residents to sue social media companies for deleting or limiting religious or political speech has failed to advance in the state Senate.

The proposal, known as Senate Bill 196, would also have allowed legal actions against social media companies with more than 75 million users that use an algorithm to disfavor or censor a user's religious or political speech. The bill could have allowed a user in the state to claim actual and punitive damages of up to \$75,000.

Under the proposal, users don't have a cause of action when a social media company takes actions against hate speech, calls for violence, obscene or pornographic content, or operational errors.

The Republican-con-



DENIS CHARLET/AFP VIA GETTY IMAGES

trolled Senate on May 4 voted 19-18 for the bill, falling one vote short of the 20-vote majority needed to advance the measure to the House; a similar bill has also failed to garner the required support in the House. The bill was reconsidered on May 5 and has been returned to the calendar for further action or consideration at a later time.

Republicans and conservatives across the nation are championing legal measures to combat what they see as unfair moderation and censorship of conserva-

tive speech on social media. This comes after multiple Big Tech companies such as Facebook and Twitter increased policing of user speech, in particular during the lead-up to the 2020 election and following the Jan. 6 breach of the U.S. Capitol.

Former President Donald Trump's accounts have been permanently suspended on Twitter and banned on Facebook because the social media companies decided that Trump's posts violated their content standards.

Bills similar to Louisiana's

have been introduced in other states, but none have been enacted. Meanwhile, some Republican-led states have also proposed other measures to prevent Big Tech companies from using their monopoly to police speech they don't agree with.

The bill could have allowed a user in the state to claim actual and punitive damages of up to \$75,000.

For example, Florida proposed that it would seek to penalize social media companies that de-platform candidates during an election. The legislation would fine companies \$100,000 a day until the candidate's access is restored. Texas is considering similar legislation.

The Louisiana bill, introduced by Sen. Jay Morris (R-West Monroe), advanced to a Senate committee last week.

In defending the bill, Morris told the committee that the legislation would protect "freedom to express one's political and religious opinions without having a building full of people in California deciding what the American public, in particular the Louisiana public, can see or hear or write about."

Chris Sevier, a supporter of the bill and a lawyer, provided testimony at the hearing, arguing that Morris's bill was the solution to perceived censorship by social media companies. He argued that Section 230 of the Communications Decency Act, a federal statute, allows for states to create laws to defeat an immunity defense,

commonly referred to as the Section 230 immunity defense, which provides social media companies that don't act as publishers with a shield from civil action.

Morris didn't immediately respond to a request by The Epoch Times for comment.

Opponents of the bill argue that the measure is unconstitutional and violates federal law. Eric Peterson, the director of the Pelican Center for Technology and Innovation, argued in the committee hearing that the bill isn't a targeted solution to deal with the issue of censorship but instead would create a slew of problems for Louisiana.

He argued that websites that were not intended to be targeted by this bill such as eBay, Amazon, and Spotify may also be caught in the language of the proposed law.

Bill Gates-Funded Company Releases Genetically Modified Mosquitoes in US

ISABEL VAN BRUGEN

Genetically modified mosquitoes have been released for the first time in the United States as part of an experiment to combat insect-borne diseases such as Dengue fever, yellow fever, and the Zika virus.

UK-based biotechnology firm Oxitec, which is funded by the Bill and Melinda Gates Foundation, said it released the mosquitoes in six locations in Monroe County's Florida Keys: two on Cudjoe Key, one on Ramrod Key, and three on Vaca Key.

It's part of an effort to help

tackle a disease-transmitting invasive mosquito population—the *Aedes aegypti* mosquito species—that's responsible for "virtually all mosquito-borne diseases transmitted to humans," according to the company.

These mosquitoes make up about 4 percent of the mosquito population in the Keys, and transmit dengue, Zika, yellow fever, and other human diseases, as well as heartworm and other potentially deadly diseases to pets and other animals.

The experiment is in collaboration with the Florida Keys Mosquito Control Dis-



A transgenic *Aedes aegypti* OX513A mosquito, created by Oxitec, in Piracicaba, Sao Paulo, Brazil, on Oct. 26, 2016.

MIGUEL SCHINCARIO AFP VIA GETTY IMAGES

trict (FKMCD), and was approved by the U.S. Environmental Protection Agency (EPA), the Florida Department of Agriculture and Consumer Services (FDACS), the U.S. Centers for Disease Control and Prevention, and an independent advisory board.

Over the next 12 weeks, fewer than 12,000 mosquitoes are expected to emerge each week, for approximately 12 weeks. Untreated comparison sites will be monitored with mosquito traps on Key Colony Beach, Little Torch Key, and Summerland Key.

If successful, some 20 million additional genetically

modified mosquitoes will be released later in the year.

"We really started looking at this about a decade ago, because we were in the middle of a dengue fever outbreak here in the Florida Keys," FKMCD Executive Director Andrea Leal said during a video news conference. "So we're just very excited to move forward with this partnership, working both with Oxitec and members of the community."

The insects released by the biotechnology firm are all male, so they don't bite. They're expected to mate with the local biting female

mosquitoes, and in doing so, they will pass on a lethal gene that will ensure their female offspring die before reaching maturity.

According to Quartz, areas including Malaysia, Brazil, the Cayman Islands, and Panama, where similar experiments have been carried out, have seen mosquito populations drop by as much as 90 percent.

The project has faced backlash from residents, who say their consent was not sought for the experiment.

The Associated Press contributed to this report.

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

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5	8	9	4	3	1	2	6	7
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O	S	L	O	H	A	S	T	E	N	T		

Announcements

Lost & Found

LOST AND FOUND can be placed in our local newspaper and online for ONE week for FREE. Limit 30 words

Leavenworth/Cashmere
509-548-5286
or email
classifieds@leavenworthecho.com
or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
or email
mirrorads@lakechelanmirror.com

Deadline: by Noon on Friday

Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Employment

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 NCEDSD, 430 Olds Station Rd., Wenatchee, WA 98801, 509.667.7100 or <http://www.ncesd.org>

A completed application packet is required. Equal Opportunity Employer



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
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
EOE



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.
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
EOE

Help Wanted

OCTN is accepting applications for part time cook and kitchen aide in Brewster. Positions are 6 hours, Tuesday, Wednesday and Thursday. Prepare a tasty, nutritionally balanced meal for take-out and home delivered clients from dietitian approved menus. Must possess the ability to complete tasks within the allotted time frame, follow direction and have great communication skills. Must be reliable, trustworthy, and skilled at detailed tasks. Must be able to pass a pre-employment background check and obtain food handlers permit. Applications can be picked up at 303 2nd Ave. S., Okanogan, (509) 826-7979 or online at www.octn.org
OCTN is an EOE



Cascade Mechanical is accepting applications for a full-time Service Technician. Must be able to perform a variety of technical tasks related to maintaining, repairing, and understanding sequence of operations to troubleshoot the HVAC equipment.

Requirements:
* 2 years' experience working on HVAC equipment.
* Universal EPA Certification
* Electrical low voltage license
* HVAC/R Technical Training
Excellent pay and Benefits. To join our growing team, apply online cascademechanical.com or call 509-682-5923 to set an appointment to bring your resume or apply in person at 902 E. Woodin Ave. Chelan, WA 98816.



Teller/ CSR

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
Equal Opportunity Employer



qcherald.com

Help Wanted



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

- Substitutes for:
Custodians
Bus Drivers
Food Service
Teachers

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

Help Wanted

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.



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:

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

Help Wanted



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:

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



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
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
EOE

Help Wanted

Bus Driver/ Operator – Full-time 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 begin March 19, 2021 and will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.



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
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opportunity@trhospital.net
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EVENTS

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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:

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

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
EOE

Help Wanted

LAKE CHELAN SPORTS

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

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www.uvcares.org
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\$25.00 per hour
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Send resume to: subido@uvcares.org

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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.

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Bus license #602-781-946

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Call 682-2213

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- * Oak entertainment center 85"x6"x 16" deep
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- * 2 Oak coffee tables with glass inserts one is 36"x36"15" tall the other is 25"x28" 20" tall
- * Sears electric trolling motor, like new

Call 509-679-9318

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\$144,500

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.

808-298-1031

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 5, 12 and 19, 2021. #1988

Public Notices

Bridgeport School District #75 School Board Vacancy

The Bridgeport School District Board of Directors is seeking applicants to fill Director Position No. 2 (at large). Applicants must reside in the Bridgeport School District, be a United States citizen and a qualified voter of the district. Deadline for applications is May 21, 2021. Please call the district office at 686-5656 for more information or stop by the Superintendent's office to view the boundary map for Bridgeport School District.

Distrito Escolar de Bridgeport # 75

Vacante de la Junta Escolar

La Mesa Directiva del Distrito Escolar de Bridgeport está buscando candidatos para llenar la Posición 2 del Director (en general). Los solicitantes deben residir en el Distrito Escolar de Bridgeport, ser ciudadano de los Estados Unidos y ser votante calificado del distrito. La fecha límite para las solicitudes es el 21 de mayo del 2021. Por favor llame a la oficina del distrito al 686-5656 para más información o pase por la oficina del Superintendente para ver el mapa de límites para el Distrito Escolar de Bridgeport. Published in the Quad City Herald May 12, 2021. #2037



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NCWMarketing.com

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

CROSSWORD PUZZLE

THEME: EUROPEAN CAPITALS ACROSS

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CROSSWORD PUZZLE

THEME: EUROPEAN CAPITALS ACROSS

- RPM gauge
- Have a bawl
- "Neutral" capital
- Paella pot
- Mend, healthwise
- Deadly snake of southeastern Asia
- Multicolored horse
- Estimator's phrase (2 words)
- "The Addams Family" manservant
- *Northernmost European capital
- One of British Isles
- EUR, pl.
- Ensign, for short
- Pieces of glass, e.g.
- Vacuum cleaner alternative
- "_____ the land of the free..."
- Oxygenate, as in lawn
- Insane, in Spain
- Just harvested, e.g.
- A in IPA
- Church song
- Tiny amount
- Military marksman
- Fake tooth
- Devoid of liquid
- Jet setters' vessels
- Address abbreviation
- Sports stadium
- Japan's highest mountain
- *Capital that hosts Nobel Prizes
- Sophia _____, Italian actress
- Genesis twin
- Curved molding
- Tequila source
- Non-permanent office worker
- Like dental surgery
- *Capital on a fjord
- Possesses
- Big top

DOWN

- Unit of pressure named after Torricelli
- Post sun-bathing relief
- Wallace & Gromit modeling material
- Desire
- Aussie gas station
- Desert wanderer's hope
- Alexander Alexandrovich _____, Russian poet
- *Also the capital of European Union
- James _____ Jones
- Paddy grain
- To the _____ degree
- Like voice after a pep rally
- "A Fish Called Wanda" actor Kevin
- Judea, alt. sp.
- Mama sheep
- *Bulgarian capital and actress Vergara's given name
- Long-necked bird
- Rocky ridge
- Hunt illegally
- Audienciais approval
- Frolics
- "Atlas Shrugged" author Ayn
- Cassius Clay
- *Balkan capital and 1984 Olympics location
- Practical joke
- Canine command
- Eyeball washing vessel
- Offer two cents
- Collusion
- Away from harbor (2 words)
- Drifts
- *London was famous for these pea soup particulars
- Russian mountain chain
- Comedian Rogan
- Shrek, e.g.
- Not fatty
- Patty _____
- Tzu

SUDOKU PUZZLE

SUDOKU

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Courtesy USDA Forest Service

A family of campers enjoys the amenities at an Okanogan-Wenatchee National Forest campground.

Fee changes proposed at selected Forest Service recreation sites in central Washington

SUBMITTED BY USFS

WENATCHEE – The Forest Service, an agency of the U.S. Department of Agriculture, is proposing to raise fees and establish new fees at certain Forest Service recreation sites in the Okanogan-Wenatchee National Forest and the Tonasket Ranger District of the Colville National Forest and is soliciting comments from the public now through July 31.

Fee changes are being considered to allow the forest to continue to provide services, such as garbage collection and drinking water, and to provide for the health and public safety expected by visitors at recreation sites. These fees will also be used for large scale maintenance and improvement projects at sites where fees are collected.

“Raising fees will help offset the increased costs of maintenance at the sites,” said Forest Recreation Program Manager Suzanne Cable. “The last time fee increases occurred on recreation sites in the Okanogan-Wenatchee Forest was in 2010.”

Public input on the proposed changes is a welcome and a valued part of the overall process. Forest Service staff will evaluate and later present the public comments and input to a citizen advisory committee. The advisory committee will review all recommended fee changes before making recommendations to Forest Service Regional Forester Glenn Casamassa, top manager over all national forests in Oregon and Washington. Changes would not go into effect until after Casamassa’s approval.

“Once approved, the dates the fee changes go into effect will vary,” Cable said. “We don’t plan to increase fees at all approved locations at the same time.”

The proposal includes changing fees at over 60 recreation

sites including campgrounds, lookouts, trailheads, and rental cabins across the forest and establishing new fees at 25 sites. Sites with proposed changes can be found at this link: www.fs.usda.gov/goto/rec-fee-proposal

“Recreation fees and money collected from overnight rentals and campgrounds is kept on the forest to operate and maintain these sites. Besides routine operation and maintenance, monies are used to chip away at major projects to reduce backlog maintenance, fix old or install new picnic tables and toilets, and more,” Cable said.

Forest Service staff hope to present the proposed fee changes to members of the Resource Advisory Committee for review fall or winter of 2021. The public is welcome to comment in writing prior to advisory committee meetings. The exact meeting times, location, and agenda will be announced on the forest website and through local media.

Comments on the proposed fee increases should be mailed to Okanogan-Wenatchee National Forest, ATTN: Recreation Fees/Suzanne Cable, 215 Melody Lane, Wenatchee, WA 98801, or emailed to SM.FS.FeeProposal@usda.gov. Comments must be received by July 31, 2021 to be considered.

Questions on fees proposed for specific sites should be directed to the District where that site is located.

Chelan Ranger District 509-682-4900

Cle Elum Ranger District 509-852-1100

Entiat Ranger District 509-784-4700

Methow Valley Ranger District 509-996-4000

Naches Ranger District 509-653-1401

Wenatchee River Ranger District 509-548-2550

Tonasket Ranger District (Colville) 509-486-2186

THE WASHINGTON OUTDOOR REPORT

It’s spring wildflower season

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

This is the time of year when the landscapes of Central and Eastern Washington are so beautiful you would think they are Claude Monet paintings come to life. May and early June offer opportunities to enjoy splashes of yellow, white, pink and purple across the hills. But what flowers are they? Well, the yellow flowers that look somewhat like low growing sunflowers growing in clusters are arrowleaf balsamroot. Those small white or pink flowers with five petals each? Likely phlox. And those purple conical flowers? Those would be lupine. Do you see splashes of pink in the bushes? Those may well be wild roses, also called the Nootka rose. All of these flowers are in full bloom now but don’t wait to enjoy them, because these blooms will fade in June and in some places, as early as late May.

If you want to enjoy the colors from a distance there are several ways to enjoy wildflowers at this time of year. The Wenatchee Valley between Leavenworth and Wenatchee is a great place to drive the country roads and take in a spring mosaic of green, yellow and white. The Palouse country around Palouse Falls State Park to Lyons Ferry is another great place to see flowers, especially lupine. Other options to see the landscape in bloom include drives up the Entiat or Methow Valleys in North Central Washington as well as the drive around the highland lakes of Okanogan County east of Omak, Tonasket and Oroville.

One other way to see the wildflowers, and lots of them, is by boat. You can do so by taking a guided jet boat trip from Clarkston or Lewiston into Hells Canyon. These spring-time day trips allow you to see North America’s deepest gorge at its finest. While on board keep your eyes open for wildlife too, especially deer and bighorn sheep. If you are looking for jet boat companies go to the Visit Lewis and Clark Valley website at <https://visitvalley.com/hells-canyon/hells-canyon-tours/>.

Another way to immerse yourself in flowers this spring is to head to Skagit County near La Conner and Conway and tip toe through the tulips blooming in farmer’s fields now. Or, stay east of the Cascades and enjoy wildflower



Courtesy John Kruse

A hillside full of blooming wildflowers near Cashmere.



Courtesy John Kruse

Arrowleaf balsamroot, phlox and lupine

hikes at The Dalles Mountain Ranch off of Highway 14 in the Columbia River Gorge, along the trails found in the Columbia National Wildlife Refuge near Othello or hike the three-mile Scroggie Loop by Fishtrap Lake between Sprague and Cheney.

Hikes with wildflowers north of I-90 include the Lower Mad River Trail west of Entiat or the historic McLaughlin Canyon Trail south of Tonasket, which was used by Hudson

Bay fur traders and gold miners in the 1800’s. Finally, if you want a cardio work-out to go with your wildflower viewing, hike the 2.7 miles up Columbia Mountain. Located in the Colville National Forest west of Republic, you’ll gain 3348 feet in elevation before reaching the top of the 6,760-foot mountain but once there you can check out an old fire lookout and take in the views of the spring wildflowers blooming on the summit there.

If you want more ideas about wildflower hikes in the Evergreen State, go to the Washington Trails Association website at <http://wta.org>. Once there go to the “Find a Hike” page and type in the keyword “wildflowers” for the region you are interested in. You’ll find all sorts of suggestions along with up-to-date trip reports from other hikers when you do.

John Kruse –northwesternoutdoors.com and americaoutdoorsradio.com

Do you need a calcium supplement



Q: Should I be taking calcium pills for my bones?

Last fall, my 75-year-old next-door neighbor fell down the stairs that lead upward to her front door. Her left ankle shattered into tiny pieces that had to be painstakingly fitted back together during a grueling 5-hour surgery. After years of taking Prednisone every day to control a painful inflammatory condition, her doctor told her she had osteoporosis, or “thin bones.” So her doctor prescribed a bone-building medicine for her, plus a daily calcium supplement.

Calcium does more than just keep our bones strong. Our muscles, nerves, and blood vessels depend on calcium to perform their jobs. Every time your heart beats, or you take a breath, your heart and chest muscles use calcium as they work, keeping you alive and healthy.

Suppose you don’t get enough calcium in your diet to keep up with the demand. In that case, your body will take the calcium it needs out of your bones, like an ATM (automated teller machine).

If you run low on calcium occasionally, this only happens once in a while.

But suppose your body extracts calcium out of your bones regularly. In that case, those withdrawals eventually weaken your bones, increasing your risk of a hip fracture or worse.

How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50 and 1200mg for adults older than 50 years of age. Unfortunately, many postmenopausal women get only 600-900mg of calcium daily through their diet. Taking a calcium supplement can make up the difference.

Calcium supplements have been recommended to ensure women and men at risk for osteoporosis get their total recommended daily dose of calcium. However, more recent studies have shown that getting TOO MUCH calcium can increase your risk of having a heart attack or stroke. In addition, it’s suspected that the spike in blood levels of calcium you get by taking a concentrated calcium supplement may actually damage your blood vessels.

Taking a calcium supplement encourages the formation of painful kidney stones. So, getting ALL of your recommended daily calcium intake from a calcium

supplement is no longer recommended for bone health.

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

Weight-bearing exercises like walking, tai chi or weight training have also been shown to improve bone strength.

Here are 5 Tips on Getting Enough Calcium:

1. Get as much calcium from your diet as you can.

Most people get 300mg of calcium daily from non-dairy sources, and dairy products like milk, yogurt, and cheese supply another 300mg per serving. Green vegetables, oranges, and figs also contain calcium. Calculate your calcium intake with a calcium calculator. It’s available as a phone app for iPhone and Android phones and online at the International Osteoporosis Foundation website, at their Quick Links.

2. If you take a bone-building medicine like Fosamax® (alendronate), Actonel® (risedronate), or Boniva®, make sure you get enough calcium.

These medicines work

by encouraging calcium to go back into your bones. However, if you don’t have enough calcium to spare, they can’t help you.

3. Avoid taking more than 500mg of a calcium supplement at one time.

Your body absorbs calcium better when you take small amounts at a time. This will also keep your blood calcium levels from “spiking,” which could increase your heart attack and stroke risk.

4. Get 400 IU of Vitamin D every day.

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

5. Eat dried plums or prunes to build bone.

In one study, women who ate 100 grams of dried plums daily for a year had measurably stronger bones. Despite the extra calories, none of the women in the yearlong study gained weight or blood sugar elevations, most likely because of the plums high fiber content. 100 grams of dried plums equals about 9 of those plump plums sold in big bags at places like Costco®. Because plums

(also known as prunes) have a natural laxative effect, you should start slowly at first to avoid experiencing diarrhea.

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

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