Brewster Bears maul Manson Trojans

See page B1

MARCH 17, 2021 • VOLUME 119, NO. 11

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

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Gov. Inslee announces statewide move to Phase 3 of recovery plan

Return to spectator events, Phase 1B, Tier 2 vaccine eligibility

OLYMPIA - Gov. Jay Inslee on March 11 announced that Healthy Washington: Roadmap to Recovery will be transitioning from a regional approach to a countyby-county evaluation process. The governor also announced a new third phase of the Roadmap and a return for in-person spectators for professional and high school sports.

Effective March 22, the entire state will enter Phase 3.

"Because of the progress we've made by decreasing our case rates and hospitalizations, as well as our tremendous efforts to get more people vaccinated, our reopening plan is once again based on counties, not regions," Inslee said during a press conference Thursday. "We are excited to take this step and we will keep evaluating our progress, and the impacts of these changes, to determine how and when we reopen further."

Additionally, the governor announced that starting Wednesday, March 17, everyone in Phase 1B, Tier 2 will be eligible for their COVID vaccine. This includes workers in agriculture, food processing, grocery stores, public transit, firefighters and law enforcement, among others. Phase 1B, Tier 2 also includes people over the age of 16 who are pregnant or have a disability that puts them at high-risk.

Metrics

Under the updated plan, counties will be individually evaluated every three weeks. The evaluations will occur on Mondays with any possible changes taking effect Friday, with the first evaluation scheduled for April 12.

vidually evaluated, large and small counties will have different sets of criteria. If any county fails one or more of the metrics below, that county will move down one Phase in the Heathy Washington plan. For large counties to remain

By Mike Maltais

STAFF WRITER

quality of Brewster city well

In addition to being indi-



Gary Bégin/QCH

Gov. Jay Inslee

in Phase 3, defined as counties with more than 50,000 residents, they must keep a 14-day average of new COVID cases at or below 200 per 100,000 residents, and a seven-day average of new hospitalizations per 100,000 at five or fewer.

Smaller counties, those with populations of 50,000 or less, must maintain a 14-day average of new cases at 30 or fewer, and a new seven-day hospitalization average at three or fewer.

If at any point the statewide ICU capacity reaches greater than 90%, all counties will move down one Phase. The Department of Health always maintains the ability to move a county forward or backward at their discretion.

"We know there is enthusiasm around opening of schools and businesses and that advancing to Phase 3 is welcome news to many Washingtonians," said Lacy Fehrenbach, Deputy Secretary for the Department of Health's COVID-19 response. "We want to keep going forward together out of the pandemic, and our success hinges upon wearing masks, washing our hands, watching our distance, keeping social circles small — and of course, getting vaccinated when it's our turn. These are the things that will help us suppress CO-VID-19, which is the key to our continued forward progress towards recovery."

Phase 3 Sports guidance will change in Phase 3 to allow in-person

ment at its regular monthly

meeting held virtually last

Wednesday, March 10. The

other is the unacceptable qual-

ity of the asphalt layer applied

to Bridge Street following the

major water line replacement

Drilling deposits from the

test well sunk at State Street

showed the large gravel layer

that is one of the indicators of

SEE WATER ON PAGE B2

completed last fall.

SEE PHASE 3 ON PAGE A3

Pateros. Washington PATEROS - City Adminis-

trator Jord Wilson delivered the city's annual parks report at the regular monthly meeting of the city council last February and it included a long list of improvements and additions. Wilson is a Certified Arborist and holds Masters in Liberal Arts (MLA) and Masters in Business Administra-

AN NCW MEDIA PUBLICATION

Memorial Park Planted seven memorial

- **Pateros Mall Plaza**
- outdoor dining.
- · Nine new trash receptacles.

- Removed beaver-damaged ash tree and added protective barriers to other trees.
- Installed security camera. shield.
- **Ives Landing**
- bor Day.
- replaced two frost-free hy-
- Installed security camera.
- Shower fixture replace-
- ments. Reviewed trail extension.

Tennis courts (Riverside Drive

- ecreation access site) Repaired court cracks.
- and light.

New online reservation system

Pateros parks get repairs and improvements in 2020

By Mike Maltais STAFF WRITER

tion (MBA) degrees.

- · Installed a security camera.
- · Trail light electrical repairs.
- · New tables and chairs for
- · Electrical repairs.

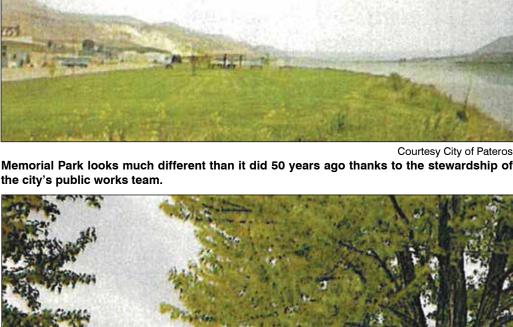
Peninsula Park

- · Installed restroom light
- Pruned trees.
- Repaired sump pump. Repaired irrigation con-

Planted Ginko tree for Ar-

- drants.
- Removed weed species trees.

- Installed security camera
- · Repaired and replaced · Replaced vandalized bol-





- **Methow Boat Launch** Repaired restroom and trail
- vandalism.
- Security improvements: lights, camera, tree remov-

Riverview Pavilion

station #4)

 Addition to holiday light SEE PARKS ON PAGE A2

Frank Herbert appointed to Pateros City Council

By MIKE MALTAIS STAFF WRITER

PATEROS - Frank Herbert, the man appointed to fill the city council position **Bridge Street asphalt unacceptable** left by the resignation of Christine Perry earlier this month, hit the ground running **Excess sand compromises water** by casting his first official vote minutes after taking the oath of office during a special early morning council meeting on March 1.

> As a former U.S. Marine who spent 21 years in the Corps, Herbert has had plenty of experience taking on responsibility quickly with a minimum of confusion and getting the job done with a minimum of complaint.

> Herbert joined the Marines straight out of high school in south Texas and retired from the Corps in 2006. After teaching in Louisville, Kentucky, for eight years Herbert and his wife moved to Pateros following their daughter's high school graduation at Louisville. The Herbert's had earlier purchased a home that was



New Pateros city council member Frank Herbert looks over a resolution minutes before taking the oath of office and casting his first official vote supporting the measure.

among the fortunate ones to survive the 2014 Carlton Complex wildfire that consumed some two dozen Pateros residences.

In the wake of the fire's devastation Herbert got in touch with a Marine acquaintance who was part of a new group of military vets volunteering for a rapid disaster response group called Team Rubicon. The organization was founded in 2010 with two goals: to provide fast and adequate disaster response and serve as a vehicle to integrate military veterans back into civilian life.

Herbert put Team Rubicon in touch with his father-in-law, George Brady, who was then Pateros mayor and the team was one of the first groups to bring much needed help and relief to the city.

Since moving back to Pateros in 2018 Herbert has brought both his mother and sister to Pateros to be closer and to help care for them. While he considers options for his next career move Herbert said he wanted to do his part to serve the community his family now calls home.



BREWSTER - The city's

expectations that a second

water well dug on State Street

would provide the backup

it wants and the additional

water it needs has turned to

disappointment from excess

sand that is sloughing into the

That is one of the issues the

otherwise clean water.

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery



INSIDE THIS WEEK

......A1-4, B1-B2 Business & Services Directory....... Births, Obituaries, Death NoticesA4 Classified Index



P.O. Box 37 Brewster, WA 98812-0037 509-689-2507 www.qcherald.com

State should encourage schools to think differently about "learning loss"

By Sen. Brad Hawkins

The Washington State Constitution describes education as its "paramount duty," and the Legislature dedicates half of its \$54 billion operating budget to K-12 education. Each year, lawmakers fiercely debate educational reform topics from school funding, graduation standards, and collective bargaining to levy reform, curriculum choices, and testing requirements. More recently, as a result of the COVID pandemic, school districts are focused on remote learning, technology needs, and safe reopening.

One of the things missing from the overall discussion, in my opinion, is whether the current school year model makes sense for a 21st century school. Why is it that Washington taxpayers and people across America invest so much into their school systems while annually accepting an antiquated school calendar? Is it the most prudent use of taxpayer funds from a return on investment perspective to resign ourselves to a schedule year after year that leaves students across our state with three months of no instruction and a month of reteaching every September? If we could redesign the school calendar today, wouldn't we do things very differently?

These are the questions I am attempting to answer in my Senate Bill 5147, a bill cosponsored by many legislators, including committee chairs and leadership members from both parties. The bill includes a financial incentive for any district that chooses to voluntarily apportion their existing 180 state-funded school days over a full year. This will likely require multiple three-week breaks throughout the year or a few one-month breaks. The bill was recently approved by the Senate's Early Learning and K-12 Education Committee. The bill has another hearing this afternoon before the Senate's Ways and Means Committee, which develops the Senate's budget proposal. Many stakeholders are expected to testify, including local educational leaders Michelle Price, superintendent of the North Central Educational Service District, Gene Sharratt former superintendent and Washington State cabinet

American Standard
150 YEARS OF EXCELLENCE

member, and Tom Venable, superintendent of the Methow Valley School District.

Both the Early Learning and K-12 Education Committee and Ways and Means Committee are working to address "learning loss" this legislative session. Learning loss is something that will, unfortunately, impact nearly every student across Washington state due to the COVID pandemic and the less-than-ideal circumstances associated with statewide remote learning. Some students could spend most of their remaining K-12 years just trying to catch up to their pre-pandemic academic learning trajectory. Sadly, many students will be burdened by COVID's educational impacts for many years to come. The COVID educational

impacts will burden most

students for many years and likely will be compounded by the continual learning loss in future years, which occurs every summer as a result of outdated school calendars historically designed to accommodate our agricultural needs. Our current school calendar was created to allow students to have a threemonth summer break to assist their families on their farms but became commonly accepted over time and now goes largely unquestioned. It's now time to think about transformational changes that could help every student across Washington. With my bipartisan effort outlined in Senate Bill 5147, I'm calling on my colleagues in the Legislature to think differently about how to improve our educational delivery system. If we cannot do it now, as we prepare to pull ourselves out of this pandemic, when will we ever be able to? Fortunately, my legislative colleagues and I are not alone. Our Superintendent of Public Instruction Chris Reykdal identifies "balancing the school calendar" as one of his "10 strategic changes" for our schools, and I agree. In a January 8 letter to the governor and legislators, Superintendent Reykdal urged us to explore options to help our schools "become the highest performing public education system in the nation."

I do not think we get there by taking a long break every summer.

ENJOYING A NEW SHOWER IS EASIER THAN YOU THINK

Chelan County projects get boost \$2.5M: 'Cascade Fund' grants rural growth money

STORY AND PHOTOS BY GARY

NCW Media Managing Editor

The Board of Chelan County Commissioners last week approved the Cascade Public Infrastructure Fund (CPIF), a grant program for public facility projects serving economic development, unanimously.

Because these funds can only be spent for public facility projects, eligible applicants will be entities like city governments, the Chelan-Douglas Port Authority, water districts, and other junior taxing districts that can demonstrate a nexus between their proposed project and economic development.

Public facilities" includes bridges, roads, water, sewer, and other utility systems, port facilities, and more, according to strict interpretation of the

rural counties tax laws. The grant program does not impose a new tax on Chelan County citizens, but instead will be funded by existing revenues from the sales and use tax for public facilities in rural counties (Rural Counties Tax) which is a .09 percent remittance on the state's sales tax.

Over the next three years, the CPIF plans to invest nearly \$2.5 million into economic development projects in Chelan

"The CPIF grant program will be a critical resource in local economic development to grow the private sector in order to incentivize and attract new businesses to Chelan County, while at the same retain and expand current businesses," said Blake Baldwin, Director of Economic Development for Chelan County. "The county is eager to make investments that will strengthen our economy and



Kevin Overbay

create family wage jobs and opportunities available to county residents.'

Baldwin spoke exclusively with NCW Media and added the following to his original news release:

"Public investment in these utilities is critical to economic development to help ensure a project site is equipped with infrastructure that will not only incentivize new industry to relocate to Chelan County, but will also help expand and grow existing businesses.

The CPIF Advisory Committee will be looking at several priorities to evaluate, score, and rank projects, including: How many jobs the project will attract to Chelan County,

Also included and highly prized as part of the incentive package are projects that significantly increase county revenues, such as sales tax, property tax, and personal property tax.

"The increase in revenue benefits local governments and junior taxing districts, which in turn helps ease the tax burden upon Chelan County citizens" will be a major criteria in the selection process, according to Baldwin.

How the project will im-



prove the quality of life for Chelan County citizens as well as how projects can demonstrate a partnership between the applicant and another public entity and/ or private sector business or organization

This often means the project has secured matching funds which helps stretch the CPIF grant program further allowing for more public investment in economic devel-

The Chelan County Board of Commissioners will assemble the CPIF Advisory will also be a major consideration, according to Baldwin.

A committee to help guide and inform the decision-making process for these public investments will be formed consisting of eleven members and the county, and will begin extending invitations to "desired participants."

Desired participants include representatives from city governments in Chelan County, community councils, the Hispanic Business Council, and the Chelan Douglas Regional Port Authority. These entities will be asked to send project details.

The committee will review, score, and rank all applica-

tions and submit their recommendations to the Chelan County Board of Commissioners for final decision making.

Chelan County will be accepting CPIF grant applications from March 29 to May 7 and awards will be announced in early June. Applications will be available at co.chelan.

To receive a CPIF grant, the applicant must be a public entity and the public facility project must meet the definitions described in RCW 82.14.370. Furthermore, the project must be listed or referenced in the economic development element of the Chelan County Comprehensive Plan, or the comprehensive plan of a city or town located within the county.

"We look forward to bringing our local government and community partners together to advise and inform the commission's CPIF investments in Chelan County," said Chelan County Commissioner Kevin Overbay.

"The county plans to work with our public sector partners to prioritize investments that will increase county revenues, in turn helping to ease the tax burden to county citizens," Overbay concluded.

NCW Media reached out to Baldwin for more details regarding specific projects that might be receiving consideration from the project-ranking committee. He said the list will be revealed after the application filing deadline.

Be sure to continue reading NCW Media publications for the latest on this important fiscal "shot in the arm" for county projects.

Managing Editor Gary Bégin can be emailed: Gary@ NCWMedia.net. Comments may be reprinted as Letters to the Editor.

PARKS

CONTINUED FROM PAGE A1

display.

Purchased electrical cord and boxes for public events. · Purchased push lawnmow-

The city also removed the juniper bushes in the open space along the west side State Route 97 after a small brush fire ignited in that area last summer.

Along the way the city received some acknowledgements for its efforts Wilson said. Those included a Tree City USA award, Most Improved recognition from the

Risk Management Service Agency (RMSA) for the city's proactive risk management actions, and a \$5,000 RMSA grant for security cameras.

Pateros also installed an online park reservation system complete with online payment options for facility, tent, and RV reservations.

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George T. Rohrich is a resident of Chelan. He is completing his MA in Peace and Conflict studies. When not working he can be found backpacking in the wilderness of the PNW or enjoying a local wine. He is the son of George Rohrich, the CEO of Lake Chelan Health, whose photo inadvertently ran last week.

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

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Racism and our over-sensitive society

Our current over the top sensitive society is harming the brotherhood of man instead of embracing it. When people grow up in a multicultural neighborhood they become friends with all people, regardless of skin color, religious beliefs or ethnicity. When people grow up in a place without diversity, fear of others not like yourself is common.

When I worked for the postal service in the 90s, in a mega-processing center the size of a Walmart, in Sarasota, Florida, with 500 employees, I was best friends with two huge Black guys.

I used to stand between them and then joke I was "the crème in the middle of an Oreo cookie" and we would all laugh hysterically. Yes, they had their "cracker" jokes too and I laughed heartedly at them.

I once took a History of Florida course when I was attending the University of South Florida. The professor told us how the term "cracker" came to be. It was the cracking sound made by the Florida cowboys with their whips as they herded cattle around. Little known fact that Florida was at one time the state with the most cattle next to Texas. Right now, there are more than 886,000 head of cattle and 15,000 beef producers throughout Florida. Currently, Florida ranks 13th in overall cattle numbers nationwide.

So, cracker has become nationwide for a way to racially insult White folks. Maybe most of us think of the white saltine cracker and so the color (or lack of it) matches better than picturing a bunch of Angus (Red or Black) hangin' at the local feed lot.

What do we do now, change



APPLES To APPLES Gary Bégin

everything? Is it no longer Chinese Checkers or should it be Eastern Asian game with marbles?

Is it "Indian Giver" or Native American who regifts what was given and taken back? Do we "Jew" a price down or is it that we are merely negotiating a sales price in a Middle Eastern fashion?

People think I'm a Jew because of my New York accent, big nose and last name – the same last name as the former Israeli Prime Minister Menachem Begin. Begin was a member of the Polish underground during World War Two fighting Nazis before he immigrated to Israel. At that time, Israel didn't exist and was known as British Palestine. He was once on the British 10 Most Wanted list after he helped bomb the King David Hotel as an Israeli freedom fighter. Seems to be a theme in his life. Oy Vey!

Back to me, I'm French-Canadian by birth, New Yorker by adoption, certifiable by genetics and always guilty of something since I'm a lapsed Roman Catholic, just ask any

When we feel we are on the receiving end of a bad deal are we being "Gypped?"

The word GYP is short for Gypsy, an insensitive label that has been used as a disparaging slur for the traditionally nomadic group whose preferred name is Roma. Gyp, meaning "to swindle" is also insulting to the Roma, since it stereotypes them as cheats

and frauds. Unfortunately, many people, unfamiliar with the term, are still using it, even among speakers trying to avoid using offensive language.

Is an Oreo cookie inherently racist? I say just add rainbow sprinkles and voila! An inclusive treat that can't be beat. And ... it doesn't necessarily have to be dunked into white milk either. Try it in chocolate milk. (Who really gives a rat's petute?). With the rainbows, it will also be acceptable to the Gay community, or should I say the LGBTQ+ community? Must alphabet soup named organizations declare sexual preference anyway? TMI,

When something is stolen, is it a five-finger discount? Maybe criminals are offended by that term? Let's just call it theft and leave the anatomy out of it. Can't be racist if you don't talk finger colors, eh?

On a personal note, I have more coats than most everyone in the Sahara Desert combined. Does that make me: A) Wealthy. B) Immodest. C) A hoarder, or D) Captain Obvious in overdrive?

It is all of the above, plus one can say I'm as dumb as a bag of rocks. This type of comparison is non-sequitur. Unlike my column title, it is not "Apples to Apples.'

Coats in the desert, a porcupine at a balloon factory, no, no, no.

The balloons aren't blown up at the factory. Coats as in the Western sense, are not used in the desert. The natives use various head coverings and military veterans have names for these fashion accoutrements of the Bedouin, but I can't use it here as I don't want to offend any "camel jockeys" out there.

BTW, if you are the type of

woman who thinks a certain man is stalking you just because you have seen him about town more than once, get over yourself. Maybe you are a walking, talking Freudian slip-speaking, self-deluded, monochromatically-living, shallow as a guttersnipe, who just enjoys thinking others actually include you in their daily thoughts enough to be stalking you?

If that is the case, it is time to reinvent your karmic Chi.

I recommend drinking and drugs. In America, thank God, this could mean aspirin and water or other combinations. It is a free country – and just remember to genuflect every time you encounter a woman, even if you are one yourself. After all, it is Women's History

Signing off as just another old White guy who never qualified for the Affirmative Action Program, so I just keep on keepin' on. The bottom line is simple - many of us take ourselves too seriously. As the saying goes, we are all brothers and sisters under the skin. Indeed, we all bleed red blood and not a single one of Earth's 7+ billion people can help when or where they were born or into what religion or

Do the world of statistics and deceptive racial practices a favor, next time you are asked your race, put in the "other" column, 400-yard low hurdles.

Gary Bégin, self-identifies as a "self-indulgent dwarfpig", which means he is a little man with a big lust for life, i.e., a man without a category, but breathing the same air as the master race nonetheless. To put your comment on the record for future NCW Media publications, email: Gary@ ncwmedia.net.

LETTERS TO THE EDITOR

Johnson & Johnson COVID-19 vaccine: $A\ moral\ concern$

Dear Editor,

Presently there are three vaccines for Covid-19 that have been approved in the USA for use.

1. Pfizer vaccine, 2. Moderna vaccine. 3. Johnson & Johnson

The Pfizer and Moderna vaccines used no aborted baby cells in the testing of production of their vaccine and require two shots.

Johnson & Johnson used aborted baby cells, both in testing and production of their vaccine and requires only one shot.

The moral concerns and decisions are up to you.

Thank you, Al and Judy Bosco

Thank for P.U.D. for keeping the lights on

As the Texans shiver in darkness and angst over their state power grid leaving them in dire straits, I know my Christian friend's thoughts and prayers go out to them. Some would say we're lucky to have our Chelan County P.U.D. and good firm power from our dams, but luck had nothing to do with it. The forefathers of our Chelan County P.U.D. did due diligence in planning for our future electrical needs. When outages happen, the line crews and staff at the Chelan County P.U.D. are on it.

You may thank a veteran for his or her service, or not talk about the American farmer with your mouth full, but a good word to our P.U.D. people for keeping the lights on couldn't hurt. Joe Bissonnette

Cashmere

PHASE 3

CONTINUED FROM PAGE A1

spectators at events for the first time in a year. Spectators will be allowed to attend outdoor venues with permanent seating with capacity capped at 25%. The change affects both professional and high school sports, as well as motorsports, rodeos, and other outdoor spectator events. Social distancing and facial covering are still required.

The new phase also allows for up to 400 people maximum to attend outdoor activities, as well as events in indoor facilities — so long as 400 people does not exceed 50% capacity for the location, and physical distancing and masking protocols are enforced. Larger venue events are capped at 25% occupancy, or up to 9,000 people, whichever is less, and must follow spectator guidelines.

Additionally, Phase 3 will allow up to 50% occupancy or 400 people maximum, whichever is lower, for all indoor spaces. This applies to all industries and indoor activities currently allowed; restaurants, gyms and fitness centers and movie theaters, among others, may all increase their capacity.

"Some of the hardest hit businesses in Washington will be able to return to 50% capacity as we continue on the road to recovery," Inslee said. "On March 22, we make one more step to beating this virus and rejuvenating our economy."

A full list of industry-level changes for the new phase will be released this week.

State Libertarians hate new gun bills; Hawkins: 'Enforce existing gun laws'

By Gary Bégin

NCW MEDIA MANAGING EDITOR

OLYMPIA - The Libertarian Party of Washington (state) put out a news release decrying current gun rights bills in the state capital stating, "Olympia got a little bit right on police reform, but they're also pushing through a spate of new gun control bills that are as stupid and racist as they are unconstitutional. While Congress protects themselves with layers of weapons around the Capitol, they have no compunctions about taking away citizens' rights to do the same.

The headline for the news release was appropriately titled, "Washington Legislature's New Gun Control Bills: Stupid, Racist, and Unconstitutional.

It is the third largest of the state's three party's and often offers something in between a hard "yes or no" on many issues.

East Wenatchee Republican Senator Brad Hawkins, representing the 8th State

exclusive NCW Media interview, stated, "Gun issues have long been a major focus of state and federal policy. Most gun proposals, like other ideas, do not actually pass. This particular session could be different given the expanded Democratic maiorities of recent years and the interest of many urban legislators in limiting gun use."

Below are the Libertarian opinions on these bills:

HB 1229 outlaws "militarystyle assault weapons," including AK-47s, AR-15s, and all semi-auto rifles under 30 inches. News flash, Olympia: The vast majority of gun killings are by handguns, not rifles, and the vast majority of those are gang-related. If you want to save the children, end the drug war.

HB 1283 bans carrying any weapon in a way that "warrants alarm for the safety of others," an amorphous term which means bearing arms is now a class C felony

Senatorial District, in an if someone else doesn't like seeing it.

HB 1164 is a doozy: the Big Gulp of gun bans, outlawing magazines holding over 10 rounds. This pointless law will do nothing to stop hardened criminals and only hurt the single mom whose life depends on reloading.

Hawkins, whose di includes Chelan, Douglas and parts of Okanogan and Grant counties, continued with his gun reform opinion: "For me, I have always believed that enforcing existing gun laws and upholding constitutional rights are key.'

Libertarians seem to feel that some proposed gun laws may be inherently racist.

"Politicians in Olympia who claim to value "equity and diversity" conveniently ignore that half of all those busted for gun possession are black. The State makes felons out of our young people, wages war against them, and then jails them for trying to keep themselves alive," stated the news release.

Hawkins wants more focus on those deemed "mentally

"Gun violence is never acceptable, and we also must significantly improve our state's mental-health system,"

Anna Johnson, communications director, Libertarian Party of Washington The thinking is that left wing radicals concluded, "While politicians in Olympia protect themselves with layers of weapons around the Capitol, they have no compunctions about taking away citizens' rights to do the same and punishing those they already

oppress.' Hawkins concluded with this statement, "However, new laws should not restrict the rights of law-abiding gun owners to enjoy hunting outdoors or to protect themselves and their families. Self-protection is a constitutional right, similar to free speech. While I will always be open-minded about proposals, lawmakers should not infringe upon fundamental rights."

The Sportsmen's Warehouse Manager in East Wenatchee was unable to give any comment on national issues per corporate policy, when NCW Media asked for

Off the record, one clerk at the gun counter did say that weapon sales have been brisk ever since early 2020 and haven't stopped. "It's been a full year," he said.

Fear is cited as the reason for strong gun sales nationwide over the last calendar vear, according to most industry experts and politi-

cal observers. The last year has been a two-fold "perfect storm" of perceived need for increased personal defense due to COVID-19 fears of civil chaos as well as fear of "liberal backlash" now that Democrats control both Houses of Congress and the presidency.

Liberal backlash is what some conservatives expected if Donald Trump lost, and he did. The idea is to arm one's self before a middle-left coalition in Washington, D.C. imposes stricter gun control or even as a response to local unrest perpetrated by leftwing groups like Antifa.



We are inviting all Student Athletes to come get their Sports Physical and Wellness Exam!

If your student athlete has tested positive for COVID-19, please seek a medical evaluation, especially heart and lungs prior to returning to athletics.

Family Health Centers will be taking extra steps to ensure the safety of all our student athletes who are returning to sports this school year and the next.

Call to schedule an appointment today!

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THURSDAYS & SATURDAYS

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IN MARCH

COMMUNITY **BULLETIN** BOARD

Local, Regional Community News & **Events**

🔪 Any non-profit 501(c)-(3) group, person(s).

╊ Must provide: full name, city, phone number.

🦒 Items pertaining to local events that are free or minimum charge.

Want to place Your Community News Online? Go to NCWMARKET.COM 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

OCSRA scholarship announcement

OKANOGAN - The Okanogan County School Retirees' Association announces a \$1,500 Scholarship available to an Okanogan County graduate who is at least a college junior working toward an initial certificate in an education field to work in public schools.

Deadline for submitting

applications is May 1. The application is available at the OCSRA website https:// okanogancsra.com. Please let eligible friends and relatives know about this opportunity.

For more information contact Rita Figlenski at ritafig2@ gmail.com.

DOUGLAS COUNTY SHERIFF

March 5

Harassment/threat at 335 E. Railroad Ave., N. 9 in Mansfield. 911 at Bridgeport Middle School, 1300 Douglas Ave. in Bridge-

Recovery ox stolen vehicle at the 900 block of Douglas Ave. in Bridgeport.

Welfare check at 120 Fir Ave. on Bridgeport Bar.

Suicide threat at 220 Walnut St. in Mansfield.

March 6

Trespass at 16 Sheldon St. in

Mansfield. Noise at 1808 Raymond Ave. in

Bridgeport. Burglary at 635 State Route 173

in Bridgeport. Alarm at 602 Foster Ave. in Bridgeport.

Animal problem at Fifth Street and Fairview in Bridgeport. March 7

911 at 1125 Columbia Ave. in Bridgeport.

March 8

Parking/abandoned vehicle at 908 Grange Rd. on Bridgeport Bar.

Suspicious incident at 335 W.

Second Ave. om Mansfield.

March 9

Malicious mischief at 1701 Fisk Ave. in Bridgeport.

Sex offense at 1400 Tacoma Ave. in Bridgeport.

Scam at 206 Fairview Ave. in Bridgeport. Public assistance at 103

State Ave. in Bridgeport. Court order violation at 124 Fir Ave. on Bridgeport Bar.

March 10

Parking/abandoned vehicle at Rd. A N.E. and Rd. 14 N.E. in Mansfield

March 11

Hazard at 14 Sage St. on Bridgeport Bar.

Non-injury accident at McNeil Canyon Road, milepost 8 in Mansfield.

Public assistance at 1814 Conklin St. in Bridgeport. Alarm at 2525 Bridgeport Hill Rd. in Bridgeport.

March 12

Court order violation at 120 Fir Ave. on Bridgeport Bar. Animal problem at 1265 Columbia Blvd. in Bridgeport.

qcherald.com

Business & Healthcare **Directory**

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Add your **Business** or Service to this Directory Call

Ruth 682-2213 or Lindsay 509-860-7301

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**

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those

Senior meals, March 17-18, 23-25

over age 60 is \$8.50. For those

60 and under the cost is \$10.

Wednesday, March 17

Corned Beef & Cabbage, Boiled Red Potatoes, Carrots, Tropical Fruit, WW Roll, Dessert

Thursday, March 18

Hawaiian Chicken, Wild Rice, Herbed Cauliflower, Garden Salad, Pineapple, WW Roll, Dessert

Tuesday, March 23

Stuffed Pepper Casserole, Green Beans, Orange Quarters, WW, Roll, Dessert

Wednesday, March 24

Baked Chicken, Mashed Potatoes, 4 Way Veggie Blend, Three Bean Salad, Peaches, WW Roll, Dessert

Thursday, March 25

Chili with Cheese, Corn Chips, Fiesta Corn, Green Salad, Chilled Pears, Cornbread, Dessert

March 18, 23, 25

'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.zoomaus with Zoom platform meeting id: 863 5856 4972.

Call 509-664-6801 (Chelan County Veteran Service Office) or 509-683-3605 (DCV-SO) for more information.

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

March 19, April 9

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is April 9. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc.

On the third Friday of each month March 19, 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.

FAMILY HEALTH CENTERS

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Combat Veterans International meeting

WENATCHEE -- The Central Washington chapter of the

JOCIAL

Combat Veterans International will be meeting in Wenatchee at 1202 North Wenatchee Ave., March 20 at 10 a.m. in the new Veterans Hall adjacent to the Eagles Club and across the parking lot from the Buzz Inn. All combatexperienced veterans from any era or current residence are welcomed to attend. The organization 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.

March 22

Okanogan County PUD meeting

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will held Monday, March 22 at 3 p.m. For more information okanoganpud.org

March 22

Douglas County PUD meeting

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is March 22, 1:30 p.m. at the District's East Wenatchee office. To comply with the Open Public Meetings act due to CO-VID-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.

April 1

Brewster Chamber of Commerce – change in time, location

BREWSTER - The Brewster Chamber of Commerce will hold their next general meeting on Thursday, April 1 at 7 p.m. at the Brewster Bear Basket. 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/u/ kcNDnPF2Ow

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

Lake Chelan Lions Club golf tourney

CHELAN - The Lake Chelan Lions Club hold their 2021 golf tourney at Lake Chelan Municipal Golf Course on Friday, May 14. Cost is \$125 per person for the four person team scramble format. The Lions Club has secured some great prizes this year, including: chance to win a \$10,000 cash prize for a Hole in One on #18 and a \$5,000 cash prize for a Hole in One on #7, two night's accommodation at Lakeside Lodge and Suites, dinner for two at Campbell's Resort, prizes for Best Foursome, Men's and Women's Longest Drive on #12, closest to the Pin on Par 3 holes, Putting Contest, winner takes the Cash Pot and a Raffle Drawing with lots of fun and valuable prizes. Register by April 16 at: lakechelanlionsgolf. golfreg.corn For information about the tournament or to learn more about becoming a Lion, contact Mike Tipton 253-263-9406, patnmike78@ comcast.net.

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 oved 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

Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.

PHYSICAL

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.



AD CITY CHURCH GUIDE

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

BREWSTER • BRIDGEPORT • PATEROS

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

Pastor Gordon Wright

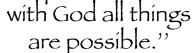
COMMUNITY LOG CHURCH Sunday Worship 10 a.m. 09-689-2224 • 501 W. Indian Avenue www.communitylogchurch.com

HOPE LUTHERAN CHURCH

Sunday Worship 11:00 a.m. Holy Communion 1st, 3rd, & 5th Sunday Bible Study & Sunday School 10:00 a.m. 509-689-3106 • 1520 Sunset Dr. **Pastor Kevin Moore**

NEW TESTAMENT BAPTIST Sunday 10 a.m., 11 a.m. & 6 p.m. Wednesday 7 p.m.

Adult Prayer & Bible Study and King's Kids 509-689-2420 • 412 W. Hanson



- Matthew 19:26

"With men this is

impossible; but

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



The Brewster Bears varsity football team.

Bears varsity football team mauls Manson Trojans

By MIKE MALTAIS STAFF WRITER

BREWSTER - The Brewster Bears varsity football team opened its season with a 22-6 win on the road at Manson, March 5.

Behind a strong defensive effort the Bears forced turnovers that worked in their favor to hold down the home team's scoring potential.

"The defense played great all night," said head coach Jake Johanson. "We did a good job forcing nine fumbles and tackled great all night long."

Arnie Arevalo led the Bears with 17 tackles, forced a fumble and had a fumble recovery. Adaih Najera had six tackles to go along with two QB sacks, a fumble recovery, and a pass intercep-

Quarterback Kelson Gebbers connected on nine passes in 22 attempts for 113 yards and one touchdown.

Gebbers' receivers included Tyson Schertenleib, four catches and 69 yards, Logan McGuire for 16 yards, two receptions, and the touchdown, Reese Vassar, two receptions for 15 yards, and Gio Nila, one reception for 13 yards.

On the ground Nila and Najera led the offense with eight carries for 109 yards and 13 carries for 69 yards respectively. Both scored TDs. Gebbers ran on seven keeper plays for 23 yards, and Schertenleib had four carries.

Waterville-Mansfield zeroes out Mustangs in Friday night football



Courtesy Brad Skiff, Bridgeport School District hundred points in their 52-0 win over the Mustangs at Bridgeport on March 5. This quarterback-to-receiver pass was one of many for the Shockers on the night.

qcherald.com

Bridgeport High School earns AP Computer Science Female Diversity Award

BRIDGEPORT - Bridgeport High School has earned the College Board AP Computer Science Female Diversity Award for achieving high female representation in AP Computer Science Principles. Schools honored with the AP Computer Science Female Diversity Award have expanded girls' access in AP Computer Science courses

Out of the 20,000 institutions that offer AP courses, 1,119 achieved either 50 percent or higher female representation in one of the two AP computer science courses or a percentage of the female computer science examinees meeting o exceeding that of the school's female population during the 2019-2020 school year. That is nearly 37 percent more than the 818 schools recognized last year. In 2020, Bridgeport High School was one of 831 recognized in the category of AP Computer Science Principles.

"During an unprecedented ear, Bridgeport High School female students have demonstrated perseverance and dedication in their study of AP Computer Science," said Principal Tamara Jackson. "We could not be more proud of Bridgeport High School female students for staking their claim as the next generation of STEM and computer science professionals. We can't wait to see their passion for next generation technology lead to lifelong success."

"Bridgeport High School's students need the power to shape technology, not just cope with it," said Stephanie Sanford, College Bard chief of global policy and external relations. "Young women deserve an equal opportunity to become the next generation of entrepreneurs, engineers and tech leaders. Closing the gap in computer science education empowers young women to build the future they want."

The first year of AP Computer Science Principles in 2016-17 attracted more students than any other AP course debut and participation is on the rise. In 2020 more than 116,000 students took the AP CSP Exam - more than double the number of exam takers in the course's first year, and a 21 percent increase over the previous year. In 2020, 39.570 women took the AP CSP exam, nearly three times the number who tested in 2017.

Win on road, loss at home



Courtesy Brad Skiff, Bridgeport School District Bridgeport's Kayla Torres, left, plays close defense against a Manson opponent during a Fillies' home stand last March 6. After shutting out Manson 2-0 on the road on March 2 the Bridgeport girls had to settle for a 1-1 split when the Lady Trojans broke a 2-2 tie to squeeze out a 3-2 win four days

Fillies varsity soccer team splits back-to-back Manson games

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - The Fillies varsity soccer team opened its season with a 1-1 split against the Manson Lady Trojans on the road and at home during the first week of March.

Head coach Gabe Gonzalez reports that the Fillies scored twice before halftime in the first game played March 2 at Manson. Bridgeport's Jenny Farias found the Trojan's goal in the 13th minute of play to put the Filles up 1-0.

Later in the first half Karla Torres set up teammate Patty Santana who scored Bridgeport's second goal in the 34th minute to give the Fillies a 2-0 lead.

Manson had no answers during a scoreless second half giving he Fillies the shutout.

Goalkeeper Becky Hernandez was credited with one save against Manson while the Fillies rook 25 shots on goal against their opponent.

"It was a good first game even though we played the game with 10 players," said Gonzalez. "The girls gave their all in this game to get Manson wins 3-2

The Lady Trojans served up their revenge for the shutout with a 3-2 win over Bridgeport when the two teams met for a second time on the Fillies' home pitch.

"Manson scored a goal in the third minute of the match, followed by another goal in the 33rd minute," Gonzalez said.

The Fillies finally got on the scoreboard early in the second half when Santana again found her range and scored in the 42nd minute of play. Just two minutes later Jacqueline Lombera found the goal as well.

son caught a break late in the game to score in the 75th minute for the 3-2 win. Hernandez had two saves in

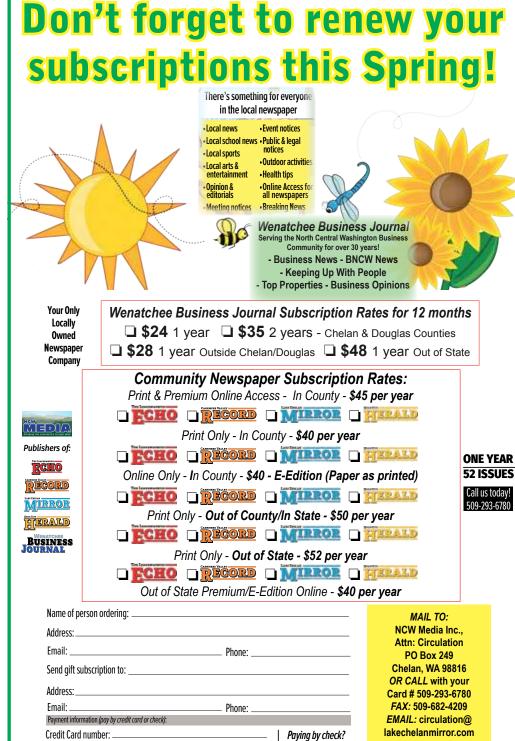
It was a tie game until Man-

the game to complement the 17 shots on goal by the Fillies.

"Despite the Fillies only playing with nine players for the whole game and falling behind by 2 goals at the half, they were able to come back and tie the game, creating many opportunities to score,' said Gonzalez. "They played with everything they had even when they were getting







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THE WASHINGTON OUTDOOR REPORT

State Parks to visit this Spring

By John Kruse, The Washington Outdoor Report

Curlew Lake State Park: Located north of Republic in Ferry County, this 87-acre State Park with a campground sits on Curlew Lake, a 5-1/2 mile long body of water known for good fishing. You can catch everything from trout and bass to perch and tiger muskies here. There's also plenty of wildlife around. Deer are abundant and during the springtime you can enjoy the sights of a heron rookery on one of the islands on the lake. If you are looking for something unique to do head to the Stonerose Interpretive Center in Republic, rent some tools, and dig for fossils (mainly plants or insects) that are up to 49 million vears old.

Palouse Falls And Lyons Ferry State Parks: There is no better time of year to visit Palouse Falls State Park in Southeast Washington than April and May. That's when the Palouse River is full of spring run-off and it makes for a spectacular sight as it drops and crashes 198 feet into a basalt basin. Better still, the area surrounding the falls is full of spring wildflowers and hawks and falcons frequent the area too. There is a small camping area at this park that is currently closed because of the COVID-19 pandemic.

Once you are done taking in the sight and sounds of Palouse Falls, drive a short distance down a hill and check out Lyon's Ferry State Park. This day park sits at the confluence of the Palouse and Snake Rivers. There is a swimming area and beach here and there are also opportunities in the spring for anglers to go after channel catfish, some of which are quite large. Other fish to catch include bass and walleye. The Lyons Ferry KOA across the bridge from this park usually has good information on what's biting.

Daroga State Park: This one is a sleeper. Located on the Columbia River north of Orondo, this park boasts a great RV camping loop with views of the river as well as an expansive day use area featuring a swimming beach, playground, ballfield and even tennis courts. There is also a wide trail that takes you along a dike to a walk-in camp-



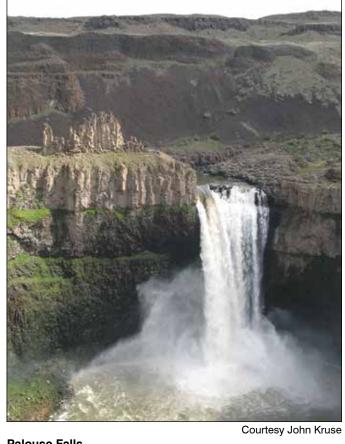
Bass fishing near Maryhill State Park

Courtesy John Kruse

ground bordered by the Columbia River on one side and a lagoon on the other where you can fish for smallmouth bass, catfish and other species. If you go bring your golf clubs and reserve a tee time at the nearby Desert Canyon Golf Resort, one of the nicest courses in the region.

Maryhill State Park: If you head south of US Highway 97 make a left turn just before crossing the bridge over the Columbia River into Oregon. When you do, you'll find yourself at MaryHill State Park. This park has a campground and day use area and sits on 4700 feet of prime, low-bank

riverfront real estate. There's plenty to do here. If you like to fish you can launch a boat (or drive) a few miles upstream and fish below John Day Dam for walleye, sturgeon, smallmouth bass and starting in May, American shad. A replica of Stonehenge, built as a memorial by Sam Hill in the 1920's to local soldiers killed in World War I, is just a couple of miles east of the park. Speaking of Sam Hill, this famous entrepreneur and builder of the Columbia River Highway also built the Maryhill Museum of Art, a must visit destination just five miles away. Finally, not related



Palouse Falls

to Sam Hill, but right by the museum above the Columbia River Gorge, is the Maryhill Winery.

Want to find out more about these parks or make a reservation? Go to the state parks website at https://parks.state. wa.us/.

John Kruse - northwesternoutdoors.com and americaoutdoorsradio.com

Taking your thyroid medicine successfully

Q: On my thyroid medicine bottle, there's an additional label that says to take it in the morning on an empty stomach. Sometimes I forget to take it before breakfast. Is it okay to take it later?

You're not alone in asking about this. The synthetic thyroid hormone levothyroxine is the most prescribed medication in the United States. My mother was always worried about what might happen if she didn't take her thyroid medicine "correctly." Taking her first bite of breakfast, if she saw her yellow levothyroxine tablet still waiting on the counter, she'd skip her dose that day.

"Louise, what if it CAN'T be safely mixed with food? Could it start a chain reaction in my stomach?'

"Mom, if you DO forget to take your thyroid medicine before you eat breakfast, the worst that could happen is your body won't get the full

dose. That's because food can change how much of the levothyroxine your body can take in.

Taking it with breakfast gives you a lower dose, but skipping it guarantees you get NONE of your dose. Taking NO thyroid medicine at all affects you more than accidentally taking it with food."

My mother wasn't the only

85-year old Ellen would set her alarm for 5am every day to take her levothyroxine in the morning an hour before having breakfast. That's because otherwise, she'd forget about it altogether.

Ellen took medicines four times daily. She'd start with levothyroxine at 5am, take her morning pills with her breakfast, a blood thinner medicine

at 5pm, and her cholesterol medicine at bedtime. She was taking her medication 4 times a day, which felt overwhelm-

ing.
"I want to take my medicines correctly, but it's so hard to remember to take all of them the way I'm supposed to."

I suggested she take her usual morning medicines at breakfast, then take her thyroid medicine, the blood thinner, and cholesterol medicine together at bedtime. That way, she only had to remember to take pills twice a day.

Within 2 weeks of taking her thyroid medicine at night, her improved consistency was paying off. Ellen told me she felt less overwhelmed and more energetic. Just as importantly, she no longer worries about taking her medicine correctly.

"It's such a relief to have less to remember and wonderful to have more energy!"

Your body processes and metabolism are controlled by the level of active thyroid hormone in your body. Your thyroid gland secretes a form of thyroid hormone called T3 or liothyronine into your bloodstream.

Most of your T3 needs to be converted to active thyroid hormone, called T4, in your tissues by specialized proteins called enzymes. Levothyroxine is a synthetic version of T4 that can be taken once daily.

Your doctor monitors your thyroid hormone level by checking the amount of TSH in your blood. If TSH is too high, your body needs MORE thyroid hormone, and if TSH is too low, you need less. This may seem backward, but TSH is just a messenger, NOT thyroid hormone itself. Your doctor may also check your T4 level.

If your TSH blood level is elevated or your T4 level is low, you need more levothyroxine (synthetic T4). Checking TSH 4-6 weeks later will confirm whether your thyroid hormones are back to normal. **5 Ways To Getting the Most**

Out of Taking Levothyroxine: 1. Be consistent.

Levothyroxine is absorbed better if you take it on an empty stomach (30 minutes to an hour before a meal or 4 hours afterward). If you take it the same way every time, however, you'll get a consistent dose, and your thyroid level will be more stable.

2. Avoid taking levothyroxine with coffee or tea.

Coffee and tea can decrease how much levothyroxine you absorb by nearly 30%. If possible, wait an hour after taking your thyroid supplement for your first cup of joe.

3. Don't skip your dose. Even if you forget to take it at your usual time, absorbing some of your thyroid supplement every day is FAR better than getting none.

4. Space out any mineral supplements.

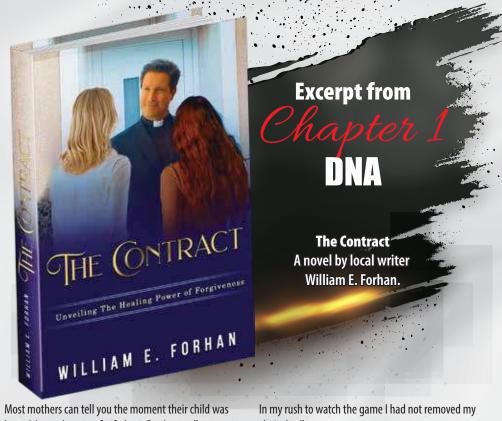
Some minerals interfere with levothyroxine absorption, including calcium, iron, aluminum, and multivitamin supplements containing those minerals.

One solution is taking any multivitamin and mineral supplements later in the day, at LEAST 4 hours before and after your levothyroxine. You can safely take multivitamins WITHOUT any minerals with levothyroxine.

5. Try taking levothyroxine at bedtime.

If you avoid eating for 4 hours after your evening meal, bedtime can be an ideal time to take levothyroxine.

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



born. It's not the same for fathers. But I can tell you precisely the moment I met my daughters. It was 2:46 on a Sunday afternoon in October.

I had rushed back from church and just sat down to watch the game of the week. My Denver Broncos were playing their most despised of opponents — the Oakland Raiders. My game was interrupted by a knock on my front door.

My wife had taken our two sons to help her with grocery shopping. So I had to get up from my game to respond to that irritating knock.

I opened the door to two attractive young women. They seemed surprised.

"You're a priest?" one queried.

clerical collar.

"Well, yes I am," I responded. Fully expecting they were a couple of young evangelists looking to tell me about the gospel.

There was a sudden and distinctly deafening pause. "Can I help you?" I finally said.

They looked at each other. Then almost in unison burst out, "We think you're our father!" In an instant twenty-three years of guilt and remorse

overcame me. I could not help it. Tears poured out like a river. My heart began to pound and I could not hear a sound. We looked at each other for what seemed like an

eternity. None of us knowing what to say next, but I knew in my heart they were correct.

Bill's Book is now available online through Amazon.com, BarnesandNoble.com and Apple iBook The paperback is \$16.99 and the ebook is \$8.99. Or you can order the book directly from Bill at The Leavenworth Echo (509-548-5286), the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Bill.Forhan@gmail.com. Orders placed directly with the author have the added advantage of being signed including a short message if you like. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no charge if your order is picked up at the Echo or Mirror office.

WATER

good water. However, the completed depth found an excess of sand infiltrating into the water and causing a problem for the filtering process.

City clerk/treasurer Misty Ruiz said the available space to position the well site was limited due to the proximity of railroad tracks on one side and sewer line on the other. And a city well project is an expensive undertaking.

"We put \$300,000 into that well," Ruiz said. To meets its demands the

city needs to pump 1,200 gallons of water daily.

"Right now we are at 700 gallons," Ruiz said of the 500-gallon shortfall. City engineers are looking

for another suitable site and investigating available options to find either a solution or suitable use for the State Street water. Asphalt work unacceptable

Residents who took exception to the inconveniences caused by the work along Bridge Street last year while crews removed and replaced aging city water line can take

some comfort in the fact that as of this writing the project has cost nothing because the city is withholding payment. That is because the quality of the asphalt layer laid down following excavation does not meet either the city or state standards.

Apollo, the principal water

line contractor, retained subcontractor Central Washington Asphalt to complete the street work and the finished product does not meet the high expectations demanded by the state.

"The state has already rejected it," and Ruiz, "and is going to take core samples."

The samples will analyze the depth and quality of the work and from the looks of the rough and poorly finished quality will find the results short of standards.

Ruiz said low spots that tend to collect standing water will typically be some of the first areas to fail from the freezing, thawing, and cracking actions from the moisture's expansion and contraction.

"It's a 100-year project," said Ruiz of the infrastructure work. "These new lines will be wonderful for people."

But until the asphalt coating passes muster with both city and state inspectors, the job is not finished.



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





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Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any

is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative

Puzzle Solution

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Announcements

Lost & 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

Wanted

DONATE YOUR CAR
TO UNITED BREAST
CANCER FOUNDATION!
Your donation helps
education, prevention &
support programs.
FAST FREE PICKUP
24 HR RESPONSE
TAX DEDUCTION
1-833-611-0531



Employment

Help Wanted

Looking for a great, local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print only for
The Lake Chelan Mirror
Quad City Herald,
Brewster
Call 509-682-2213
or email Meg at
mirrorads@lakechelan
mirror.com

Leavenworth Echo
Cashmere Record
509-548-5286
or send email to
classifieds@leavenworth
echo.com

OR

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



Family Practice Nurse Practitioner or Physician Assistant

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

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

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

Mansfield School
District is hiring for the following positions:
Para-Educator and
Assistant Cook. To view job descriptions and download an application, access our website at www.

mansfield.wednet.edu
We are an equal
opportunity employer.
If you have any
questions, please contact
us at 509-683-1012.



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

- Peshastin-Dryden Special Education Teacher
- Icicle River Middle
 School 8th Grade
- ELA TeacherCascade School District Social Worker

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

Help Wanted

Help Wanted



Highly Capable Program March 15, 2021

Cascade School District is committed to identifying and providing for the unique educational needs of all of our students. At this time, the district is soliciting nominations from parents, school staff, and community members for students that are believed to have a high capacity to learn quickly, deeply, and /or broadly, so that we can better provide an individualized educational service to each of our students. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment with the permission of their parent/ guardian.

Definition of highly capable students means those students who:

Perform or show potential for performing at significantly advanced academic levels when compared with others of their age, experiences, or environments.

- (1) Capacity to learn with unusual depth of understanding, to retain what has been learned, and to transfer learning to new situations;
- (2) Capacity and willingness to deal with increasing levels of abstraction and complexity earlier than their chronological peers;
- (3) Creative ability to make unusual connections among ideas and concepts;

(4) Ability to learn quickly in their area(s) of intellectual strength; and

(5) Capacity for intense concentration and/ or focus. Nomination forms can be obtained from the Cascade School District website (www.cascadesd.org under Programs and Highly Capable) and in school offices. In order to be considered for identification for the coming school year, nomination forms should be returned to Mike Janski, Highly Capable Director, at Icicle River Middle School by April 16, 2021 either by dropping them by the middle school, by email (mjanski@cascadesd.org) or by mail; 10195 Titus Rd, Leavenworth, WA 98826.

(WAC 392-170-035, WAC 392-170-036).

Highly Capable Program Programa de Alta capacidad 15 de marzo, 2021

El Distrito Escolar de Cascade está comprometido a identificar y proveer para las necesidades educacionales únicas de todos los estudiantes.

En este momento, el distrito está solicitando nominaciones de padres, del personal escolar, y de los miembros de comunidad para estudiantes, que se creen tener una alta capacidad de aprendizaje rápido, intensivamente, y/o de manera amplia, para que podamos proveer un mejor servicio de educación individualizada para cada uno de nuestros estudiantes. Los estudiantes nominados para este proceso se van a considerar para la matriculación en el programa, highly capable program- (Programa de alta capacidad), será basado en exámenes y evaluaciones con el permiso de los padres/ tutores legales.

La definición del estudiante de alta capacidad significa que: Trabajan o demuestra el potencial para funcionar a niveles académicos significativamente avanzados, cuando se le compara a otros de su misma edad, mismas experiencias o de los mismos ambientes.

- La capacidad de aprender con la profundidad rara de entendimiento, retener lo que se ha aprendido, y transferir el aprendizaje a nuevas situaciones;
- (2) La capacidad y la voluntad de tratar con niveles cada vez mayor de abstracción y complejidad más temprano que sus compañeros de la misma edad cronológica;
 (3) La creativa de hacer conexiones inusuales con las
- ideas y conceptos; (4) La capacidad de aprender rápidamente en su(s)) área(s) de fortaleza/destreza intelectual; y
- (5) La capacidad para la concentración y/o enfoque intenso.

Las formas para hacer una nominación se pueden obtener por la página de web del Distrito Escolar de Cascade (www.Cascadesd.org se encuentran bajo la pestaña del Programs y Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el 16 de abril, 2021, por correo electrónico (mjanski@cascadesd.org) o por correo;10195 Titus Rd, Leavenworth, WA 98826. (WAC 392-170-035, WAC 392-170-036)

The Leavenworth Echo

is looking to hire a part-time front office receptionist.
Computer, math, and phone skills are a must.
Training on our software will be available.
Please email a resume to BillF@leavenworthecho.com or stop in with a resume 215-14th St., Leavenworth.
Monday-Friday 10 a.m. - 5 p.m.
Or call 509-548-5286 for an interview time.

EOE

Established salon in Chelan looking for someone to lease a station for \$450/ month. Call Julie 509-679-4764.

Help Wanted



Quality Director Full-time

Three Rivers Hospital is seeking a Quality Director 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,

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

THREE RIVERS HOSPITAL

Three Rivers Hospital is currently accepting applications for the following positions:

Med-Surg RN – Full-time Nights (Sign-on Bonus \$5,000)

ER RN – Full-time Nights (Sign-on Bonus \$5,000)

Medical Lab Tech -Full-time (Sign-on Bonus \$1,500)

Interested Candidates may apply online or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517

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

Job Title: Assistant
Water Treatment Plant
Operator Alternate
Schedule
City of Chelan is
accepting applications for
the position of Assistant
Water Treatment Plant
Operator Alternate
Schedule. Monthly pay
range: \$4,566 - \$5,494.
Application deadline:

Go to www.cityofchelan.us for additional information and employment application.

April 1, 2021 or until filled.

Help Wanted



We are looking to hire a Personal Assistant to the Director of Procurement Services of NORTHEASTERN UNIVERSITY. We are looking for a part time, work from home, PERSONAL ASSISTANT. It pays \$400 per week plus benefits and only takes a little of your time. To be considered for this position the candidate must be detailed-oriented, a problem solver, able to work independently, and have above-average organizational and troubleshooting skills. Basic computer skills are also essential to this role. This job requires 2-3 hours access to the internet weekly. The position requires excellent customer service skills orally. We will train the right person. Must be over 24 years of age, be efficient and dedicated.

If you are interested and need more information contact:

Mi.mcnamara87@gmail.com for more details. Text at 1-617-586-2587.

Heidleburger Drive In now hiring part-time/ full-time summer help. Need to be available for weekend and evening shifts. Fast paced environment. Come in and talk to Niki.12708 Hwy. 2.



Revenue Cycle Director Full-time

Three Rivers Hospital is seeking a Revenue Cycle Director to manage our revenue cycle team, Patient includes Access/Registration, Health Information, Financial Patient Services and Chargemaster. The Revenue Cycle Director will lead the revenue in developing, cycle planning, and managing work initiatives within the revenue cvcle. Bachelor's degree in a relevant area of expertise such as business or finance or an equivalent combination of education and relevant experience is required.

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

Clutter is like a weight around your neck. Extra CA\$H is not.



- Place your ad 24/7 at ncwmarket.com
- Email: heraldads@ qcherald.com
 - Call 689-2507

Help Wanted



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.

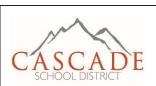
Will perform a variety of teller services such as greeting customers, processing deposits and withdrawals, customer maintenance, account and educating customers on bank products and services. Previous cash handling and customer experience service desired. This is a fully benefitted position.

Wheatland Bank Email: hr@wheatlandbank.com

> **Equal Opportunity** Employer

Advertising Sales

in Leavenworth Join our sales team. If you enjoy helping our local businesses get their advertisements out to the communities we serve. We have the job for you! The right candidate must be outgoing, personable, honest and knowledgeable on the computer. Training will also be given on our software. Stop in The Leavenworth



Echo 215-14th St.

with a resume or call for

an interview with Bill or

Carol, 509-548-5286.

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

Elementary School Counselor/ School Psychologist

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

Chelan Concrete Inc.

Full-time Truck Driver Wanted

- Requirements: * Valid CDL/CLASS B
- Minimum * Pre Employment
- Drug Screening * 1 Year Commercial
- **Driving Experience**
- * Heavy Equipment Experience a Plus
- * Full-Time Position Available
- * Dump Truck and Ready-Mix Truck
- * Medical & Dental Plan
- Available * 401K Options
- * Hourly Rate DOE

Call 509-682-2915

Job Title: Utility Worker/ Meter Reader City of Chelan is accepting applications for the position of Utility Worker/ Meter Reader. Monthly pay range: \$4,166 - \$5,006. Application deadline: April 1, 2021 or until filled. Go to

www.cityofchelan.us for additional information and employment application.



Help Wanted

Bus Driver/ Operator -**Full-time** Organization: **Okanogan County Transit Authority** (TranGO)

TranGO is looking for a full-time transit driver (36 – 40 hours per week). One position is based in Okanogan, and one 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. 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.



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

Cascade High School Special Education

Teacher Attendance/Athletic Secretary

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

Work Wanted



We now offer ... **Lawn Mowing** and General Yard Maintenance in the Lake Chelan Valley, and **Greater Wenatchee** area

Need landscaping material?

Choose from 10 in house landscaping materials. Pickup or we deliver visit: tcslingers.com

> Call us today! 509-393-1244

General Merchandise

Moving Sale Sears table saw with 7 1/2" blade 14"x 26" arbor

2 Push lawn mowers.

150 - 33 1/3 Vinyl records, singles and albums.

Glass patio table, Oster bread maker, vacuum cleaner, set of fireplace tools, one 26 inch Sears 10 speed and two 20 inch folding bicycles.

Call 509-679-9318.

© StatePoint Media

General Merchandise

Greeting Cards for Sale

1/2 price To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth

cards like: Wish you were here with me in Leavenworth.

> 'Special Friends" Or I miss you.

Happy Birthday from Leavenworth!

Many more titles. No boxed cards. Thank you for your support. Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286.

Get cold hard cash for your **Antiques and** Collectibles by placing them in our classifieds.

Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price. Deadline: Friday by Noon for all papers.

Lake Chelan Mirror Quad City Herald 509-682-2213 or email mirrorads@lakechelan

or call The Leavenworth Echo Cashmere Valley Record 509-548-5286

classifieds@leavenworth

mirror.com



General Merchandise

Thinking about installing a new shower? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-855-389-5045 today to see how you can save \$1,000 on installation, or

visit www.newshowerdeal .com/echo

Real Estate

Rentals

Joseph Cove **Apartments** Now

Accepting Applications

Rent based on 30% of adjusted income. Must be income eligible.

For more information call 509-686-4731 TTY#1-425-562-4002

> Located at 700 Fairview Ave. Bridgeport, WA.





Public Notices

Logic and Accuracy Test

In accordance with RCW 29A.12.130 and WAC 434-335, a Logic and Accuracy Test will be conducted on the Okanogan County vote counting equipment. The test will be held in the Okanogan County Auditor's Office at 2:00 pm, Thursday, March 25th, 2021. At that time a "test deck" of ballots will be run through the vote tabulating equipment. The test is designed to check the ballot tabulating and precinct programming. Democrat: Katie Haven, PO Box 1 Omak, WA 98841. Republican: C h r i s t a Levine, 204 Antwine Ave S. Tonasket, WA 98855. Libertarian Party of Washington. Published in the Quad City Herald March 17, 2021.

CLASSIFIED ADS Sudoku J



Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Need Place For Sale and turn your junk' into someone else's treasure! Place your ad 24/7 at ncwmarket.com • Email: heraldads@ qcherald.com Call 689-2507

CROSSWORD PUZZLE

CROSSWORD 19 40 44 Blazing Fast Internet! **BRING EVERYTHING** dish YOU LOVE TOGETHER! ₹\$19.99 Sun P D 190 CHANNELS TV PRICE **GUARANTEE** CALL TODAY - For \$100 Gift Card Promoteds: N 1-888-416-7103 Office and 7/14/2 dish 🗥

THEME: IN THE GARDEN

ACROSS

Great divide 6. World's oldest national broadcaster

9. Pasturelands 13. Chinese fruit 14. #9 Across, sing.

16. One in advertising

_ the land of the free ...' 17. "___ the land of the fr 18. Characteristic of birds

19. *Ongoing job in the garden 21. *Without synthetic fertilizers

23. 2nd tallest bird

24. Theatrical production 25. Curiosity killed it 30. Capital of Poland 35. Passage into a mine

37. Prefix in levorotary

39. Mid-century modern, e.g. 40. Toothy wheel

41. *Some are heirlooms 43. Make like a cat 44. Erasable programmable read only

memory 46. Stanislavski's rifle, e.g.

47. Unwanted correspondence

48. Motionless

50. Catch-22 52. "Are you sure?" in a text

53. Freight horse cart 55. Opposite of don'ts

57. *6 or more hours of sunshine 61. *Radicchio or frisÈe

65. On foot

66. Negative vote 68. 2020 NFL MVP

69. Morrison's "The 70. Hockey great Bobby

71. Respectable and quiet 72. Sports award

73. Affirmative response

28. Additionally

59. Pilot's stunt 60. Type of parrot 61. "Musical" constellation

58. Extraterrestrials' rides

DOWN

3. Ne plus ultra

winning role

4. *Opposite of #57 Across

11. Popular smoothie berry

27. Miss America's headdress

32. Monument to Buddha

33. Orderly arrangement 34. *Wiggly plowers

42. *Type of digger 45. Centers, old-fashioned

36. Faster than a walk

49. French vinevard

56. Washington, e.g.

good one

54. Be a pest

57. Grow dim

29. Slowly leak 31. Moves at the gym

38. *Some plants and flowers emit a

51. *Last of 3 numbers on a bag of

15. Inhabitant of Hungary

12. Update an iPod

20. Nothing, pl. 24. Lack of money

26. Highly skilled

25. *Tomato supports

. *Stinging pollinator

1. Old bathtub foot 2. Opposite of seek

5. Minimum, pl. 6. Influencer's journal

8. Holiday song 9. Bulgarian money 10. Julia Roberts' Academy Award-

22. Like sashimi

62. Russian mountain chain 63. *Type of garden hose that saves

64. Goes with "odds"

67. Am is to I as __