



Bridgeport  
qualifies  
for a spot  
at WIAA  
1A State  
playoffs

See page B1

# Three Rivers Hospital celebrates 70 years, open house May 17

THREE RIVERS HOSPITAL NEWS RELEASE

BREWSTER—Three Rivers Hospital and Three Rivers Family Medicine is commemorating 70 years of healthcare service to the community and invites the public to celebrate with them.

In observance of its 70th anniversary TRH is holding grand openings of both its ER and clinic

from 4-6 p.m. Friday, May 17 at the Three Rivers Family Medicine lobby at 415 Hospital Way. Points of interest will include guided tours of the clinic and the new emergency room, a display of local children’s artwork in partnership with the Methow Arts Alliance, a look inside a Life-Flight helicopter and informational booths and refreshments.

Mayor, council seats open

# Want to make a difference? Run for office

By MIKE MALTAIS  
STAFF WRITER

QUAD CITIES – Citizens who believe they have the experience, fresh ideas, community spirit and a new perspective to get things done have until 4 p.m. Friday, May 17, to file for one of many non-partisan public offices available in Pateros, Brewster, Bridgeport and Mansfield.

Bridgeport Mayor Janet Conklin’s four-year term and three city council positions are open in Bridgeport including two-year unexpired Position 2 (Anthony Jenkins), Position 4, four-year term (Phil Lee) and Position 5 four-year term (Sergio Orozco).

Pateros has three council positions available, Position 3 four-year term (George

Brady), Position 4 four-year term (Michael Harding), and Position 5 four-year term (Megan Sherrard).

Two council position in Brewster are up for grabs, Position 4 four-year term (Avis Erickson) and Position 5 four-year term (Tim Rieb).

Hospital District 1 Okanogan County has two commissioner positions available, No. 1 six-year term (Mike Pruett) and No. 4 six-year term (Cheryl Thomas).

The Brewster School District offers three director positions, No. 1 six-year term (Peggy Rice), No. 2 four-year term (Hector Aparicio) and No. 4 at large four-year term (Don Becker).

The Bridgeport School District director positions include No. 1 four-year term (Matt

West), No. 3 four-year term (Esiquio (Zeke) Martinez) and No. 4 four-year term (Wayne Van Zwoll).

Three director positions are available on the Pateros School District Board including No. 1 four-year term (Chad Miller), No. 2 four-year term (Marc Armstrong) and No. 5 at large four-year term (Marty Robinson).

Opportunities in the Mansfield School District include Position 3 four-year term (Jesse Shafer) and Position 4 four-year term (Dusty Wittig).

These and other positions are open to Quad City community activists who can learn more and/or file by contacting the auditor’s offices online or in person in Okanogan and Douglas counties.



Players get in some last-minute practice on the putting green at last years fundraiser. QCH File Photo

Spots still open

# Gamble Sands tournament biggest fundraiser for BBGC

By MIKE MALTAIS  
STAFF WRITER

BREWSTER—The Brewster Boys and Girls Club’s largest fundraiser of the year, the annual Gamble Sands Golf Tournament, will hit the links on Monday, May 20, and the good news for late registrants is that spots remain open for both foursomes and singles.

BBGC Director Jaime Sluys said Tuesday, May 14, that “yes, we have a few openings left.”

Parties interested in registering for the upcoming event can contact Heather at (509) 689-1192.

Following is a summary of

## Buy a ball, win flat screen at BBGC golf fundraiser

BREWSTER – Some added fun at the annual Brewster Boys and Girls Golf Fundraiser at Gamble Sands will literally fall from the sky when a Helicopter Ball Drop gets underway at the resort’s driving range at 5 p.m. Monday, May 20.

Balls can be purchased at the rate of one ball for \$10, three balls for \$25, or 15 balls for \$100 with the grand prize of a 70-inch flat screen HDTV going to the lucky winner. All proceeds from the ball drop go to the BBGC. The drop can be viewed live online at facebook.com/gamblesands.

- the packages and costs:
- Sponsorship packages range from \$600 to \$7,500 including:

Sugar Bee Title Sponsor (\$7,500 - one available)

• Event foursome.

• Complimentary dinner for the group.

• Exclusive signage golf
- course entry, dinner and final leader board.
- Recognition in all print, media, and radio advertising.
- Sponsorship sign for one year at Brewster Boys and Girls Club.

SEE BBGC ON PAGE A3



Courtesy Washington State Parks and Recreation Commission

Alta Lake State Park is 4.3 miles west of Pateros.

Alta Lake and Bridgeport

# CAMP project seeks public input for local state parks

By MIKE MALTAIS  
STAFF WRITER

PATEROS/BRIDGEPORT – The Washington State Parks and Recreation Commission (WSPRC) is reaching out to residents of Pateros and Bridgeport along with those living in surrounding areas concerning the future plans

for Alta Lake and Bridgeport state parks.

WSPRC Parks Planner Melinda Posner addressed the regular meeting of the Brewster Chamber of Commerce last Wednesday, May 8, to explain elements of the agency’s park planning process known as Classification

and Management Planning (CAMP) and what it involves.

Posner said CAMP includes four stages:

1. Identify issues and concerns of interested parties and park users. This stage seeks out what is important to the park community and what to

SEE CAMP ON PAGE A2



Courtesy Culpepper & Merriweather Circus Facebook

The Culpepper & Merriweather Circus will bring its tented, one-ring performances to Brewster on June 6.

# It’s official: Circus is coming June 6

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – With the final hurdle cleared – a physical site to host it – the Culpepper & Merriweather Circus is coming to Brewster for two shows on Thursday, June 6, at The Armory N.1 parking lot at 600 Main Street.

The circus will run from 12 noon to 9 p.m. with evening

performances at 5 p.m. and 7:30 p.m.

Brewster is one stop on a 32-week annual tour that takes the circus to more than 200 towns across 17 states. Each 90-minute show is a tented, one-ring performance with no seat more than 40 feet away.

Discounted advance tickets cost \$10 for adults and \$7 for children (2-12). The price

increases to \$13 for adults and \$8 for children on circus day. Contact the Brewster Chamber of Commerce for information and advance tickets at (509) 593-0771.

“There will be pony rides and other entertainment during the day,” the Chamber Facebook site said. “Come and watch them set up the BIG TOP in the morning.”



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INSERTS: Safeway, LaDoux

QUAD CITY  
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## Memorial to ‘Old Pateros’



Mike Maltais/QCH

A memorial to the town of old Pateros that was relocated to make way for the rising Columbia River waters behind Wells Dam sits n the front lawn of Pateros High School. A school of circling bronze salmon frozen forever above buildings and titled Fish Swimming Over Old Pateros was created by M.Q. Grant and R. Beyer in 1991 with the help of community contributions.



## Chelan’s Barber Shop to close May 25, owner to retire

By Diana Piñon Staff Writer

CHELAN - Shannon Maitland will retire after working at her barber shop in Chelan for nearly 14 years. It was 1972 when Maitland got her license as a barber and soon after she began working in Chelan. The Pateros native then headed up north to Brewster, working there for six years. Maitland didn’t stop there, she kept on commuting to work up farther up the Methow River to Twisp for 10 years, before finding a job in her hometown. In Pateros, Maitland worked for a little over 10 years. “There’s not enough head-count there, so I came back down to Chelan,” she said.

Her second time back in Chelan, she worked for Del Hanson for two years before opening up her own shop on Sanders St. in 2009. “I grew up driving in the winter. Once you have a good car you are good to go,” she said about her commute to work. The best part of her job has been meeting new people every day. “You never know what the day is going to be like, because everything is all walk-ins ... you don’t know if you are going to have six haircuts or 12 haircuts. It’s just up in the air, I like that,” Maitland described as a typical day on the job. Typically her customers go in to get a haircut every six weeks. However, she mentioned



Diana Piñon/NCW Media

Shannon Maitland owner of Chelan’s Barber Shop gives her customer Steve one last haircut.

there are others who wait six months. “It gets busier every year and I am getting to the age where I can’t stand up all day,” she mentioned. After serving in Chelan for 14 years, Maitland will retire on May 25 when Chelan’s Barber Shop closes its doors. She will be packing her belongings and moving to Ellensburg, “My daughter and her family live there. I will be watching the grandsons’ baseball game and their basketball games,”

she said. Maitland’s retirement is leaving her customers with mixed feelings. “They are happy for me and my next chapter in my life, but they are sad they are losing a barber that has cut their hair for 14 years,” she explained. The lifelong barber also feels “melancholy” about her departure. “I have been thinking about for a few years ... I am looking forward it now,” Maintland added.

## World War I veterans photos, stories wanted

BREWSTER - NCW Media Inc. (publisher of the Quad City Herald, Lake Chelan Mirror, Cashmere Valley Record, The Leavenworth Echo and Wenatchee Business Journal) will be recognizing area veterans who served in World War I and recognizing the American Legion’s 100th anniversary in our publications in the month of May. If you have a relative that served during World War I, please send their photo, along



with their name, branch of service, how long they served, and where, along with your contact information to Ruth at ruthk@lakechelanmirror.com. Subject line: World War I Vet. Short stories up to 200 about the veterans can also be submitted. Deadline is May 15. They will go in the Quad City Herald the issue of May 23. If you have any questions call Ruth at the Quad City Herald at 682-2213.

### BBGC

Continued from page A1

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- Complimentary dinner for the group.
- Sign with your company name and logo.
- Media and advertisement

recognition.

- Granny Smith Tee/Green Sponsorship (\$600)
- Sign with your company name and logo.
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- Foursome \$800.

Have a Community Story idea? Contact QCH reporter Mike Maltais at 360-333-8483 OR qchreporter@gmail.com

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OBITUARIES

Yahir Corona

Our beautiful angel Yahir Corona, age 11, went home to his Heavenly Father on May 4, 2019, at 8:35 a.m. Yahir was born January 17, 2008, and was the oldest of four children. His family did not know then that he would be destined to teach the world about grace, humor and the strength of never giving up. Yahir showed all who knew him what a warrior is capable of accomplishing. Yahir loved to joke with everyone he met -- especially his siblings. That sense of humor shined brightest during his battle with cancer.

Like other 11-year olds, video games, Legos, and sports were among his favorite things to do. Yahir was a true warrior and fought Osteosarcoma with bravery, grace, and positivity. He inspired and touched everyone he met and always offered a smile and kind words. He had tremendous faith in God and we know he is with our Heavenly Father.

Yahir Corona is survived by his mother, Erika; father, Orlando; and siblings Andres, Jesus and Kimberly. He is also survived by his grandparents, uncles, aunts and numerous cousins and friends. He is preceded in death by his half-sister Cristal Suriht Corona Campos and special friend Elias Gamez.

Rosary will be May 17 at Barnes Chapel in Brewster, Wash., from 4-8 p.m. The funeral will be May 18 at 9 a.m. at Our Lady of The Valley in Okanogan. Burial will follow at Locust Grove Cemetery in Brewster. Everyone is invited to a dinner at Brewster High School Following Burial.

Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Barnes Chapel of Brewster is entrusted with services.



DOUGLAS COUNTY SHERIFF

**May 7**  
Burglary at 712 Columbia Ave. in Bridgeport.

**May 8**  
Property incident at Bridgeport City Hall, 1206 Columbia Ave. in Bridgeport.  
Domestic disturbance at 32 Wilmot St. in Mansfield.

**May 10**  
Animal problem at 120 Second St. on Bridgeport Bar.  
Disturbance at 16 Sheldon St. in Mansfield.  
Warrant at 929 Maple St. in Bridgeport.  
Agency assistance at 248 Beach St. in Pateros.  
Burglary at 249 Beach St. in Pateros.

**May 11**  
Domestic disturbance at 929 Maple St., No. 47 in Bridgeport.

**May 12**  
Domestic disturbance at 1113 Fairview Ave. in Bridgeport.  
No injury accident at Foster

Creek Avenue and 26th St. in Bridgeport.  
Vehicle theft at 45 McCormack St. on Bridgeport Bar.  
Domestic disturbance at 32 Wilmot St. in Mansfield.  
Suspicious incident at 536 21st. St. in Bridgeport.  
Civil incident at 700 Fairview Ave., No. 3A in Bridgeport.  
Off road vehicle at 18 S. Mansfield Blvd. in Mansfield.  
Domestic disturbance at 2 Richards Ave. on Bridgeport Bar.  
Public assistance at 1960 Monroe Ave. in Bridgeport.  
Littering at 205 Sixth St. in Bridgeport.

**May 13**  
Animal problem at 2018 Monroe Ave. in Bridgeport.  
Alarm at Pacific Botanical, 555 Osprey Dr. on Bridgeport Bar.  
Welfare check at DC PUD, 109 13th St. in Bridgeport.  
Trespass at 557 State Route 173 on Bridgeport Bar.

COMMUNITY BULLETIN BOARD

Map Your Neighborhood Program in Pateros/Brewster

PATEROS/BREWSTER: Pateros and Brewster Citizens: Would you like to be more connected with your neighbors? Are you prepared to respond to disaster as a neighborhood? Do you know how to help or be helped in crisis situations? The Pateros/Brewster Community Resource Center has a solution! The "MAP YOUR NEIGHBORHOOD" PROGRAM. Contact Jessica at (509) 846-5101 or [jessicaocdcm@gmail.com](mailto:jessicaocdcm@gmail.com) for more information.

Tuesday and Thursday

S.A.I.L classes

BREWSTER - S.A.I.L (Stay Active and Independent for Life) classes are Tuesday and Thursday, 10-11 a.m. at the Brewster-Pateros-Bridgeport Senior Center.

Tuesday, Wednesday, Thursday

Senior meals

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 \$4. For those 60 and under the cost is \$8.50. All diners are welcome.

Tuesday, Wednesday, Thursday

Brewster Senior Center Rummage Room

BREWSTER -- Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 12:45 a.m. Tuesday through Thursday. Donations will be accepted during store hours at the back door for the Rummage Room. No children's clothing. They will take "small pieces of furniture and sometimes larger items.

May 17

School retirees to meet

OMAK - Okanogan County School Retirees' Association meets 11:15 a.m., Friday, May 17 for a general meeting and no-host luncheon at Roadhouse 97, 914 Koala St, Omak. Agenda items include budget adoption and celebration of members receiving honorary status. Information: Jennie Hedington, (509) 422-2954

May 17, June 14

Brewster area monthly bus trips to Omak and Wenatchee

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is June 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 17, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

May 18

Free spaghetti feed for veterans

CHELAN - The Chelan VFW #6853 will hold a free spaghetti feed for veterans and their families on Saturday, May 18, beginning at 4 p.m. at the Chelan Senior Center, 534 E. Trow Avenue in Chelan. This is BYOB event. For information call Post Commander Steve Palmbush at (509) 670-3346.

May 20

Study Group for Citizenship / Grupo de estudio para la ciudadanía

BRIDGEPORT - Join us at the library as we study materials and practice answering citizenship test questions on Mondays 1-2 p.m. at the Bridgeport Public Library. / Los lunes unase a nosotros en la biblioteca de Bridgeport de 1-2 p.m. para repasar materiales y practicar a contestar las preguntas del examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 686-7281 or email [atrejo@ncrl.org](mailto:atrejo@ncrl.org).

May 20

TOPS meeting

BREWSTER -- TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m., Brewster Boys and Girls Club, 601 Cliff Ave W. Preteens, teens, adults -- male, female welcome. First meeting is free. TOPS Club, Inc. ® is an affordable, nonprofit, weight-loss support and

wellness education organization. Learn about nutrition, portion control, food planning, exercise, and motivation. For info: Joyce Anderson, Coordinator, (509) 922-8820, visit [www.tops.org](http://www.tops.org), call TOPS Headquarters, (800) 932-8677.

May 20

Compassionate Friends to meet

WENATCHEE - The Compassionate Friends is an organization offering friendship, understanding and hope to bereaved parents and their families. They are bereaved parents reaching out to bereaved parents. Anyone who has had a child or loved one die in their family is invited to their monthly meeting on Monday, May 20, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street. For information: Carol, (509)860-3620.

May 21

Citizenship Study Group/ Grupo de estudio para la ciudadanía

BREWSTER - Join us at the library as we study materials and practice answering citizenship test questions on Tuesdays 1-2 p.m. at the Brewster Public Library. / Los martes unase a nosotros en la biblioteca de Brewster de 1-2 p.m. para repasar materiales y practicar a contestar las preguntas del examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 689-4046 or email [atrejo@ncrl.org](mailto:atrejo@ncrl.org).

May 21

Dept. of Revenue offers free tax workshop

EAST WENATCHEE -- Business owners in Washington are responsible for knowing which taxes to report. To help them, the Washington State Department of Revenue (Revenue) is hosting a free workshop for new and small business owners on Tuesday, May 21, 1:30-4:30 p.m., Douglas County Fire District, 377 Eastmont Ave., in East Wenatchee. Call (509) 885-9825 or go online to register on Revenue's education page. Participants will learn about Washington excise taxes, reporting classifications, deductions, tax incentives, sales tax collection and record-keeping requirements. Attendees receive a workbook and helpful reference guide to Revenue's rules and regulations. Also, attendees may earn two continuing professional education (CPE) credits. Contact Revenue's Rick Stedman with any questions: 360-705-6624 or [rckst@dor.wa.gov](mailto:rckst@dor.wa.gov).

May 22

Board Game Battle Royale

BREWSTER - Do you have what it takes to be crowned our Board Game Battle Royale Champion? Come put your skills to the test on May 22, 4:30 p.m. at the Brewster Public Library. Compete in a two person team through rounds of 5 second rule, Bananagrams, Scattergories, and Taboo for your chance to participate in the final round of Jenga. There will only be one winning team, will you be on it? For additional information, contact Rebecca Zion at (509) 689-4046 or email [brewster@ncrl.org](mailto:brewster@ncrl.org).

May 22

Toddlers & Waddlers Storytime for Little Ones

BREWSTER - Looking for an exciting way to start off the day for your little ones? Join us at the Brewster Public Library for rhymes, stories and playtime every Wednesday at 11 a.m. For more information, Rebecca Zion at (509) 689-4046, email [brewster@ncrl.org](mailto:brewster@ncrl.org)

May 22/yoga

June 11/meeting

Cancer Support Group, yoga class

CHELAN - The Women's Wellness Group, cancer support group, meets the second Tuesday of each month with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m. For more information, contact Anne at 682-8718.

Wellness/Restorative yoga, a guided practice of gentle yoga postures and movement designed for cancer survivors, individuals living with acute or chronic illnesses, and caregivers is available at no charge. This class is held each Wednesday at 3:45 p.m. at Yogachelan. Contact Yogachelan for more information.

May 23

Memorial Day Parade

CHELAN - Hosted by the Lake Chelan Chamber of Commerce on the Thursday before Memorial Day, and starting at 7 p.m., in downtown Chelan, they honor soldiers, police officers and firefighters who lost their lives in the line of duty, as well as those who have served and are currently serving our country. For information [www.lakechelan.com](http://www.lakechelan.com)

May 24

Board Game Battle Royale

BRIDGEPORT - Do you have what it takes to be crowned our Board Game Battle Royale Champion? Come put your skills to the test on May 24, 3:30 p.m. at the Bridgeport Public Library. Compete in a two person team through rounds of 5 second rule, Bananagrams, Scattergories, and Taboo for your chance to participate in the final round of Jenga. There will only be one winning team, will you be on it? For additional information, contact Michelle at (509) 686-7281 or email [bridgeport@ncrl.org](mailto:bridgeport@ncrl.org).

May 24

Pancakes and politics

OMAK - The Okanogan County Democrats are gathering at Magoo's Restaurant (back room) in Omak on Saturday May 25, 9-10 a.m., to have respectful, meaningful, and informal political discussions. Please join us for this casual "no host" breakfast, open to anyone interested in chatting about Democratic views. Contact Marlene Firth at (509) 997-9707 with any questions.

Submitting your Bulletin Board item

Who: Any non-profit 501 (c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com), subject line QCH Bulletin. Deadline: Monday at 5 p.m. Be sure and include Date, time, place and cost if any.

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OBITUARY & MEMORIAL POLICIES

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

**Memorials** are another way of letting the community know about the life and memories of the person who has died. 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 no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

For info call Ruth 509-682-2213, or email [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

QUAD CITY CHURCH GUIDE

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

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](http://www.brewstersda.com)  
School: 509-689-3213  
115 Valley Road, Brewster  
[www.brewsteradventistschool.com](http://www.brewsteradventistschool.com)  
Pastor Ryan Kilgore

CALVARY BAPTIST CHURCH

Sunday Worship 9:30 a.m.  
509-689-2920 • 6th & Jay  
[www.cbcbrewster.com](http://www.cbcbrewster.com)  
Pastor Greg Thorn

COMMUNITY LOG CHURCH

Sunday Worship 10 a.m.  
509-689-2224 • 501 W. Indian Avenue  
[www.communitylogchurch.com](http://www.communitylogchurch.com)  
Pastor Gordon Wright

HOPE LUTHERAN CHURCH

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

NEW TESTAMENT BAPTIST

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Wednesday 7 p.m.  
Adult Prayer & Bible Study and King's Kids  
509-689-2420 • 412 W. Hanson



“With men this is impossible; but with God all things are possible.”  
- Matthew 19:26



Place third at District

# Mustangs face Vashon Island in state round of 16



Courtesy Brad Skiff Bridgeport School District  
**Christian Aguilar, left, races ahead of his Chelan opponent.**



AI Stover/NCW Media  
**Paul Torres, right, beats his Chelan opponent to the ball.**



Courtesy Brad Skiff Bridgeport School District  
**Yair Diaz (24) scores against Medical Lake in Bridgeport's 5-1 crossover win that sent the Mustangs to the state playoffs.**



Courtesy Brad Skiff Bridgeport School District  
**Yair Diaz (24) left scores one of his two goals against Chelan last Thursday.**



AI Stover/NCW Media  
**Bridgeport's Alexis Valdovinos (9) goes head-to-head with a Chelan opponent.**

By MIKE MALTAIS  
STAFF WRITER

WENATCHEE – The Bridgeport Mustangs varsity boys soccer team added a third-place District trophy to its Central Washington 2B League championship in playoff action at the Apple Bowl on Tuesday, May 7, and Thursday, May 9. Then Bridgeport defeated a crossover rival to qualify for a spot in the WIAA 1A State playoffs at Sumner starting this week.

Bridgeport is scheduled to

meet Vashon Island at 5 p.m. Wednesday, May 15 in the opening round of 16 teams in loser-out competition.

At the CTL/CWB District 1A playoffs the CWB champs lost to eventual District champion Cashmere, 2-1 in their opening match on Tuesday, May 7, that dropped Bridgeport into the consolation round against Chelan. The Mustangs routed the Goats, 4-0, for third place and a crossover qualifier match to state competition.

“Yair Diaz scored with an

assist from Christian Aguilar during the first half,” said team spokesman Chris Gonzalez. “During the second half...the Mustangs scored a goal by Alexi Valdovinos, another goal by Ramiro Espino with an assist from Valdovinos and a goal from Diaz with an assist from Paul Torres.”

Edgar Meza covered the goal for Bridgeport.

The Mustangs met their next challenge, a CTL/NEA 1A Crossover match against Medical Lake with the determination



AI Stover/NCW Media  
**Diego Martinez sets the ball up for a pass.**



Courtesy Brad Skiff Bridgeport School District  
**Bridgeport's Ramiro Espino (11) seems to be carrying a Cashmere player on his back during home District action.**

of a team hungry for a shot at all the marbles. Bridgeport hosted Medical Lake last Saturday, May 11, Bridgeport hammered the Northeast District's Cardinals, 5-1.

“Ozzy Orozco scored first for the Mustangs, followed by goals from Omar Ibarra (Orozco assist), another goal from Orozco, and a goal from

Yair Diaz (Orozco assist) during the first half of the game,” said Gonzalez.

Christian Aguilar opened the second half scoring off an assist from Ramiro Espino to put Bridgeport up, 5-0. Goalkeeper Meza allowed only one goal by Medical Lake that avoided a Cardinals' shutout.

Carlos Ruiz guarded the goal

in the first half.

“He made a great save off a free kick to goal,” said Gonzalez. “The defense played well and only allowed a few shots on goal throughout the game.”

If the Mustangs win their opening round, they will face the winner of Cashmere v. Connell.



Fall to state champs

# Bears finish second in District 5/6 title round

By MIKE MALTAIS  
STAFF WRITER  
(Compiled from a report by Brewster coach Todd Phillips)

EPHRATA – Describing it as one of the best high school baseball games he has been involved with, Brewster head coach Todd Phillips led the Bears varsity baseball team against defending state champion Tri Cities Prep in the title game of the District 5/6 2B championships last Saturday, May 11. Except for a difference of a couple of runs in the Crusaders’ favor both teams posted nearly mirror numbers indicating how closely matched their skillsets are.

“The stat lines were 100 percent identical outside of their two runs and Conner (Ashworth’s) 11 strikeouts to (Logan) Mercado’s three,” said Phillips. “We left more runners on base.”

TCP scored one in the first when a Crusader drew a one-out walk and scored on a teammate’s two-out double.

From there the game remained scoreless until the sixth inning).

“We had runners in scoring position with less than two outs twice and TCP did not get a person past first until the sixth,” Phillips said.

Then a Crusader walked with two outs and two others hit

back-to-back singles.

While Ashworth “threw a great game and threw well enough to win,” in Phillips’ words, it was the devil in the details that made the difference.

“We had a great opportunity to get on the board in the top of the first but were unable to execute,” said Phillips. “In close games that can’t happen, and if we would have been able to get the job done that might have turned the whole tide of the game.”

Phillips said his team was held scoreless for only the second time since he’s coached the Bears.

“Ironically, the other time was against TCP in the district championship two years ago when they beat us 13-0,” said Phillips. “I like where we are right now these next two weekends should be fun.”

The Bears will face Northwest Christian in Regional play at 10 a.m. Saturday, May 18, at Ferris High School while TCP takes

Stats	1	2	3	4	5	6	7	R	H	E
Innings:	1	2	3	4	5	6	7	R	H	E
Brewster:	0	0	0	0	0	0	0	0	5	0
TCP:	1	0	0	0	0	1	X	2	5	0

W-Logan Mercado

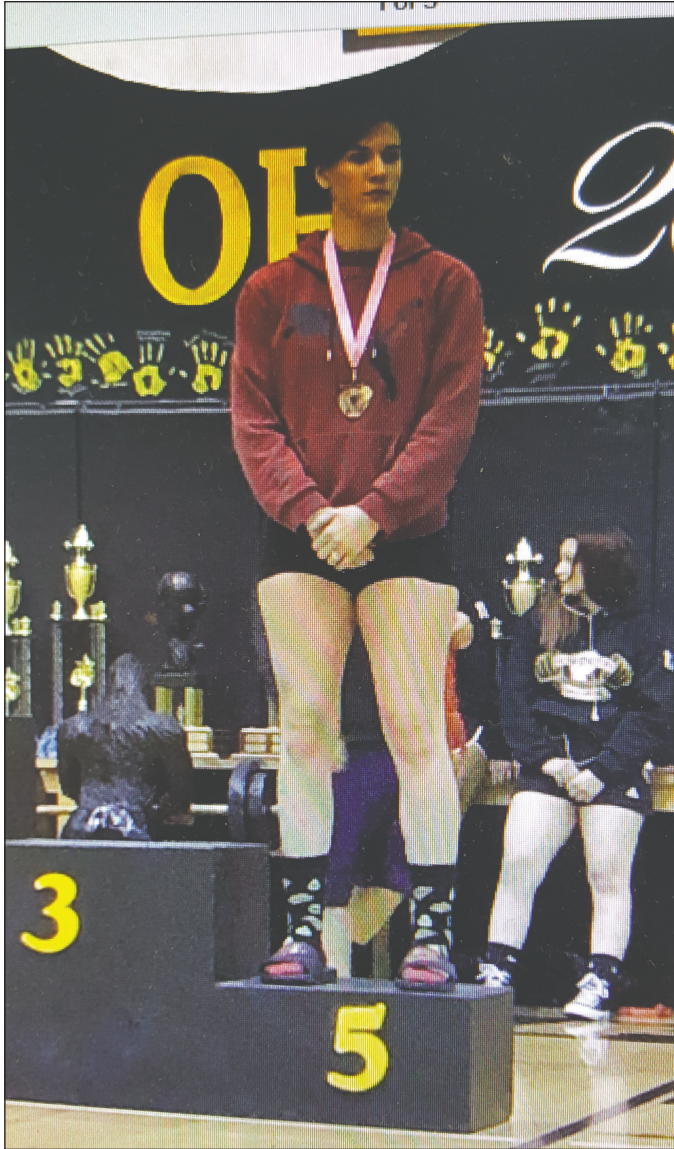
L-Conner Ashworth (5-1)  
S-None  
2B-Brewster: Joe Taylor (13); TCP: Mercado  
3B-None  
HR-None

**Columbia falls**

The game that sent Brewster into the district finals for the sixth consecutive year was a one-sided, 19-0 win over Columbia Burbank earlier that day. The Bears put up three runs in the first inning and another nine in the second to end the game in five.

Stats	1	2	3	4	5	6	7	R	H	E
Innings:	1	2	3	4	5	6	7	R	H	E
Brewster:	0	0	0	0	0	0	0	0	5	0
TCP:	1	0	0	0	0	1	X	2	5	0

W-Joe Taylor (3-0)  
L-Ethan Rogers  
2B-Brewster: Joe Taylor (12), Quincy Vassar (4), Logan McGuire (5), Kade Kelpman (7), Mason Kelly (4); Columbia: None  
3B-Brewster: Corey Jarrell 2 (4), Quincy Vassar (2)  
HR-None



Malott powerlifter takes fifth at State meet



Courtesy of Sherrie Dee

Sumanda Payne, 14, from Malott finished fifth in the 2019 Washington High School Powerlifting Association State Meet earlier this month. Payne, competing at 148 pounds for Okanogan High School is home schooled.

## Williams leads Pateros track at CW1B League meet



By MIKE MALTAIS  
STAFF WRITER

CASHMERE – Sophomore Anna Williams (pictured above) led the Pateros varsity track and field teams with two first place and two second place performances at the North Central Washington 1B League championships in Cashmere, May 9.

Williams posted winning marks in the 400-meter dash (1:07.67) and high jump (4’4”) and finished second in both the 100M (12.60) and 200M (27.88) to help the girls team place fifth in team points with 48. The boys team came in sixth with 26 points.

## State officials urge action on youth mental health trends

SUBMITTED BY WASHINGTON STATE DEPT. OF HEALTH

OLYMPIA -- Recently released Healthy Youth Survey data show a high and increasing number of Washington youth reported feeling so sad or hopeless they stopped a usual activity or seriously considered suicide in the past year. The number of students who reported feeling anxious, nervous or on edge or not being able to stop worrying is also on the rise.

Based on statewide rates, a typical 10th grade classroom of 29 students would include about:

- 10 students who said they felt nervous, anxious or on edge or couldn’t stop or control worrying in the last two weeks
- 12 students who have felt sad or hopeless for two weeks or longer in the past year
- Three students who attempted suicide in the past year

These numbers may seem high, in part because we don’t talk openly about mental health and may not realize how many students are feeling distress.

Survey results also show deep disparities, with certain groups of students feeling distress at significantly higher rates. Female students and students who identify as lesbian, gay or bisexual reported higher rates of feeling sad, hopeless or anxious, and were more likely to have experienced bullying in the past month.

Differences in rates for racial and ethnic groups vary from question to question, but non-Hispanic students who are Native American/Alaska Native, Native Hawaiian/Pacific Islander or multiracial experience higher rates of feeling sad or hopeless than students who are non-Hispanic and white.

While the trends are concerning, adults and peers can help students in distress. Caring adults, along with knowledgeable schools and communities, can help young people feel connected to a support network and learn skills to cope with the challenges they face. Talking to an empathetic listener and using coping skills can help de-escalate a crisis. Suicide is preventable and mental health conditions can be treated.

**Here’s how to help:**

Have open conversations about mental health. Only about half of students said they have adults to turn to for support when they feel sad or hopeless. About 13 percent of 10th graders who reported feeling sad or hopeless for at least two weeks in a row said they didn’t have anyone to talk to. It can be difficult to start a conversation, but there are many resources available to guide you.

Know what to look for and ask questions. Keep an eye out for common signs of distress and the warning signs of youth suicide. If you’re concerned someone is thinking about suicide, it’s important to ask them directly, even if it feels uncomfortable.

Encourage youth to reach out for support. Everyone needs help sometimes. If you know a young person who is struggling, encourage them to talk to a trusted adult or access free, confidential support 24/7 by calling the National Suicide Prevention Lifeline at 800-273-8255 or texting HEAL to 741741 for the Crisis Text Line.

Prioritize safety. If you believe someone is in immediate danger of suicide and has access to a firearm or other potentially deadly means, call 911. If they’re struggling but not in immediate danger, help them make a safety plan and connect to services.

Everyone can play a role in supporting youth mental health. To learn more about the Healthy Youth Survey and access data reports and resources, visit [www.AskHYS.net](http://www.AskHYS.net).

The Healthy Youth Survey is administered every other year by the Office of the Superintendent of Public Instruction, Department of Health, Health Care Authority and Liquor and Cannabis Board. In 2018, more than 230,000 students throughout Washington state took the survey.

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Mike Maltais at 360-333-8483  
or [qchreporter@gmail.com](mailto:qchreporter@gmail.com)

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*Encourage youth to reach out for support. Everyone needs help sometimes. If you know a young person who is struggling, encourage them to talk to a trusted adult or access free, confidential support 24/7 by calling the National Suicide Prevention Lifeline at 800-273-8255 or texting HEAL to 741741 for the Crisis Text Line.*



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See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

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*\*Happy Anniversary*

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HELP WANTED

**Manson School District**  
located on the beautiful shores of Lake Chelan is seeking applicants for the following positions.

Secondary Counselor for the 2019-2020 school year.

Detailed job description and online application process are available at: <https://www.manson.org/Page/60>. EOE. Question please call Lorrie or Matt at (509) 687-3140

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Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**  
Deadline Tuesday at noon **Quad City Herald**

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HELP WANTED

Chelan County Cemetery District #4 in Chelan, is hiring a seasonal assistant sexton. Hours and days may vary. Ability to lift 70 lbs. required. Experience using mowers and other small equipment preferred. Send letters of interest to PO Box 1299, Chelan, WA 98816.

**Journalist Wanted**  
**The Lake Chelan Mirror**

Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:  
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Contact: Trinice Lak.

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Leavenworth

HELP WANTED

Mansfield School District is accepting applications for a K-12 PE/Health Teacher for the 2019-2020 School Year. To view the position and download an application, access our website at [www.mansfield.wednet.edu/Page/40](http://www.mansfield.wednet.edu/Page/40). We are an equal opportunity employer.

**Elementary School Teacher**

Applications are accepted on-line only. If you have any questions regarding our on-line process please contact Human Resources at NCESD, 430 Olds Station Rd., Wenatchee, WA 98801, 509.667.7100 or <http://www.ncesd.org>

A completed application packet is required. Equal Opportunity Employer

The Cascade School District is seeking qualified applicants for the following position:  
  
Cascade High School English Language Arts Teacher

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

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**CROSSWORD PUZZLE**

THEME: THE 1920s

ACROSS

1. Estimator's phrase

5. Pharaohs' cobras

9. Cheek test

13. Pays the bill

15. Ho-hum

16. Gallup's inquiry

17. Plural of follum

18. Spiky seed pod

19. "Lucy's solo in "The Threepenny Opera," e.g.

20. "It crashed hard

23. "Insulin's birthplace, e.g.

24. the season!

25. Rolling country, pl.

27. Mark on Pinterest

28. Change a sketch

30. Tag predecessor

33. Garbed

35. Large amount often followed by "of"

38. Grammy of sports

39. Comforter stuffing feathers

41. \*Aimee Semple McPherson action

42. Type of wheat

44. Collier's work place

45. Dublin land

46. City in Syria

48. \*Douglas Fairbanks did it

50. Smokeless tobacco brand

51. Fuss to Shakespeare

52. Last letter

53. \*New York's Harlem \_\_\_\_

60. Et alibi

62. \*1920s art style

63. Distinguishing feature

64. Do like phoenix

65. Chutzpah

66. Anatomical dividers

67. December stone

68. Purse for a formal affair

69. \_\_\_\_ Candies

DOWN

1. Deals a death blow

2. Place of origin

3. \*Like Lindbergh's transatlantic journey

4. Ear-related

5. Whose music is featured in "Mamma Mia!"?

6. Talk like a drunk

7. Amusement destination

8. Keen-witted

9. Epsom or ...vian-Ies-Bains

10. It began in 1914

11. \*Al Brown to Al Capone

12. Spill the beans

14. Hinduism's divine feminine power

21. Kind of pie

22. High rocky hills

26. Turkey's hanging neck skin

27. Baklava dough

28. \*Major 1920s electronic device

29. "I Dream of Jeannie" actress

30. "For \_\_\_\_ a Jolly Good Fellow"

31. #5 Across, sing.

32. \*Prohibition era establishment

34. Not stiff

36. Feather glue?

37. Visual system organ

40. Interprets, as in tarot cards

43. Product of lacrimation

47. Promise allegiance

49. Receipt listings

50. \_\_\_\_ one's ways

51. Garlic mayo

52. Goose egg

54. Like a drink in a snifter

55. \*Rights and liberties org.

56. Greek god of war

57. Where a bib is tied

58. Repeat a passage from

59. JFK or ORD postings

61. Barker of Tarzan the Ape Man fame

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**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.**



## HELP WANTED



**THREE RIVERS HOSPITAL**  
**CLINICAL MEDICAL ASSISTANT**  
**Full-Time**

Three Rivers Hospital is seeking a Medical Assistant to work in our medical clinic. This position performs essential tasks, such as patient intake, including vital signs and medication review; performs a variety of patient care tasks, such as EKGs and PFTs. High school graduate or equivalent, must have valid WA State MA License. One year experience in clinic practice setting preferred. Spanish Bi-lingual is preferred

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

Three Rivers Hospital  
Anita Fisk, Director of Human Resources  
PO Box 577  
Brewster, WA 98812  
(509) 689-2517 x 3343  
[www.threerivershospital.net](http://www.threerivershospital.net)  
[afisk@trhospital.net](mailto:afisk@trhospital.net)  
EOE

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**CASCADE SCHOOL DISTRICT**

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

Substitute Bus Drivers (paid training)

Fast Track application process and information can be found on our website at:  
[www.cascadesed.org](http://www.cascadesed.org)  
EOE

## PUZZLE SOLUTION

O	R	S	O	A	S	P	S	S	W	A	B
F	O	O	T	S	B	L	A	H	P	O	L
F	O	L	I	A	B	U	R	R	A	R	I
S	T	O	C	K	M	A	R	K	E	T	L
T	I	S			W	O	L	D	S		
P	I	N		R	E	D	R	A	W		
H	A	S		C	L	A	D		S	P	A
E	S	P		E	I	D	E	R		P	R
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S	K	O	A	L		A	D	O			
Z	E	E		R	E	N	A	I	S	S	A
E	T	A	L		D	E	C	O		T	R
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O	N	Y	X		E	T	U	I			S

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

## GARAGE & YARD SALE

**Annual Yard Sale.** Something for everyone. Vintage kitchenware and dishes. Downsizing items. May 16 & 17, 8 a.m. - 5 p.m. Seventh Day Adventist Church, 10600 Ski Hill Drive, Leavenworth.

## GARAGE & YARD SALE

One day only, Saturday, May 18th, 9 a.m. - 1 p.m., Highway 150, Manson, Orchard View Estates Neighborhood Yard Sale. Housewares, electronics, sporting goods, antique furniture, collectables and balloons for kids.



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Deadline Tuesday at noon **Quad City Herald**

Your ad will appear online and in the newspaper for one low price.

## GENERAL MERCHANDISE

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With sayings like Happy Birthday! I Miss You--- Wish You Were Here (in Leavenworth.) and many others.  
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## PUBLIC NOTICES

### CITY OF PATEROS Public Hearing

A Public Hearing will be held on the Comp Plan and Zoning changes at the City Council meeting. The meeting will be held on Monday, May 20, 2019 at 6:00 p.m. at the City Hall. The public is invited to come and give testimony. Send written comments to the Clerk-Treasurer, PO Box 8, Pateros, WA 98846  
Published in the Quad City Herald May 9 and 16, 2019. #85118

### NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing on the Six Year Street Plan for the City of Pateros. Said public hearing shall be held on Monday, May 20, at 6:00 p.m. in the Council chambers, Pateros City Hall, 113 Lakeshore Drive, Pateros, Washington, at which time and place all interested persons may appear and be heard.  
Published in the Quad City Herald May 16, 2019. #85127

# Should you take calcium supplements

Q: My doctor told me I may not need all of my calcium supplement. Don't I need to take calcium pills for my bones?

Last fall, my 75 year old next door neighbor fell down 3 steps, shattering her left ankle into tiny pieces which were painstakingly put back together during a 5-hour surgery. She has osteoporosis, or "thin bones" due to years of taking daily prednisone for an inflammatory condition called lupus. Because she takes a medicine to help build her bones back up, she needs to take a calcium supplement every day, but the rest of us may not need to do that.

We all need to get enough calcium every day to keep our bones strong, but it has other important jobs as well: your muscles, nerves and blood vessels depend on calcium to work properly. Every time your heart beats and you take a breath, the muscles of your heart and chest work to keep you alive and well. However, if you don't have enough calcium available, your body will take some out of your bones, like an ATM (automated teller machine) for calcium instead of \$20 bills.

If you run low on calcium occasionally, this only happens once in a while and it's no big deal, but if your body pulls calcium out of your bones regularly, 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. Most postmenopausal women get 600-900mg of calcium daily through their food, falling short of that



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goal unless they make up the difference with a calcium supplement.

Calcium supplements were recommended for as a way to ensure women and men at risk for osteoporosis get their full recommended daily dose of calcium, but recent studies have shown that you can actually get TOO MUCH calcium, which increases your risk of having a heart attack or stroke. It's suspected that the spike in blood levels of calcium you get by taking a concentrated calcium supplement may actually damage blood vessels.

Taking large doses of calcium supplements also encourages the formation of painful kidney stones, so for bone health, getting ALL of your recommended daily calcium from taking a calcium supplement is no longer encouraged.

Calcium carbonate is the most concentrated form of calcium supplement available but can cause constipation. Calcium citrate is absorbed better and a better choice if you also take an

acid blocking medicine like Prilosec® for heartburn.

Weight bearing exercise like walking and eating prunes have also been shown to improve bone strength.

Here are 5 Tips to Keep Your Bones Strong:

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

Most people get 300mg of calcium daily from non-dairy sources. You can also get 300mg per serving of dairy products like milk, yogurt and cheese. Green vegetables, oranges and figs also contain calcium.

2. If you take a medicine to treat bone loss such as alendronate (Fosamax®), risendronate Actonel®, or Boniva®, make sure you get enough calcium.

These medicines work by encouraging calcium back into your bones, but if you don't have enough extra calcium available, they can't help you.

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

Your body absorbs calcium better and keeping your blood levels of calcium from

"spiking" will help avoid increasing your risk of heart attack and stroke.

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. You can get vitamin D from the sun, but 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) are also good sources.

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 year-long study gained weight, possibly because of the very high fiber content of the plums. 100 grams of dried plums is about 9 of those plump plums sold in big bags at places like Costco®. Watch out, though; plums (also known as prunes) have a natural laxative effect, so go slowly at first to avoid embarrassing side effects.

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. Your questions and comments are always welcome at [www.AskDrLouise.com](http://www.AskDrLouise.com).  
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