Quad City



MAY 9, 2019 • VOLUME 117, No. 19

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

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Pateros school parent, child dances are May 11, 12

BY MIKE MALTAIS STAFF WRITER

PATEROS - The annual Pateros School Father-Daughter and Mother-Son dances will be held back-to-back in the high school gym on Saturday and Sunday, May 11-12. Both events run from 6-9 p.m.

The Father-Daughter Dance is on Saturday, May 11, and the Mother-Son Dance on Sunday, May 12.

Pre-sale tickets are \$20 per couple and \$10 for each additional child. The price at the door will be \$25 and \$15 respectively.

Char Harmier Photography will be on site for pictures. Desserts and donations are welcome.

For more information contact Erika Varrelman at (509) 429-4317 or email evarrelman@pateros.org.

DOH launches statewide plague emergency response drill this week

OCPH will play a *minimal role*

BY MIKE MALTAIS STAFF WRITER

OKANOGAN - As you are reading this, the Washington State Department of Health (WSDOH) is coordinating a five-day statewide emergency drill to test health agency responses to a simulated plague outbreak. The exercise involves the distribution of more than a million doses of faux vaccine and other supplies to the state's 35 health departments and districts utilizing air and ground logistics in a full-scale Transportation Relay Exercise (T-REX) to disperse the medications within 48 hours.

The exercise began on Monday, May 6, when a truck pulled into the WS-FOH at Tumwater with a load of faux emergency vaccines and supplies from the federal Strategic National Stockpile (SNS). Those medical supplies were repackaged by emergency response staffers for redistribution to state, county and tribal locations including pharmacies, health care centers

and related participants throughout the state.

"The scenario used in this exercise is a simulated outbreak of plague," a May 2 DOH media release said. "While there are other more likely situations where distributing medicine or supplies would be necessary, the use of plague for the scenario tests many important elements of the federal, state and local emergency response plans."

Where Okanogan County is concerned one of those "more likely situations" is wildfire. Lauri Jones, co-administrator and community health director for Okanogan County Public Health (OCPH) said she is wellacquainted with the wildfire emergency response side of DOH mobilizations.

"We have taken delivery of thousands and thousands of N-95 masks," said Jones. "Last year we accepted a

Capital Levy passage is good news for Pateros School District

BY MIKE MALTAIS STAFF WRITER

PATEROS - Good news at the April 29 regular meeting of the school board of directors included passage of the Capital Levy in the April 23 special election.

Superintendent Greg Goodnight and principal Mike Hull delivered a Pateros Does It Right slideshow.

Seventy-seven students made the third quarter Honor Roll.

Osvaldo Anava from the Class of 2019 shared a slideshow prepared by Andrea Baird that showed the activities, fun, events and scenery the senior enjoyed on its recent trip to Ocean Shores.

Annual facility tour has been scheduled during the next regular board meeting on May 28. The meeting will start at 5:45 p.m. to allow time for the tour.

In other business, the annual facility tour has been scheduled during the next regular board meeting on May 28. The meeting will start at 5:45 p.m. to allow time for the tour.

Board members discussed new information regarding the rezone of the eight-acre parcel north of town. Following the discussion, the board approved a motion to press ahead with the request to change the zoning from light industrial to public use.

A sale of obsolete school items was approved. The items will first be made available to public and private schools for purchase. Remaining items will be delegated to the community wide vard sale on June 8.

Scotti Wiltse, Clara Oborne, and Jim Broome presented the School Improvement Plan developed by the District Action Team. Per the official minutes of the meeting those four improvement goals were outlined:

1. All staff will document

vertical alignment of their power standards by June 2020.

2. Staff will continue to implement PBIS (Positive Behavior Intervention and Support) through PBIS and Leader in Me and review office referral trends to insure effectiveness. The emphasis will switch to Leader in Me with PBIS on a maintenance level only.

3. Staff will strengthen their teaching practice through Learning Walks and reflection.

4. The district will continue to develop and implement a MTSS (Medial Tibial Stress Syndrome) model.

The next regular meeting of the Pateros School Board is May 28 at 5:45 p.m.

Colville Tribe announces First Salmon Ceremony will be held May 23

BY MIKE MALTAIS STAFF WRITER

NESPELEM - The First Salmon Ceremony, an annual tradition of the Colville Confederated Tribes (CCT) will be held at the Chief Joseph Fish Hatchery Administration Building in Bridgeport on Thursday, May 23.

Activities will get started early under the direction of Randy Friedlander, Colville Tribes Fish and Wildlife (CFTW) Director. The first salmon will be captured at 6 a.m. in a ritual that will include a prayer and song by tribal elders. Tribal leaders will be invited to speak before everyone adjourns to the administration building for breakfast.

Starting at 7 a.m., Cody Desautel, CCT National Resource Director will deliver opening remarks followed by CTFW Senior Research Scientist Casey Baldwin who will discuss the next steps in transporting salmon above Chief Joseph and Grand Coulee dams.

An Okanogan Sockeye Hatchery update and Chief Joseph Chinook Hatchery update will be followed by a hatchery tour under the guidance of hatchery staff.



truckload delivery from DOH of about 40,000 masks."

The masks were available at schools, health care centers, city halls, and other sites around the county to help residents deal with the air pollution effects of wild-

at 7 p.m. after

Association,

Wenatchee Valley College

(WVC) at Omak, and the

Omak School District Salish

Language class. Dave Mad-

era will serve as Master of

Ceremonies and Cody Saint

dinner.

Lunch, including sharing the First Salmon, will be served at 11:30 a.m. in the admin building with a table song by tribal elders. A closing prayer will conclude the ceremony.

Mersaedy Atkins, left, and Colville Tribe Natural Resources Enforcement officer, Robbie Seyler, prepare fillets of Chinook salmon for the traditional barbecue pit during First Salmon ceremonies in 2016 at the Chief Joseph Salmon Hatchery in Bridgeport. QCH File Photo

SEE DRILL ON PAGE A2

United Pow Wow comes to Omak Tribal Longhouse as arena direc-

BY MIKE MALTAIS STAFF WRITER

OMAK - The sound of drums will come from the Omak Tribal Longhouse on Saturday, May 11, as the United Pow Wow makes its 31st annual appearance at 25 Mission Road.

Native American dancers and drummers will gather for an afternoon of activities beginning in the early afternoon followed by a dinner at 5 p.m. The first of two grand entries will begin at 1 p.m. with an evening grand entry

The public is invited to the free, drug-and alcohol-free event funded by the Colville Confederated Tribes. the Red Road

31st ANNUAL

UNITED POW WOW tor. "A United Pow Wow

queen, princes and brave will be selected for the 2019-2020 reign," A WVC media release said.

"All drummers

and dancers are welcome, and host drums will be chosen at each session."

The Longhouse is near Paschal Sherman School about six miles east of downtown Omak via Highway 155.

More information is avail-

able by contacting Livia Millard at 509-422-7814, Emily Abrahamson at 509-826-8520

or Linda Saint at 509-322-2315.



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Photo courtesy of greywolf bravepages.com

The Omak Tribal Longhouse is located at 25 Mission Road.

Okanogan County transportation the focus of State Transportation Commission meetings and tours

Meetings, tours May 14 and 15

SUBMITTED BY WASHINGTON STATE TRANSPORTATION COM-MISSION

OLYMPIA - Transportation challenges and priorities for residents, businesses and visitors to Okanogan County and the Colville Reservation will be the focus of a two-day visit by the Washington State Transportation Commission to Okanogan County next week. Officials from Okanogan County and its cities, the

Colville Tribe, transit providers and other community leaders will participate as part of the commission's statewide public outreach effort.

During its two-day tour, the commission also will meet with local leaders in Twisp on Tuesday, May 14, and in Omak on Wednesday, May 15. to learn more about local needs and efforts to improve transportation and safety. The meeting in Twisp will start at 11 a.m. Tuesday at Building 9, TwispWorks, 502 S. Glover. The meeting in Omak will take place from 8:30 to 11:10 a.m. Wednesday at Omak

City Hall, 2 North Ash St. The meetings are open to the public and persons wishing to speak to the commission may do so during the public comment period scheduled at the close of each meeting.

The meetings feature a series of short presentations on successes and challenges, future plans and needs for transportation in the Okanogan region. Topics include city streets, county and tribal roads, state highways, rail and air transportation, and public transportation. Commissioners will learn about the connections between economic development, tourism, and transportation in the Methow Valley, and crossborder traffic with Canada on US 97. Several presenters, including representatives of Okanogan County will talk about how recent wildfires, floods and landslides have exposed vulnerabilities in the state and local road system, and the decision to identify a primitive road network for disaster response and evacuation.

On May 14, the commission will tour bridges on State Route 153, sites on SR 20 near Loup Loup Pass where landslides have recently occurred, a proposed wildlife crossing on US 97, and see causes of flooding problems on the main street in Tonasket.

On May 15, following the meeting in Omak, commissioners will meet with leaders of the Colville Tribe and tour the road system on the reservation.

The Washington State Transportation Commission holds several meetings throughout the state each year to gain insight from local government, industry and citizens about transportation issues that affect their communities and region. This information helps the commission to develop and implement transportation policies and recommendations that reflect the priorities of the people and local governments of the State of Washington. In meetings later this year, the commission will visit Bremerton, Federal Way, and Skamania County.

For more information about the commission and a complete meeting agenda, visit: www.wstc.wa.gov/<http:// www.wstc.wa.gov/>

Pateros pedestrian plaza will connect pump house, park



Photo by Mike Maltais

Survey and excavation work is underway on Lakeshore Drive adjacent to Pateros Memorial Park that will connect the multi-use Well House No. 4 building to the park with a pedestrian plaza.

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most photos taken by staff. Ask

Work begins on Industrial Way resurface project



Photo by Mike Maltais

Construction equipment began resurfacing work on a portion of Industrial Way between Park Street east to the junction with U.S. 97 in Pateros late last week. The project is being funded by a \$460,000-plus grant from the state Transportation Improvement Board.

Jehovah's Witnesses begin construction on State Way



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Letters policy The Quad City Herald wel

letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com

Corrections

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

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Landscaping and foundation work is underway for a new Jehovah's Witnesses commercial building that will occupy property at 301 State Way overlooking the Columbia River. JW representatives addressed the Brewster City Council last summer and explained their intentions to erect the new structure.

Photos by Mike Maltais



NUMERICA PERFORMING ARTS CENTER Stanley Civic Center • 509-663-ARTS • www.NumericaPAC.org



This one-man play explores the mind of The Who drummer, Keith Moon, and his struggles of stardom.

FRI, MAY 24 at 7:30 PM

DRILL

CONTINUED FROM PAGE A1

fire smoke.

"We have a really good distribution plan working with Okanogan County Emergency Management," Jones said.

Jones said that while OCPH will play a minimal role in this week's DOH rollout, her office is updating its emergency plan and preparing to receive SNS supplies.

Randy August, in charge of emergency planning for the Colville Tribal Office of Public Safety said that his department did participate in the DOH exercise on Monday, May 6, but declined to offer more details.

Randy Coffell, Human Resources Director in charge of emergency planning at Mid-Valley Hospital in Omak said that his advisory about this week's plague response exercise said DOH will utilize the county public health district as its main point of contact.

Sponsored by



Community

Church couple say hello to Bridgeport

BY MIKE MALTAIS STAFF WRITER

BRIDGEPORT – The new pastors of the Foursquare Wellspring of Life Church held a community event at noon Saturday, May 4, to introduce themselves to Bridgeport residents.

Carlos and Zuni Henriquez hosted a gathering at the Bridgeport City Park at 1300 Columbia Avenue featuring

free hot dogs, music, dance, games and more. The couple said they want to meet many new friends as they assume their role at the church located at 1300 Foster Avenue.

The Henriquez's are relocating from Moses Lake where both attended Big Bend Community College. Carlos earned his accounting degree in his home country of El Salvador. Zuni, born and raised in Mexico City,

earned her Associates of Arts degree at BBGC and dental assistant certificate. Both graduated El Shaddai Theological Bible Institute and have been taking online college courses through the Foursquare Mission.

In an earlier statement to The Quad, the couple said they hope "to offer the training and community events on how to open up a business starting from nothing

to success.'

The Foursquare Church was the site for Bridgeport's only Food Pantry that operated out of the building basement for 25 years until the service closed last year.

Carlos and Zuni Henriquez Submitted photo



May 6 - 12 is National **Nurses Week**

COURTESY OF THE AMERICAN NURSES ASSOCIATION WEBSITE

National Nurses Week begins each year on May 6 and ends on May 12, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses associations promotes the nursing profession at the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses associations, other specialty nursing organizations, educational facilities, and independent health care companies and institutions.

A Brief History of

was presented by the House of Representatives for the President to proclaim "National Registered Nurse Day." It did not occur. 1974 In January of that year, the International Council of Nurses (ICN) proclaimed that May 12 would be "International Nurse Day." (May 12 is the birthday of Florence Nightingale.) Since 1965, the ICN has celebrated "International Nurse Day."

1974 In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

1978 New Jersey Governor Brendon Byrne declared May 6 as "Nurses Day." Edward Scanlan, of Red Bank, N.J., took up the cause to perpetuate the recognition of nurses in his state. Mr. Scanlan had this date listed in Chase's Calendar of Annual Events. He promoted the celebration on his own.

1981 ANA, along with various nursing organizations, rallied to support a resolution initiated by nurses in New Mexico, through their Congressman, Manuel Lujan, to have May 6, 1982, established as "National Recognition Day for Nurses."

1982 In February, the ANA Board of Directors formally acknowledged May 6, 1982 as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896.

the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

1997 The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student Nurses Day.

May 12 is Florence Nightingale's birthday

Save one life, they call you a hero. Save one hundred lives, we call you a nurse.

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National Nurses Week

1953 Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

1954 National Nurse Week was observed from October 11 - 16. The year of the observance marked the 100th anniversary of Florence Nightingale's mission to Crimea. Representative Frances P. Bolton sponsored the bill for a nurse week. Apparently, a bill for a National Nurse Week was introduced in the 1955 Congress, but no action was taken. Congress discontinued its practice of joint resolutions for national weeks of various kinds.

1972 Again a resolution

1982 President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

1990 The ANA Board of Directors expanded the recognition of nurses to a weeklong celebration, declaring May 6 - 12, 1991, as National Nurses Week.

1993 The ANA Board of Directors designated May 6 - 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

1996 The ANA initiated "National RN Recognition Day" on May 6, 1996, to honor



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National Nurses Week May 6-12

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COMMUNITY BULLETIN BOARD

Map Your Neighborhood Program

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 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 10

VFW Auxiliary to meet at Chelan Library

CHELAN - VFW Post #6853 Auxiliary meets the second Friday of the month at the Chelan Public Library, on Emerson Street, at 2 p.m. Anyone interested in joining can call Carol Palmbush at (509) 682-5624

May 10, 17

Brewster area bus trips to Omak, Wenatchee BREWSTER - OCTN takes Brewster area residents to Wenatchee.

Revenue offers free tax workshop May 21

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 the workshop instructor for details.

Contact Revenue's Rick Stedman with any questions about the workshop: 360-705-6624 or rickst@dor.wa.gov.

Revenue offers several ways for businesses to learn about taxes. Visit the education page to view a complete schedule and to register for upcoming workshops. Business owners can also watch a short streaming video version of the workshop online.

second Friday of the month. Next trip is May 10. 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, April 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.

May 13

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.

May 13

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, weightloss 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, call TOPS Headquarters, (800) 932-8677.

May 14

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.

May 14/meeting

May 15/yoga

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

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

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 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 15

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

May 18

Spaghetti feed for veterans

CHELAN - The Chelan VFW #6853 will hold a 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. There is no charge for this BYOB event. For information call Post Commander Steve Palmbush at (509) 670-3346.

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.

FFA collecting aluminum

PATEROS - The Pateros FFA has its aluminum collection receptacle prominently positioned in the parking lots across from Pateros Memorial Park for deposits of aluminum cans and like metal. It's part of the group's fundraising efforts along with barbecues at many city and school events.

Subscribers - Help us, help you!

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NCW MEDIA, INC.

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

on Bridgeport Bar. Public assistance at 117 First St. on Bridgeport Bar.

May 1

April 30

- Hazard at State Route 173 and McCormack Street on Bridgeport Bar.
- Agency assistance at South Bridge Street and State Route 173 in Brewster.
- Suspicious incident at Moe Road and State Route 173 on Bridgeport Bar.

May 2

Civil incident at 929 Maple St., No. 39 in Bridgeport.

May 3

- Agency assistance at State Route 173, milepost 132 in Bridgeport.
- Parking/abandoned vehicle at 1346 Foster Ave. in Bridgeport.
- Alarm at Bridgeport Plaza Market, 1106 Columbia Ave. in Bridgeport.
- Suicide threat at 325 13th St. in Bridgeport.

May 4 Suicide threat at E. 335 Railroad Public assistance at 66 Grange Rd. on Bridgeport Bar.

- Disturbance at 120 Second St. on Bridgeport Bar.
- Alarm at Bridgeport Plaza Market, 1106 Columbia Ave. in Bridgeport.

May 5

- Animal problem at 213 Davis Ave. on Bridgeport Bar. Agency assistance at 119 Whitlam Ave. on Bridgeport Bar.
- Trespass at 45 Washburn Ave. on Bridgeport Bar.

Extra patrol at 117 First St. on Bridgeport Bar.

911 at 2 McCormack St. on Bridgeport Bar.

Noise at 2136 Foster Creek Ave. in Bridgeport.

May 6

- Property incident at Quik-E-Mart, 2606 Foster Creek Ave. in Bridgeport.
- Civil incident at 114 Sage St. on Bridgeport Bar.
- Animal problem at 412 Fairview Ave. in Bridgeport.
- Domestic disturbance at 1617 Fairview Ave. in Bridgeport.



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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 Ryan Kilgore

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COMMUNITY LOG CHURCH Sunday Worship 10 a.m. 509-689-2224 • 501 W. Indian Avenue www.communitylogchurch.com Pastor Gordon Wright

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

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



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

Sports

Bears nab fifth consecutive league baseball title

BY MIKE MALTAIS STAFF WRITER

TONASKET - The Brewster Bears varsity baseball team completed an undefeated 14-1 regular season with a 4-1 over Tonasket on the road, April 30, to bring home their fifth consecutive Central Washington 2B League title.

"It wasn't really a slugfest," said coach Todd Phillips. "They outhit us, but our two doubles proved to be important."

The Bears took the lead on a Cade Gebbers double with one out and crossed the plate on Kade Kelpman's double. Brewster extended the lead in

the sixth inning when Gebbers reached first on a bunt, stole second and was brought home by Jeff Sonneman. Tonasket cut the lead in half with a run in the bottom of the sixth.

"We put up two in the seventh when Joe Taylor reached on an error, advanced on a fielder's choice and scored on two passed balls," said Phillips. "AJ Woodward scored the final run when he pinchran for Conner Ashworth after he was intentionally walked and went from first to third on a passed ball Joe scored on, then scored on yet another passed ball."

Phillips said practices will be intense and competitive

adding "we are going to push each other to see who wants to play in these playoffs."

The final doubleheader scheduled for Saturday, May 4, at Oroville did not develop, "so we are looking for two make up games before the playoffs start," Phillips said.

Brewster is scheduled to meet Ephrata at Moses Lake at 10 a.m. on Saturday, May 11. The District championship game is at 3 p.m. that afternoon.

"They say the playoffs are a new season and that is how we are going to look at it," said Phillips. It is like we are starting tryouts all over again.'

Deadline is May 31 WIAA accepting applications for LEAP Committee

BY MIKE MALTAIS, STAFF WRITER

QUAD CITIES - Current high school sophomores who will be entering their junior year in the fall of 2019 and who are interesting in developing their leadership skills are invited to apply for a position on the 2019-2021 Washington Interscholastic Activities Association (WIAA) LEAP Committee. Leadership-oriented students involved in WIAA athletics and activities are encouraged to apply. The eight students selected will serve two-year terms during their junior and senior years.

Bridgeport High School senior Ana Trejo is completing her second year as a member of the LEAP Committee. Trejo is the second Quad City student since 2009 to serve at a LEAP member. Bridgeport student Gloria Alameda was a LEAP member in 2014.

Trejo is also the BHS Associated Student Body (ASB) President and FFA Chapter President. She has also served as ASB Secretary and FFA District 7 President.

LEAP, for Leadership through Education, Activities and Personal Development, meets up to half a dozen times during the course of the school year to participate in leadership activities, collaborate on service projects and visit with guest speakers, A WIAA media release said.

'The other LEAP members and I essentially represent all Washington high schoolers on the WIAA," Trejo told the Quad last July.

"All travel expenses associated with attending the meetings are reimbursed by the WIAA," the release said. "The summer after their junior year, LEAP Committee members attend a summer retreat designed to strengthen leadership skills and set LEAP Committee goals for the upcoming school year."

LEAP Committee members who fulfill the requirements of their two-year term receive a



Photo by Chris Wittington Bridgeport High School senior Ana Trejo is completing the second year of her LEAP term.

\$600 scholarship to their institution of choice upon graduation. Applicants are requested to submit a short, creative video personal statement. Applications are due May 31, 2019.

Questions can be directed to Andy Knapp at email aknapp@wiaa.com

Mustangs corral league championship, look to Districts

BY MIKE MALTAIS STAFF WRITER

BREWSTER - Last season, they were the District 5/6 soccer champions, but the Brewster Bears won the Central Washington 2B league title. This season, the Mustangs varsity soccer team took home the league trophy as it makes another run at a District title or higher.

On the Bears home pitch, Tuesday, April 30, Bridgeport opened the first half with a goal by Alexis Valdovinos off assists by teammates Ramiro

Espino and Osvaldo Orozco. Yair Diaz put the Mustangs up 2-0 with a goal assisted by Christian Aguilar.

The Bears got on the board before the half with their first goal but could not keep pace with the Mustangs stampede in the second half.

Diaz made his second of three goals early in the second half off an Osvaldo Orozco assist. After the Bears scored for the second time, Diaz put Bridgeport up 3-2 off, Aguilar added another and Valdovinos closed the door, 6-2, with his score.

"They played well, passing the ball and creating opportunities to put the ball in the goal, as well as not allowing many opportunities for Brewster to score," said team spokesman Chris Gonzalez. "The Bridgeport Mustangs Soccer team has worked hard, and the younger players have stepped up and competed strongly with our seniors."

Bridgeport was scheduled to host Cashmere on Tuesday, April 30. Win or lose, the Mustangs are headed for the Wenatchee Apple Bowl on Thursday, May 9.

District playoff games underway for Quad Cities teams

BY MIKE MALTAIS STAFF WRITER

QUAD CITIES - District competition for spring sports got underway last Thursday, May 2, with the Central Washington 1B Pateros Nannies varsity softball team dropping a decision on the road at Sunnyside Christian Academy to end their season.

The Central Washington 2B league champion Bridgeport Mustangs varsity soccer team was scheduled to put its 9-1 record up against the

1A Caribou Trail League's Cashmere Bulldogs, 8-0, in the CTL/CWB District 1A tournament at home on Tuesday, May 7.

"No matter if we win or lose, we will play at Wenatchee on Thursday, May 9," said Bridgeport Athletic Director Scott Darwood. "If we win Tuesday versus Cashmere, we play for first and second at 8 p.m., and if we lose, we play at 6 p.m. for third and fourth. The finals will be played at the Apple Bowl at Orondo Avenue and Pioneer

Park in Wenatchee.

The fourth-place Waterville-Mansfield Lady Shockers (8-7) varsity softball team was also scheduled to be on the road at Manson on Tuesday, May 7, for their final regular season game.

Brewster and Waterville-Mansfield will both be at Manson, Wednesday, May 8, for track and field Sub-District competition.

The following day, Thursday, May 9, Pateros will be at Cashmere for District track and field.

The CW2B league champi-

Brewster grad wins college Rookie of the Year honors

BY MIKE MALTAIS STAFF WRITER

BREWSTER - It has been almost a year since Tessa Orozco graduated Brewster High School, but already the freshman at Loras College in Dubuque, Iowa, is making her mark in both academic and athletic pursuits.

While pursuing a double major in Social Work and Criminal Justice as an Honor Student, Orozco has also become a standout on the school's swim team, winning the college's Swimming and Diving Rookie of the Year award.

Tessa's mother, Laura Oroz-









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on Brewster Bears will take on Ephrata at 10 a.m. Saturday, May 11 at Moses Lake in the District 5/6 semifinals. The championship game will follow at 3 p.m.

Elsewhere in 1B competition, Pateros will take on Riverside Christian at Kittitas on Saturday, May 11. The winner will play Sunnyside Christian at 1 p.m. for a berth at state.

On Tuesday, May 14, Waterville-Mansfield's Lady Shockers varsity softball team will play in their league tournament at a time and place to be determined. according to Athletic Director Kieth Finkbiner. Two days later the league tournament on Thursday, May 16, will determine District seedings followed by the District tournament at Moses Lake.

The Shockers varsity track and field team will be in Quincy on Friday, May 17 for Districts.

The 15-1 Lady Bears varsity softball team will shoot for the CW2B league championship in a game at Brewster on Tuesday, May 14, and Thursday, May 16, at a time and place to be determined at this writing. District will be held at Moses Lake on Saturday, May 18.



Need to promote your event? Have you thought about NCWMarket.com the best online promotion available co said Tessa "did very well last year. At the Liberal Arts Championship last February, she competed in four relays and three individual events."

With Orozco in the lineup, the Duhawks finished first in the 400-yard Medley Relay, setting a new Loras College record in the process. The Duhawks placed second in the 200-year Medley, setting another school record, third in the 400-yard Free Medley, and fourth in the 800 Free Relay.

In individual competition, Orozco placed first in the 200yard Butterfly, sixth in the 100-uard Butterfly and eighth in the 50-yard Free.

Orozco swam with the Brewster Bearacudas for eight seasons before joining the Velocity club team in Wenatchee as a high school sophomore. She joined Eastmont High School's co-op swim team in the fall of her junior still competing for Brewster, and signed up for Running Start at Wenatchee Valley College in Omak.

Orozco graduated Brewster with her Associate of Arts degree and enrolled at Loras where she made the Honor Roll during both her fall and spring semesters.



Photo courtesy of Laura Orozco

Tessa Orozco holds her Swimming & Diving Rookie of the Year award from Laura College in Dubuque, Iowa, where she competes on the Duhawks swim team.

"During Easter Break she took part in a service trip to San Diego, Calif., and Tijuana, Mexico," said Laura. "She and the other kids helped prepare food and served the homeless in San Diego; they volunteered two days at an orphanage in Tijuana and one day at a free immigration help center."

Tessa in her Brewster High School graduation program



Photo courtesy of Brewster High School

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School / Community

Crowd turns out for annual Bridgeport FFA plant sale



Photos by Mike Maltais

There was already a crowd waiting outside the school greenhouse for the doors to open Friday afternoon, May 3, for the annual Bridgeport FFA plant sale. The fundraiser is a popular draw for spring gardeners looking for floral and vegetable varieties. Prices ranged from \$1 for four-inch Jiffy pots to \$20 for blooming floral baskets.



Morel mushroom harvesting permits now on sale

SUBMITTED BY USFS

WENATCHEE - As snow melts off along lower elevations in the Entiat valley, Acting Entiat District Ranger Kari Grover Wier is ramping up for what could be a bumper mushroom season in areas burned by the Cougar Creek Fire last year. By the first weekend in May, her staff will have designated locations along Tyee Ridge, and five other locations on the Okanogan-Wenatchee National Forest, selected as commercial harvester camps

to help meet the demand for folks coming to collect this beloved fungi from public lands. It's all part of the commitment to excellent customer service.

"Mushrooms are just one of the many benefits public lands provide," said Grover Wier. "Depending upon how prolific the mushroom crop is, we could see a large number of mushroom harvesters coming to pick in areas that burned in 2018. Which, in turn, can benefit local businesses and communities." Commercial mushroom

harvesting permits went on sale April 29, at USDA Forest Service offices in Wenatchee, Entiat, and Chelan. Permits went on sale May 6 in the Methow Valley where snow still covers more of the wildfire areas. Permits and maps are available for harvest areas in the McLeod, Cougar Creek, and Crescent Mountain fire areas on the Forest.

People must have a commercial permit if they plan to collect or possess more than five gallons of mushrooms per day or if they intend to sell mushrooms. A two-day permit costs \$30, a 30-day permit is \$80 and a season permit is \$100; the season runs from April 29 through July 31. Permits must be in the harvester's possession when collecting mushrooms.

Commercial harvesters camping overnight are encouraged to utilize designated camps, where garbage dumpsters and toilets will be placed to minimize impacts. Camps will be up and running the first weekend in May in the Entiat area including Tyee Ridge, Potato, McKenzie Ridge, Mud Creek, and Mad View. In the Methow Valley, camps will be up and running the second weekend in May including Goat Creek Sno-Park, a dispersed campsite on Road 5130430, Twisp River Sno-Park, and the Gravel Pit. Commercial harvesters are prohibited from camping in developed campgrounds.

"While there are thousands of acres open to mushroom harvesting, folks need to be aware of prohibited areas too like Wilderness," Grover Wier added. "By respecting the rules and minimizing impacts, mushroom harvesting can continue to be a sustainable forest product."

Harvesting mushrooms for personal use, up to five gallons per person per day, is free but collectors must carry a copy of the Free Incidental Use Mushroom Information Sheet with them while harvesting. This information sheet can be printed off the forest website at https:// go.usa.gov/xQ3YJ and is also available at local national forest offices.

Permisos de cosecha de setas morilla ya a la venta

SUBMITTED BY USFS

WENATCHEE - Mientras la nieve se derrite a lo largo de las elevaciones menores de Entiat valley, la guardabosques del distrito de Entiat, Kari Grover Wier, está redoblando los esfuerzos para lo que podría ser una temporada de setas extraordinaria en las áreas afectadas por el incendio de Cougar Creek el año pasado. Para el primer fin de semana de mayo, su personal habrá designado algunos terrenos a lo largo de Tyee Ridge y otros cinco puntos del Bosque Nacional de Okanogan-Wenatchee como campos de cosecha comercial para ayudar a satisfacer

la demanda de las personas que vienen a recolectar esta apreciada variedad de hongos comestibles en terrenos públicos. Todo forma parte del compromiso con un excelente servicio al público.

"Las setas son solo uno de los muchos beneficios que ofrecen los terrenos públicos", afirmó Grover Wier, "dependiendo de lo abundante que sea la cosecha de setas, podremos ver una gran cantidad de recolectores en las áreas que se a la venta el 29 de abril en las oficinas del Servicio Forestal de la USDA en Wenatchee, Entiat y Chelan. Los permisos salieron a la venta desde el 6 de mayo en Methow Valley, donde la nieve aún cubre la mayor parte de las áreas silvestres incendiadas. Hay permisos y mapas disponibles para las áreas de cosecha en las zonas boscosas afectadas por los incendios en McLeod, Cougar Creek y Crescent Mountain.

Los recolectores deben ad-

30 dólares, mientras que un permiso de 30 días cuesta 80 y uno para toda la temporada del 29 de abril al 31 de julio cuesta \$100. Los permisos deben estar en posesión del recolector al momento de cosechar las setas.

Se recomienda a los recolectores comerciales que acampen durante la noche en los espacios designados para ello, en los que se colocarán contenedores de basura y sanitarios para minimizar el impacto ambiental. Los campamentos estarán instalados y en funcionamiento desde el primer fin de semana de mayo en Entiat, que incluye las zonas de Tyee Ridge, Potato, McKenzie Ridge, Mud Creek y Mad View. En Methow Valley, los campamentos estarán instalados y en funcionamiento a partir del segundo fin de semana de mayo e incluirán Goat Creek Sno-Park, un terreno para campamentos dispersos en Road 5130430, Twisp River Sno-Park y Gravel Pit. Los recolectores comerciales tienen prohibido acampar en los campamentos desarrollados.

"Aunque hay miles de acres

las reglas y se minimiza el impacto al medio ambiente, la recolección de setas puede seguir siendo un producto sostenible de los bosques".

La cosecha de setas para uso personal se limita a cinco galones por día por persona y es gratis, pero los recolectores deben llevar consigo una copia de la Hoja de información sobre las setas de uso casual gratuito mientras estén recolectando. Esta hoja de información puede imprimirse desde el sitio web del bosque: https://go.usa.gov/xQ3YJ y también puede pedirla en las oficinas locales del bosque nacional.

incendiaron en 2018, lo que, a su vez, puede beneficiar a los negocios y comunidades locales".

Los permisos de cosecha comercial de morillas salieron quirir un permiso de recolección comercial si planean cosechar más de cinco galones de setas por día o si tienen la intención de venderlas. Un permiso de dos días cuesta abiertos a la cosecha de setas, la gente debe estar informada de cuáles son las áreas silvestres protegidas en las que se prohíbe entrar", agregó Grover Wier. "Si se respetas

Firewood cutting permits available now available

SUBMITTED BY USFS

WENATCHEE - Firewood cutting permits went on sale at all Okanogan-Wenatchee National Forest offices on May 1. Even though firewood cutting permits have been available for purchase since April 1 at the Tonasket Ranger District office, most woodcutting areas have been inaccessible due to snow and wet conditions.

"Woodcutting is an important part of how public lands support local communities," said Deputy Forest Supervisor Erick Walker. "This is a great opportunity for families and friends to enjoy the national forest while also obtaining firewood for use in their homes."

The minimum firewood permit is \$20 for four cords of wood. The cost for permits over the four-cord minimum is \$5 per cord. The maximum number of cords that may be purchased for personal-use is 12 cords per household per

" year.

Things to keep in mind when woodcutting:

Contact local ranger district office for up-to-date road conditions.

Do not drive off of roads onto wet or snowy ground to load firewood.

Don't travel on roads if road surfaces are slippery and muddy, let them dry out before traveling on them. This will prevent deep ruts from developing. The best time to cut firewood is in the late spring and early fall; avoid mid to late summer as woodcutting restrictions may be imposed due to severe fire danger.

Permits must be purchased in person, no permits will be sold through the mail. Individuals purchasing woodcutting permits need to present a driver's license or other form of picture identification at the time of purchase.

Woodcutters need to abide

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by the terms and conditions listed on their woodcutting permit. Be sure to read over all conditions and requirements listed on the woodcutting permit and be familiar with the information on the map.

A woodcutting area map is a necessity. These maps show the areas that are open and closed to woodcutting and are available free with the woodcutting permits.

Always be aware of the Industrial Fire Precaution Level (IFPL) on the day that woodcutting will occur. Information on the IFPL or current restrictions may be obtained by viewing the IFPL website at http://www.dnr.wa.gov/ ifpl, calling 509-884-3473 or your local ranger district office.

Special woodcutting rules and conditions apply on the Naches Ranger District; contact their office at 509-653-1401 for specific information. Firewood cutting season on the Naches Ranger District ends on September 30. Also, the maximum number of cords that may be purchased for personal-use from the Naches District is 10 cords per household per year.

Generally, woodcutters may cut wood lying on the forest floor and standing dead trees, except wildlife habitat trees. Be aware that western larch, also known as tamarack, drops its needles and may look dead, but isn't. No woodcutting is allowed in congressionally designated Wilderness areas.

Firewood permits are good through December 31 in the calendar year they are purchased, with the exception of the Naches District, or until areas are no longer accessible. For more information, please contact your local ranger district office. Most of these offices are open Monday through Friday 8 a.m. to 4:30 p.m.

Ranger district office addresses and phone numbers: Okanogan Valley Office

1240 South Second Ave., Okanogan, WA 98840; 509-826-3275; Tonasket Ranger District, 1 W. Winesap, Tonasket, WA 98855; 509-486-2186; Methow Valley Ranger District, 24 West Chewuch Road, Winthrop, WA, 98862; 509-996-4000; Chelan Ranger District, 428 W. Woodin Ave., Chelan WA 98816; 509-682-4900; Entiat Ranger District, 2108 Entiat Way, Entiat, WA 98822; 509-784-4700; Wenatchee River Ranger District, 600 Sherbourne, Leavenworth, WA 98826; 509-548-2550 Cle Elum Ranger District, 803 W. 2nd Street, Cle Elum, WA 98922; 509-852-1100; Naches Ranger District, 10237 Hwy. 12, Naches, WA 98937; 509-653-1401 and Forest Headquarters office, 215 Melody Lane, Wenatchee, WA 98801; 509-664-9200



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Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clublhouse with showers, lounge with TV, bar, and kitchen members for use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. 808-298-1031.

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 Meeting Change The Bridgeport School District Board of Directors meetings for the month of May and July have been changed to the following dates: Tuesday, May 28, 2019 and Wednesday, July 31, 2019. All board meetings are held in the Superintendent's Office, Tacoma Ave., Bridgeport 1400 WA at 6:00 p.m.

Published in the Quad City Herald

May 11, 2019. #85091

PUBLIC NOTICES

Ordinance #502 A summary of an ordinance of the Town of Mansfield, Washadopting an ordinance ington, relating to an amendment of the 2017 Budget. This ordinance is being summarized for publica-tion per RCW 25.27.300. tion per RCW 25.27.300. Adopted this 12th day of December 2017 in regular session at the Mansfield Town Hall, Mansfield, Washington.

Ordinance #503

A summary of an ordinance of the Town of Mansfield, Washington, adopting the budget for the Town of 2019 Mans This ordinance is being field. summarized for publication per RCW 25.27.300. Adopted this 13th day of November 2018 in regular session at the Mansfield Town Hall, Mansfield, Washing-

Ordinance #504

A summary of an ordinance of the Town of Mansfield, Wash-Property ington, adopting the Tax Levy Allocation for the Town of Mansfield, Washington, for the 2019 year. This ordi nance is being summarized for publication per RCW 25.27.300. Adopted this 11th day of December 2018 in regular session at the Mansfield Town Hall, Mansfield, Washington. Published in the Quad City Herald.

Ordinance #505

A summary of an ordinance of the Town of Mansfield, Washington, adopting an ordinance relating to an amendment of the 2018 Budget. This ordinance is being summarized for publication per RCW 25.27.300. Adopted this 11th day of De-cember 2018 in regular session at the Mansfield Town Hall, Mansfield, Washington

Ordinance #506

A summary of an ordinance of the Town of Mansfield, Washington, adopting an ordinance relating to control and management of the water/sewer depart ment in the Town of Mansfield. This ordinance is being summarized for publication per RCW 25.27.300. Adopted this 16th day of April 2019 in special session at the Mansfield Town Hall, Mansfield, Washington. Published in the Quad City Herald May 9, 2019. #85122



PUBLIC NOTICES

Notices in newspapers help fulfill citizens' right to due process of law by providing information about matters affecting them and/or their property NCW Media newspapers are adjudicated to publish public and legal notices in Chelan, Douglas and

Okanogan counties. Affidavits of publication and tear sheets are provided to

May is National Osteoporosis Awareness and Prevention Month

Every year in May I always think of my mother, but not just because Mother's Day is in mid-May. May is also National Osteoporosis Awareness and Prevention Month and my mother suffered for over a decade with it, eventually dying from complications of osteoporosis.

 $Osteoporosis \ is \ a \ condition$ of having weak bones, making them more likely to break. Nearly 54 million Americans have low bone mass or osteoporosis, according to the National Osteoporosis Foundation (NOF), a health organization dedicated to preventing osteoporosis and broken bones though awareness, education and research.

This silent but devastating disease affects more women than men. Women have a 50% chance of suffering a hip, spine or wrist fracture in their lifetime and nearly 30% of men will experience an osteoporosis-related fracture.

It's just a broken bone, right? Unfortunately, osteoporosis is not just painful, it can be deadly: one in four women and one in three men will die within 1 year of having a hip fracture. If you are female, your risk of having a bone break from osteoporosis is equal to your risk of breast, uterine and ovarian cancer combined.

My mother broke her left wrist when she was 74 years old, tripping in downtown Seattle while trying to catch a bus. Four years later she fell when getting out of bed in the middle of the night to use the bathroom. Despite my pleas to see her doctor, she hobbled around on it for nearly 2 weeks, thinking she sprained her knee. By the time her persistent pain drove her to seek help, it was too late. The bone ends had slipped and knitted together in that position, leaving her with the discomfort and inconvenience of her right leg one inch shorter than her left one for the rest of her life.

We build nearly 90 percent of our peak bone mass before we turn 20 years old. In middle age, that begins to reverse and we begin losing 1% of our bone mass per year, doubling to 2% per year for women after menopause. Although its complications show up in old age, osteoporosis can start in childhood, as the thinner your bones are to start with, the more likely you'll experience a fracture later in life. Here are 5 tips to help keep your bones healthy and strong:



is proven more effective at preventing osteoporosis than just taking calcium supplements, but if you are taking bone-building medicines, you may need additional calcium and Vitamin D supplementation.

2. Do weight-bearing activities as often as possible.

Walking, cycling, dancing, even gardening will help your body keep your bones strong. Activities like tai chi and lifting light weights strengthen your thigh muscles and improve balance, which helps prevent falls.

3. Don't smoke.

My mother started smoking when she was 18 years old, finally quitting when she was 80. Quitting smoking years earlier could have helped her avoid the fractures that plagued her later years.

4. Talk to your doctor about your own risk of osteoporosis.

If you have passed menopause or have taken certain drugs like prednisone, you may already have thinning bones. Testing your bone density helps determine how likely you are to have a bone break in the future and if you are at risk, your bone loss can be slowed with medicine and other strategies. My mother never realized she had thin bones until she broke her wrist. With osteoporosis screening and the

bone-building drugs available today, she could have avoided the hip fracture that changed her life so drastically.

5. Try eating prunes every dav.

A recent study showed that eating prunes every day can make your bones stronger. The study participants ate about 10 prunes every day for a year, but you don't have to eat that many to benefit your bones. I suggest taking it slowly and building up to what you can manage, as prunes are a natural stool softener.

If you do have osteoporosis, there are many different bone-building drugs now available, from tablets you take every week to every month to injections given daily, every 6 months or even once a year. And even prunes!

To find out more about osteoporosis and how you can prevent it, stop by the National Osteoporosis Foundation website at www.nof.org.

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. @2019 Louise Acheu



new giftware. Much much more. 509-923-2030

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.

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



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Fax: 509-682-4209	Fax: 509-682-4209
Chelan, WA 98816	Brewster, WA 98812
mirrorads@lakechelanmirror.com	heraldads@gcherald.com



1. Get adequate calcium and vitamin D.

Eating a variety of foods rich in calcium is essential to building and maintaining strong bones. Green leafy vegetables like broccoli, Brussels sprouts and kale are good sources of calcium, as are dairy products like milk and yoghurt. A calcium-rich diet

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