



Ouad City Herald

Serving Brewster, Bridgeport, **Mansfield & Pateros area since 1901** A Ward Media Publication April 10, 2024

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Pateros Community Resource Center hosts grant writing summit

By MIKE MALTAIS

Ward Media Staff Reporter

PATEROS -- The Pateros Brewster Community Resource Center (PBCRC) will host the second of a three-part Grant Writing Road Trip Summit from 9 a.m. to 3 p.m., April 23, in its conference at 106 Pateros Mall. The \$25 course, Advanced Grant Writing, is sold out, but interested parties can email claire@cfncw.org to be added to a waiting list.

The Community Fund of North Central Washington (CFNCW), in partnership with the Nonprofit Practices Institute and Thriving Together, created the series to offer professional grant writing training to nonprofits across the region.

The third course, Government Grants, has added a new class date, April 26, in Wenatchee.

PBCRC Executive Director Gene Dowers attended the first of the three courses, Grant Writing Essentials, in

Wenatchee on March 21 and reported some of the helpful tips he learned to the board of directors' regular monthly meeting on March 28.

The instructor, a grant writing, reading, and evaluating university professor, spoke about how to put together a grant application for maximum effect, said Dowers.

"We're doing a lot of things right," said Dowers of PBCRC's grant application process. "She had some insights that were very helpful."

Among those:

- Many grant readers go right to the budget that is presented and if they do not see enough line items and detail in the budget, they toss it aside.
- · Dowers said the focus on the budget over other components of an application was a revealing
- Consult a grant database to find those pertinent to your

organization and establish an annual grant schedule.

Dowers noted that grant database subscriptions are expensive - about \$300-500 a year – which led to another productive tip.

• Investigate possible public sources where grant databases might be available free.

Dowers found such a source candid.org - at the local Pateros branch of NCW Libraries.

"NCW Libraries has it in every branch," Dowers said. "I was really excited to find that just across the mall."

· There is a database of foundations. "Foundations are required to provide one percent of their proceeds to nonprofits as grants," said Dowers. Every foundation must submit an

annual 990 tax form that discloses who is granted foundation funds.

"Ninety percent of foundations do not have a website," said Dowers. "Most of the grants they provide are by invitation. You have to really work at them and sell yourself to them to get them to invite you to apply for those grants.'

As an example, Dowers cited one foundation that does not consider qualified grant applicants until they have applied at least three times.

"You might be considered in your fourth year in applying for a grant for them," said Dowers. "I guess they need to know you're serious.' In other PBCRC business:

- · Dowers was the only south county representative to attend the Education Stakeholders Luncheon on Feb. 22. He said it was good exposure for PBCRC since none of the other north county school district attendees were previously aware of what PBCRC is or what it does.
- A combination of funds from The Salvation Army and PBCRC continues to help families with utility bill assistance.

- The Technology Center continues to attract customers to its variety of business services.
- The Support Center and WorkSource are using the conference room weekly.
 - A statewide behavioral health advocate whom Dowers met at the grant class said that she is very interested in PBCRC's earlier program with Okanogan Behavioral Health Center and wants to help reestablish that connection for residents of the
 - south county. The Okanogan County Long Term Recovery Group (OCLTRG) is using the PBCRC warehouse to set up its Smoke and Reflections exhibit for a scheduled May 30 public opening. OCLTRG will hold its 10-year reunion on July

Mike Maltais: 360-333-8483 or michael@ward.media

Bridgeport

By MIKE MALTAIS

Thursday, April 4.

the new state paperwork.

Ward Media Staff Reporter

Revitalization

BRIDGEPORT - The Berryman Park renovation and a federal funding opportunity for street and sidewalk projects were among the principal topics on the Revitalization Committee meeting agenda last

The state has issued new guidelines in some of its documents this year including those of the Recreation and Conservation Office (RCO), the funding agency for the renovation of Berryman Park. Owing to this new development the city attorney wants to make sure the wording in the city's insurance policy is line with that of

"Usually, it's been boilerplate at this point," said clerk/treasurer Judy

The temporary document kink

may delay work on the park in the

meantime. Request for contractor

bids remains to be done and once the low bidder is selected the city council

Superintendent of Public Works

Stuart Dezellem said site work for the

park bathroom can be prioritized but

a scheduled May 20 delivery of the

precast bathroom by CXT of Spokane

will be pushed back because the cite

"Everything else has been delivered," said Dezellem of the

remaining park equipment that

arrived in a 53-foot dry van, He added

that the turf producer also sent him an email requesting a delivery date

will not be ready.

for that component.

will need to approve the contract.

Wenatchee landfill receives Wildlife Habitat Council recognition for environmental stewardship



COURTESY OF WM

WM District Manager Eric Keogh educates a student tour group about the science and engineering involved in landfill management as well as WM's conservation work to enhance shrub-steppe habitat.

By Quinn Propst

Ward Media Staff Reporter

WENATCHEE - The WM team at the Greater Wenatchee Regional Landfill has again been recognized by the Wildlife Habitat Council for voluntarily managing land to support wildlife habitat and natural ecosystems.

Environmental stewardship at the landfill is approached as a long-term commitment. It includes the conservation of shrub-steppe habitat, natural strategies to control invasive species, and nest boxes for American kestrels.

"I'm proud of our team for their dedication to this important work," said Dave Rettell, director for WM's disposal operations for the Pacific Northwest. "We live the WM core values in our day-to-day work, and those core values include the environment. The landscape in the Wenatchee Valley is an extraordinary part of the Pacific

Northwest, and we are doing our part to keep it that way."

"We've been operating there (in the Wenatchee Valley) for 30 years and a big part of that work is to make sure that the land and the environment is kept healthy and thriving," WM Communications Manager Patrick McCarthy said.

Central to WM's stewardship work is the nurturing of 80 acres of shrub-steppe habitat, which is native across the Columbia Basin and the natural habitat for greater sagegrouse, sagebrush sparrow and the burrowing owl.

"Some of the initiatives that we've taken on through the projects that have given us this wildlife habitat certification are really focused on the local environment," McCarthy said. "One of them is about controlling Knapweed with natural invasive species control, so we use the Knapweed weevil, which feeds on seed pods to eliminate weeds instead of using herbicides."



WM's Eric Keogh hosts 8th grade students for a tour at the Greater Wenatchee Regional Landfill. Educational outreach is part of WM's stewardship work for certification by the Wildlife Habitat Council.

"We have water guzzlers for mule deer and birds that are in the area," McCarthy said. "One of my favorite ones is that we have nesting boxes for kestrels, which are a natural deterrent for invasive bird species so the European Starling is controlled with the kestrels."

Providing water for mule deer and birds is particularly important since the landfill is in the rain shadow of the Cascade Range.

"But it's really about keeping the natural environment as protected as we can and our commitment to the Wenatchee Valley is an important thing for us as an organization," he

WM, formerly known as Waste Management, began the certification process through the Wildlife Habitat Council in 2010 and has consistently been recognized for their efforts

The Council certifies wildlife habitat and conservation education programs in 47 states, the District of Columbia, and 22 countries. Achieving certification requires active conservation programming and educational outreach.

To educate the community, District Manager Eric Keogh uses the landfill property as an outdoor learning lab for local high school students. In 2023, Keogh hosted tours for 500 students.

The landfill is engineered with overlapping environmental protection systems and is subject to highly regulated monitoring and reporting requirements. Systems include engineered liners and covers, leachate collection and removal, and landfill gas collection and control.

The landfill can accept municipal solid waste (household waste), construction and demolition debris. industrial waste, and special waste. The landfill is not permitted to accept hazardous waste.

Quinn Propst: 509-731-3590 or quinn@ward.media.

Street funds possible Dezellem attended the Douglas County Transportation Council meeting of small city mayors on behalf of Bridgeport Mayor Sergio Orozco. Dezellem mentioned that it has been a long time since See REVITALIZATION Page A3



Leslie Robb is the Revitalization Committee Chair.

Three Rivers Hospital faces aging infrastructure, low reimbursements, and dwindling cash reserves

By Mike Maltais

Ward Media Staff Reporter

BREWSTER—The Three Rivers Hospital (TRH) Board of Commissioners continues to consider the hospital's future options as it addresses the challenges of an aging infrastructure, insufficient Medicare reimbursements, and low revenue

meeting on Wednesday, March 27, the board discussed bringing in a consulting firm, taking a second look at a new hospital design, meeting with hospital opponents, and meeting with the CEOs of the county's three hospital districts.

In his report to the board, TRH CEO Scott Graham stressed the need for continued vigilance of

At its regular monthly board both operations and finances as the hospital emerges from its low revenue months.

"Our cash on hand has taken a hit," said Graham. "Partly due to low volumes, partly due to Medicare and the shenanigans they pull."

He predicts that the revenue challenges will continue until Congress or Medicare enacts some changes.

One measure of hospital stability is its cash reserves, with a benchmark of 120 days' worth as a margin of comfort. As of the board meeting, TRH has 13 days' worth.

"We have to be willing to work harder, work smarter, be willing to do more with less," Graham said. "We've got to build our cash reserves

See THREE RIVERS Page A3

Inside The Quad City Herald this Week

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The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarify accuracy and fairness. No letter will be published without the author's name. from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: terry@ward.media

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Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!

Pop culture trivia

The Omak Library will host Pop Culture Trivia for middle school and elementary children on Thursday, April 11 from 3:30-5 p.m. in the Pioneer Room.

"Test your knowledge of pop culture and join us after school at the Omak Library for trivia," the event page states. "A winner will be crowned each time and will fight to keep the crown at the next

For more information visit ncwlibraries.org.

STEAM Fridays

The Omak Library will host STEAM Friday on April 12 from 3:30-4:30 in the children's "Join us the 2nd and 4th Friday for STEAM (Science, Technology, Engineering, Art, and Math)," the event page states. "Each Friday will be a different activity to help you find a passion in the STEAM world. There is so much to explore so join us to learn something fun."

For more information visit ncwlibraries.org.

Painted shells craft

The Pateros Library will host an At The Library After School craft of painted shells on Thursday, April 18 from 4-5 p.m.

"Join us for a weekly after-school activity," the event page states. "We will cycle through crafts, STEM, boardgames, and more.

For more information ncwlibraries.org.

Live music by Scott Heuston

Tipsy Canyon Winery in Manson will host live music by Scott Heuston on Thursday, April 18 from 4-6 p.m.

"Tipsy Canyon Winery is excited to bring you live music from the talented Scott Heuston.," the event page states. "Scott is an acoustic guitarist from Puyallup, Wash., and he's bringing his great-sounding tunes to Lake Chelan for you to enjoy."

Swallow Fest

THINGS TO DO

THIS WEEK

Coopers General Store and Cafe will host the 47th Annual Swallow Fest in Entiat on Saturday, April 13 at 11 a.m.

"Here at Coopers, come join us for some family fun and parade," the event page states. "Meet our Swallow King or Queen."

The parade will begin at noon. Coopers will serve food, have a beer garden and live

POINT OF VIEW

A closer look at the updated capital budget

Legislature approves "supplemental" funding during its 2024 session

ur state approves three budgets every two years. These budgets fund Washington's operating (\$71.9 billion), transportation (\$14.6 billion), and capital (\$10.3 billion) expenditures, including public services, road improvements, infrastructure projects. Much public attention is directed to the operating budget, due to its size and scope, but the other budgets also fund significant investments for our state and

Capital Budget Benefits

The 12th District legislators

have been able to generate

big wins for our region

through the capital budget.

Our legislative team, with

Rep. Steele serving a key role

in its development, has been

able to leverage this budget

to fund many of our regional

priorities, including new

buildings at Wenatchee Val-

ley College, enhancements

for outdoor recreation, im-

provements to park facilities,

water and sewer extensions,

On March 29, the Governor

signed the updated 2023-25

capital budget. Funding

provided in the original

two-year budget along with

some supplemental items are

authorized for the remainder

of the two-year period ending

June 30, 2025. Below are

highlights from this year's

The updated capital budget

includes a significant increase

to the School Construction

Assistance Program, which

provides matching grants

capital budget update:

School Facilities

Matching Funds for

and other key projects.

Budget

2024 "Supplemental"



StateSenator, 12th Legislative District

approve construction Eligible school districts will now receive \$375 per square foot of matching funds for facilities rather than the previous \$271 per square foot. This is the huge boost in allocation and could significantly benefit Eastmont School District, if voters School

to school districts

whose communities

approve the district's April bond measure.

Wenatchee Valley Technical Skills Center (\$14.5 million)

This year's budget placed a special focus on K-12 school facilities. Similar to the increased matching funds mentioned previously, funding for skills centers was a top K-12 priority because they equip regional students with technical job skills. Students completing skills center programs are able to enter the workforce with healthy earnings. The Wenatchee Valley Technical Skills Center received \$14.5 million for its renovations and expansion. making it one of the most significant projects funded in the budget.

Leavenworth Affordable Rental Project (\$1.3 million)

The capital budget update includes critical funding to complete Upper Valley MEND's Affordable Rental Project, which will preserve 31 apartment units in Leavenworth for affordable workforce rentals. This project has been a multi-year effort for MEND, who received support from the City of Leavenworth, Chelan County,

Washington state, and private contributors. This year's \$1.3 million closes the project's final funding gap.

Regional Sports Complex Site Evaluation (\$300k)

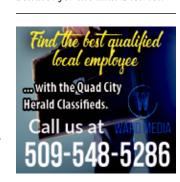
Cities and counties on both sides of the river have been working together for several months with the Chelan-Douglas Regional Port Authority to consider the possibilities of a Regional Sports Complex, including an indoor aquatic facility. This year's state budget allocation will support the Regional Port and the Study Committee as they continue to thoughtfully evaluate the project, including site evaluation and pre-design.

Looking ahead to next session

The state Legislature meets annually every January. With the three budgets approved and updated for the 2023-2025 biennium, lawmakers will not likely meet again in session until January 2025. The Legislature's makeup could be different depending on new members taking office.

If you have any questions, please contact me at senatorbradhawkins.org or call our Legislative Hotline at 1-800-562-6000. Thank you for the opportunity to serve as your state senator.

Brad Hawkins serves as State Senator for the 12th District.



2024 Capital Budget 12th District Projects

- · Wenatchee Valley Technical Skills Center: \$14.5 million
- Leavenworth Affordable Workforce Rental Housing: \$1.3 million
- Chelan Municipal Airport Extension: \$1 million
- Wenatchee Valley College: Softball Facilities: \$462,000
- · Regional Sports Complex Site Evaluation/Pre-Design: \$300,000 Manson Grange Hall
- Improvement Project: \$193,000

Crail Cottages: \$248,000

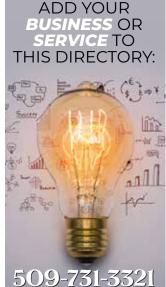
- · Sky Valley Youth Center: Alatheia Capacity Building:
- Chelan County Hazard Mitigation: \$98,000

\$150,000

· Old Swim Hole

- Revitalization Project: \$206,000 Index ADA Access
- Improvements: \$25,000
- Eagle Creek Barrier Replacement: \$354,000
- · Peoples Creek Fish Passage: \$380,000
- Middle Fork Snoqualmie:

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schedule your free quote! **GENERAC**





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DEATH NOTICE

Gerald Evans

Gerald Evans, 83, of Winthrop, Washington passed away on Saturday, March 30, 2024.

Barnes Chapel is handling the arrangements for the family.

Richard Hamel

Richard Hamel, 87, of Winthrop, Washington passed away on Sunday, March 31, 2024.

Barnes Chapel is handling the arrangements for the family.

Three Rivers

Continued from page A1

in order to have stability." Graham said TRH is not alone among rural hospitals

struggling, citing figures from Becker's Hospital Review. "Right now, they are reporting 400 hospitals in rural

America that are at risk of closure," said Graham. "All hospitals need public support because the reimbursement for the hospitals has not been there.

TRH just inked a contract with Wipfli, a consulting firm, to review the clinic's overall efficiency, productivity, and operations.

Two parallel initiatives - a resized building proposal and public engagement are underway as proactive measures to improve the outlook in the months ahead.

One is to revisit the architectural plan to come up with a new resized proposal that will reduce the original \$72 million cost to rebuild the existing facility. David Franklund of KDF Architecture will redesign a single-story structure on the existing site to pare about \$10 million off the projected costs. Franklund will also look for a new site closer to the city that would meet the requirements for a new hospital.

The second was to engage with those in the community who have questions about or oppose a new building. Board Chair Mike Pruett arranged a meeting at the Winthrop between TRHLibrary representatives and hospital opponents to respond to their concerns.

"One of the things we have talked about to the community is that our financial situation is not a result of bad management," said Graham. "it's the result of infrastructure and low payments."

Graham also met with the Mid-Valley and North Valley CEOs to explore future collaboration and its potential.

"We have pretty well ruled out consolidating the districts as well as consolidating the hospitals," said Graham, but that does not close the door to continued cooperation. "Collaborating is not the same as consolidation.'

Mike Maltais: 360-333-8483 or michael@ward.media

meeting via call-in or Zoom.

Due to limited seating

capacity, individuals wishing to

attend the meeting in person are

requested to contact the District

office in advance. Additional

information and instructions

for joining the meeting will

be provided on the Cascadia

Conservation District's website

at cascadiacd.org or by calling

the District office at 509-436-1601.

Cascadia Conservation District to hold

regular board meeting on April 19

Okanogan & Douglas County Sheriff, Brewster Police Dept Report

This report is compiled from records provided by the Okanogan & Douglas County Sheriff, Brewster Police Dept. The publisher cannot certify the complete accuracy of the information provided.

Douglas County March 29

13:47:51 Court Order Violation, 417 Columbia Ave, Bridgeport

17:30:57 Animal Problem, 629 Sr 173, Bridgeport Bar

March 30

1:52:17 Traffic Offense, 10th St & Columbia Ave, Brdgeport 0:19:55 Traffic Offense, 2204 Monroe Ave, Bridgeport

March 31

0:33:53 Traffic Offense, Sr 173 & Cedar Ave, Bridgeport

April 1

11:15:44 Alarm, 1510 Lincoln

Ave, Bridgeport 19:45:01 Welfare Check, 410 S Harrison St, Waterville 21:15:19 Traffic Offense,

Douglas Ave & 16th St,

Bridgeport April 2

7:52:01accident No Injury, 305 Wash St, Waterville 11:47:55 Cps/Aps Refer, 505

Bridgeport has received any

federal funding for Foster Creek

Avenue phase three. Dezellem

was advised that the next the

next biennial call for project

conversation interesting is

there are guidelines that

require them to spend that

"What made the whole

funding is February 2025

Revitalization

Continued from page A1

16th St, Bridgeport

April 3

14:25:05 Assist Agency, 326 S Chelan Ave, Waterville

April 4

00:41:21 Trespass, 101 Falcon Ridge Rd, Waterville 9:22:26 Assist Agency, 190 Rd 9 Ne, Mansfield

15:06:44 Assist Public, 8 Deer Creek Dr, Waterville Brewster Police Department

March 28

14:26:15 Medical, S 7th St; Brewster 15:32:55 Accident Hitrun, Highway 97

March 29

06:16:14 911 Abuse, Hospital Way, Brewster

March 30

Brewster

heavy urban."

Wenatchee

funding.

10:56:13 Mal Mischief, S 4th St

17:55:19 Burglary, Highway 97 Brewster

21:41:29 Agency Assist, Methow Ave, Brewster

money urban or rural," said

Dezellem. "An analysis of their

spending shows they have been

Wenatchee have been getting

all the money, said Dezellem.

The board will be advised that

to avoid a possible audit it

needs to shift to more rural

"That means we've got a

That means cities like

and

East

April 1

20:59:57 Assault, Highway 97 22:57:18 911 Abuse, Hospital Way, Brewster

April 2

19:14:03 Alarm Burglary E Main Ave; Brewster

April 3

07:10:41 Alarm Fire, Hospital Way; Brewster 08:54:29 Assault, Plaza Way, Brewster

12:33:31 Code Violations W Cliff Av Brewster

Okanogan County Sheriff March 28

15:29:35 Animal Missing, Monse Bridge Rd, Brewster 18:19:20 Violate Order, Stennes Point Dr, Pateros

March 29

10:13:03 Welfare Check, Cassimer Bar Rd, Brewster

March 30

01:22:14 911 Abuse, Pateros Mall. Pateros

16:19:09 Agency Assist, Highway 153, Pateros 17:55:19 Suspicious Highway

97 Brewster 21:41:29 Juvenile Prob, Methow Ave, Brewster

April 1

14:14:20 Animal Noise Columbia View Dr, Brewster 17:16:07 Illegal Burning Old Hwy 97, Brewster

April 2

10:43:22 Suspicious, Riverside

Dr, Pateros 19:33:54 Suspicious Jack Wells

Rd, Bridgeport

April 3 17:43:34 Welfare Check,

Pateros Mall; Pateros April 4

07:44:19 Abandoned Vehicle.

Old Hwy 97, Brewster

good shot at getting funding," Dezellem said. To qualify the city needs to

determine the extent of the project it wants to do and to arrive at a dollar figure to do it. The request can be for planning or construction dollars and for sidewalks as well as streets. Committee Chair Leslie Robb

asked how the city can arrive at the dollar amount.

Dezellem said that city

engineer Gray & Osborne who completes and submits the city's Transportation Improvement Board (TIB) applications is familiar enough with the city's needs to provide the requested dollar estimates.

"It doesn't have to be as bidready number," said Dezellem. "Just an idea of what we want."

Mike Maltais: 360-333-8483 or michael@ward.media

NCW Libraries to offer virtual program on Washington's Apple Industry

Ward Media

WENATCHEE - North Central Washington (NCW) Libraries will be hosting a virtual program titled "Big Apples, Big Business: How Washington Became the Apple State" on April 17, 2024. The free program, offered by Humanities Washington, will be conducted via Zoom from 6 to 7:30 p.m. and live-streamed at Wenatchee Public Library

and Chelan Public Library. Amanda L. Van Lanen, a

history professor at Lewis-Clark State College, will explore the transformation of Washington's apple industry and how the state became the top apple producer in the country. The program will delve into the roles played by scientists, investors, irrigators, railroad corporations, marketers, and apple growers in making apples a major business in Washington.

Van Lanen will also discuss

apples reflects broader changes in the American food system, which continue to impact the environment and the way people eat today. Those

how the history of Washington

interested attending the virtual program can register through the NCW Libraries website at www. ncwlibraries.org on the events calendar. Registration is not required for the live-streaming events at the Wenatchee and Chelan public libraries.



Amanda L. Van Lanen

Chelan-Douglas Land Trust offers naturalist-led walks in NCW

NCW News

Ward Media

WENATCHEE

Cascadia Conservation District

has announced that its Regular

Board meeting will take place

on Friday, April 19, at 1:30 p.m.

The meeting will be held in

person at 1350 McKittrick St.,

Suite B, Wenatchee, with limited

space available. Interested

participants can also join the

By Quinn Propst Ward Media Staff Reporter

WENATCHEE The Chelan-Douglas Land Trust partnering with local organizations to offer a series

of free naturalist-led walks. The five-week series of outings will occur at several North Central Washington locations. During the guided walk, attendees will learn about the area's plants, wildlife, and history.

CDLT Engagement Manager Elisa Lopez said the outings are on Wednesday afternoons to reach people who work during the day and have busy schedules on the weekend.

"Our main goal for the Naturalist Walks series is to get community members in nature," Lopez said. "We want people to connect to the outdoors while also educating them about local plants, wildlife, and the history of the area."

"We hope that these walks make them comfortable enough to take their friends and family back out and teach them things that they learned from our guided walk," she said. "This also helps educate the public on why land conservation is important and why we need to care for it."

"Being in nature is a way to nourish our lives," Lopez said. "The group guided walks will help our physical and mental health as well as providing us with an opportunity to socialize with people that also value recreating on protected

lands.' "Often, we hear from participants that it has been years since they went out on a walk and having a guided walk is the perfect way for them to

get familiar with these areas," she said.

CDLT has partnered with different local organizations to co-lead the walks and share information about their work. The organizations are the Wenatchee River Institute, Wenatchee Outdoors, and the Wenatchee Valley Chapter of the Washington Native Plant Society.

The walks are open to all ages and will be led in both English and Spanish.

The walks are from 4:30-6:30 p.m. Dates and locations for the series are April 10 at Sage Hills, April 17 at the Jacobsen Preserve, April 24 at Saddle Rock Natural Area, May 1 at Castle Rock Natural Area, and May 8 at Mountain Home Ridge.

Attendees can register on the CDLT website at cdlandtrust. org. Registrants will receive an email with more details on where to meet and how to

prepare. The Chelan-Douglas Land Trust works with private landowners, businesses, and local communities to ensure that the public will be able to enjoy the benefit of cherished natural areas forever.

"We have a team that cares for our land and a team that connects the community to these lands," Lopez said. "With the support of our community, CDLT has protected 26,000 acres of land for recreation and conservation in Chelan

and Douglas Counties." "These places are for all of us, everyone is welcome," she said. "We rely on contributions from people to continue to protect and care for these

 $Quinn\ Propst: 509\text{-}731\text{-}3590\ or$ quinn@ward.media.

lands forever."







COURTESY OF CHELAN PUD

Chelan County Public Utility District is in the final stages of replacing traditional electric meters with advanced metering infrastructure throughout the county.

Chelan PUD nears completion of advanced meter installation

NCW News Ward Media

WENATCHEE - Chelan County Public Utility District (PUD) is in the final stages of replacing traditional electric meters with advanced metering infrastructure (AMI) throughout the county. As of Monday, April 1, only 551 out of 51,259 meters remain to be replaced, according to a report presented to PUD commissioners.

The \$15 million project, which began about a year ago, aims to modernize the county's electrical grid and provide numerous customer benefits. These benefits include faster outage notification, improved

billing accuracy, and the potential for future technology integration, such as customer self-service tools and outage notifications via text, email, or phone calls.

"AMI is foundational to a lot of improvements, especially with reliability and outage response," said John Stoll, managing director of customer utilities. "It's like switching from a landline to a smart phone. We're excited to offer the benefit of AMI to our customers."

The new advanced meters use encrypted, wireless communication to send energy use information directly to Chelan PUD. According to the U.S. Energy

Information Administration, this technology is becoming increasingly common, with about 73% of residential electric meters in the nation now being advanced meters.

While most customers have embraced the change, about 256 have opted out of the advanced meter installation. Starting June 1, these customers will be charged a \$25 monthly fee to cover the cost of manual meter readings.

Chelan PUD hosted several virtual meetings and in-person sessions in late February and early March to address customer concerns and questions. The utility plans to continue its outreach efforts later this spring to ensure

customers are well-informed about the AMI system and its implementation.

"Much of the information these customers have are from the internet, Google, or an experience from another utility that's doing different things with AMI," said Andy Wendell, director of customer service and stakeholder outreach. "It was great for us to communicate how we plan to use system, what we plan to achieve from it, and how it specifically functions."

For more information about the advanced meter installation project, customers can visit chelanpud.org/ advancedmeters.

Chelan County appoints Christina Pedersen as new Fire Marshal

NCW News Ward Media

WENATCHEE - Chelan County has hired Christina Pedersen as the new fire marshal, bringing with her over three decades of experience in the fire service. Pedersen, who is set to begin her new role on April 15, joins the county from the Yakima County Fire Marshal's Office, where she served for nine years and rose to the position of deputy fire marshal.

Pedersen's extensive background includes her certification as a fire inspector and her current role as a lieutenant with the West Valley Fire Department, where she began as a volunteer firefighter more than 30 years ago. Her appointment follows a rigorous interview process, during which she faced a panel of regional fire chiefs who unanimously supported her selection for the position.

"We are excited to have Chris bring her 30-plus years of training and experience to Chelan County," said Chelan County Commissioner Kevin Overbay. "She hit all the boxes for us, from her extensive work in fire and life safety inspections to her fire investigation experience

on both the residential and commercial sides. We welcome her to Chelan County.

expertise Pedersen's encompasses International Building and Fire Codes, fire and life safety inspections, and fire plan reviews. As a certified fire investigator, she has conducted over 150 investigations, collaborating with local law enforcement, fire districts, and federal agencies such as the ATF and FBI. During her tenure as deputy fire marshal in Yakima County, Pedersen played a key role in developing and implementing the county's first Community Wildfire Protection Plan.

"I think Chelan County is a beautiful area," Pedersen said. "It is similar to Yakima County in that it is an agricultural community close to the mountains and rivers. I'm really excited to be a part of Chelan County and the community."

In her new position, Pedersen will oversee the Fire Prevention and Investigations Department and manage a team of two fire technicians. She succeeds former Fire Marshal Stephen Rinaldi, who left the role in October to pursue a similar opportunity in Colorado.



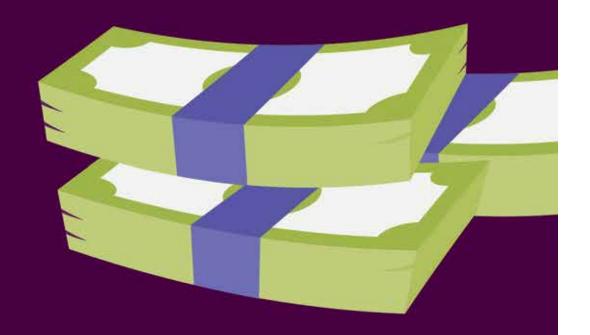
Get this bread (maker).

Open a First5 Savings Account and earn 7.19% APY on your first \$500.*

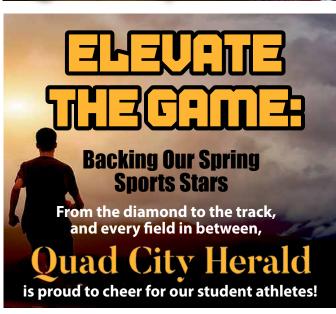
(509) 326-1954 | stcu.org/first5

*APY — annual percentage yield. APY is accurate as of the last dividend declaration date. No minimum balance required to earn the APY and no penalty for withdrawals. Balances above \$500 earn 0.25% APY. Rate is subject to change and may change after the account is opened. STCU membership is required to open account and fees may reduce earnings. One First5 Savings Account per person.

Insured by NCUA.



Quad City Herald



Bears baseball stands third in 2B Central

By MIKE MALTAIS

 $Ward\ Media\ Staff\ Reporter$

BREWSTER - The host Bears and visiting Meridian from Bellingham engaged in a non-conference baseball-gameturned-slugfest last Thursday, April 4, when the two teams scored a combined 39 runs that ended with the 2A Trojans getting the win, 24-15.

The 2A Trojans from the Northwest District are the second consecutive nonconference team to hand Brewster a loss. The River View Panthers from the Eastern Washington Athletic Conference were up 6-0 over the Bears at the end of six innings on April 1, before the Panthers' pitcher hit one batter on a bases-loaded diamond and walked a second to score two Brewster runners for a 6-2 win.

The 5-1 Bears are currently in third place behind 2-1 Liberty Bell, and 1-0 Manson in the 2B Central.

Brewster opened its season with a 14-0 shutout over Tonasket on March 19, followed by a similar 30-0 result over

Bridgeport on March 21. The Bears added an 8-1 victory over Okanogan on March 26, and a 24-5 romp over Oroville on March 28.

Brewster's first season loss was a split doubleheader against Okanogan on March 30, giving up an 8-6 loss to the Bulldogs paired with a 7-4 win.

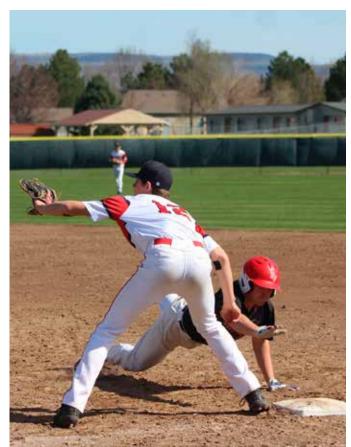
OR CENTRAL STANDINGS

2B CENTRAL STANDINGS				
1.	Liberty Bell	2-0		
2.	Manson	1-0		
3.	Brewster	5-1		
4.	Bridgeport	1-1		
5.	Okanogan	2-3		
6.	Tonasket	0-1		
7.	Oroville	0-1		
8.	Lake Roosevelt	0-4		

Mike Maltais: 360-333-8483 or michael@ward.media



MIKE MALTAIS/WARD MEDIA Bears' third baseman Sam Arevalo fields a River View hit.



MIKE MALTAIS/WARD MEDIA

A Panthers runner just makes it back to base ahead of Brewster first baseman Henry Miller's attempted tag.



COMPREHENSIVE CARE FOR STUDENT ATHLETES Sports Injuries Free Childhood **Immunizations** Well-Child Checks 689-3749

THREE RIVERS

FAMILY MEDICINE

415 HOSPITAL WAY, BREWSTER

Scorehoard

beoleboala				
BASEBALL				
Apr. 4:	Brewster 15, Meridian 24; Loss			
Apr. 6:	Brewster 5, Tonasket 4; Win			
Apr. 6:	Brewster 9, Tonasket 5; Win			
BOYS SOCCER				
Apr. 6:	Bridgeport 4, Omak 1; Win			

Schedule

A 11	BOYS BASEBALL
Apr. 11:	Brewster vs. Manson; Home, 4:30 p.m.
Apr. 11:	Bridgeport vs. Tonasket; Away, 4:30 p.m.
Apr. 11:	Waterville-Mansfield vs. Chelan; Away 4:30 p.m
Apr. 13:	Brewster vs. Liberty Bell; Away, 11 a.m.
Apr. 13:	Brewster vs. Liberty Bell; Away, 1 p.m.
Apr. 13:	Waterville-Mansfield vs. Moses Lake; Home, 11 a.m.
Apr. 13:	a.m. Waterville-Mansfield vs. Moses Lake; Home, 11 a m
Apr. 16:	Brewster vs. Chelan; Home, 4:30 p.m.
	GIRLS SOFTBALL
Apr. 11:	Brewster vs. Manson; Home, 4:30 p.m.
Apr. 11:	Bridgeport vs. Tonasket; Away, 4:30 p.m.
Apr. 11:	Waterville-Mansfield vs. Chelan; Away 4:30 p.m
Apr. 13:	Brewster vs. Liberty Bell; Away, 11 a.m.
Apr. 13:	Brewster vs. Liberty Bell; Away, 1 p.m.
Apr. 13:	Pateros vs. Waterville-Mansfield; Away. 11 a.m
Apr. 13:	Pateros vs. Waterville-Mansfield; Away. 1 p.m.
Apr. 13:	Waterville-Mansfield vs. Moses Lake; Home, 11
Apr. 13:	Waterville-Mansfield vs. Moses Lake; Home, 11
Apr. 15:	a.m. Waterville-Masfield vs. Wenatchee; Home, 4:30
	BOYS SOCCER
Apr. 11:	Brewster vs. Oroville; Away, 4:30 p.m.
Apr. 11:	Bridgeport vs. Liberty Bell; Away, 4:30 p.m.
Apr. 11:	Pateros vs. Manson; Away, 6 p.m.
Apr. 13:	Brewster vs. Chelan; Away, 11 a.m.
Apr. 15:	Pateros vs. Liberty Bell; Home, 4:30 p.m.
Apr. 16:	Brewster vs. Tonasket; Away, 4:30 p.m.
Apr. 16:	Bridgeport vs. Oroville; Away, 4:30 p.m.
Apr. 9:	Pateros vs. Okanogan, Away, 4:30 p.m.
•	OYS & GIRLS TRACK
Apr. 12:	Bridgeport @K Vally Rally; Away, 3 p.m.
Apr. 16:	Bridgeport vs. Manson; Away, 3:30 p.m.
-	OYS & GIRLS TENNIS
	Pateros vs. Tonasket; Away, 4 p.m
Apr. 11:	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1



COURTESY OF WIAA/BREWSTERSPORTSFACEBOOK

Pateros junior Giselle Ceniceros is a prime example of what it means to be a student-athlete. She excels in the classroom, maintaining a GPA above 3.7, while also being a member of ASB leadership. She is a respectful and genuine student that every teacher wishes they had in their classroom. After school, Ceniceros attends track practice, where she has looked special in her first year in the program. She is eager to learn and feeds off competition, as her results have shown. At the Ray Cross Invitational in Ephrata, Ceniceros competed with girls from higher classifications and ran a blistering 13.51 in the 100 and 28.24 in the 200, looking like a natural in her second-ever track meet.

Bears clean up at Cashmere track meet

CASHMERE - Brewster Bears varsity track and field athletes cut quite a swath through the fiveschool Cashmere Track Meet on March 29, picking up 14

first-place finishes in almost half of the events. Teams competed from Okanogan, Chelan, Cascade Christian (Wenatchee), and Cashmere.

FIRST PLACE

Uriah Marcille:	100 meters	(11.54)
Uriah Marcille:	200 meters	(23.56)
Dave Hampe:	400 meters	(52.22)
Cort Gebbers:	Shot put	(63'7.5")
Cort Gebbers:	Discus	(177'6")
Grant Baker:	Javelin	(160′1″)
Grant Baker:	Long jump	(19′ 10.5″)
Grant Baker:	Triple jump	(37' 8.75")
Kaydence Carrington:	800 meters	(2:36.52)
Kaydence Carrington:	3200 meters	(12:51.05)
Victoria Contreras:	100 hurdles	(17.28)
Victoria Contreras:	300m hurdles	(51.00)
Tajanai Huff:	Shot put	(32'09")
Pepper Boesel:	Javelin	(108'9")

THE BEARS REMAINING SEASON SCHEDULE INCLUDES:

Fri. Apr 12	K-Vally Rally
Sat. Apr 13	Pasco Invite
Tue. Apr 16	Manson Small School Meet
Sat. Apr 20	CLA Quincy Invite
Tue. Apr 23	Brewster Small Meet
Fri. Apr 26	Bridgeport Invitational
Fri. May 3	Rieke Invitational
Tue. May 7	CW2B League Championships
Thu. May 16	WIAA District 6 - 2B Championships
Thu. May 23-Sat. May 25	WIAA 1B, 2B, 1A State Championship Meet (HS)

Womens Results

100 Meters Varsity - Finals

11 Rebeca Ornelas DNS

200 Meters Varsity - Finals

10 Aubrey Thorn DNS

400 Meters Varsity - Finals

800 Meters Varsity - Finals

3200 Meters Varsity - Finals 1. 12 Kaydence Carrington 12:51.05a sa Brewster

100m Hurdles Varsity - Finals

1, 12 Victoria Contreras 17,28a PR Brewster

5. 17 Maritza Ochoa 84-03 sa Brewster 11. 9 Natalee Vandelac 65-11 PR Brewster 15. 10 Joselyn Ochoa 56-01 PR Brewster

21. 9 Melina Mendoza 39-07 PR Brewster 22. 9 Ibeth Lopez 39-04 PR Brewster Mayleen Bucio DNS Javelin Varsity - Finals

1. Pepper Boesel 108-09 PR Brewster 12 Victoria Contreras 95-07 se Brewster

12. II Aubree Stennes 56-09 PR Brewster 10 Jennifer Churape DNS

III Evelyn Camacho DNS

Pole Vault Varsity - Finals 2. 10 Ava Mitchell 8-00.00 ≈ Brewster

Long Jump Varsity - Finals

11. 9 Emma Gamble 11-06.25 Brewster

12. TI Aubree Stennes 11-02.75 PR Brewster

300m Hurdles Varsity - Finals

4x100 Relay Varsity - Finals

4x200 Relay Varsity - Finals

3. 9 Emma Gamble 1:59.19a Brewster - A

2. 12 Gimena Hurtado 31-05.50 Brewster

 12 Maribel Perez 26-10.00 sr. Brewster 6. 9 Natalee Vandelac 24-06.00 PR Brewster

10. 9 Melina Mendoza 22-11.50 PR Brewster

12 Maritza Ochoa 24-00.50

9 Kayleen Bucio DNS

10 Jennifer Churape DNS

Discus Varsity - Finals

32-09.00 PR Brewster

17-09.00 PR Brewster

Brewster

Brewster

16-05.50

10 Ava Mitchell

Alivia Smith

9 Emma Gamble

9 Alivia Smith

1. 12 Tajanai Huff

16.9 Mia Arellano

19. 9 Ibeth Lopez

10 Aubrey Thorn 10 Ava Mitchell

Shot Put Varsity - Finals

1, 12 Victoria Contreras 51.00a PR Brewster

3. 10 Aubrey Thorn 55.39a Brewster - A

4. 11 Rosario Olvera

11 Paulina Esquive

10 Hyleah Aparicio

2. 10 Hyleah Aparicio

16. 9 Mia Arellano

11. Mia Areitano

7. 9 Debi Diaz

1. 12 Kaydence Carrington 2:36.52a Brewster

DNS

3:08.39a PR Brewster

3:26.82a PR Brewster

13:52.54a Brewster

55-05 PR Brewster

60-06 PR Brewste

Brewster

Brewster

4. 10 Ava Mitchell 1:07.71a sR Brewster

6. 9 Alivia Smith 29.21a PR Brewster

7. 9 Emma Gamble 30.36a Brewster

3. 9 Alivia Smith 14.03a PR Brewster

22, 11 Aubree Stennes 15,32a PR Brewster

10 Aubrey Thorn 14.61a SR Brewster 14. 11 Rosario Olvera 14.90a PR Brewster

Mens Results

100 Meters Varsity - Finals

	_	motoro raidity	1110010	
1.	9	Uriah Marcille	11.54a PR	Brewster
4.	11	Cayden Milton	12.19a PR	Brewster
6.	10	Nicholas Thompson	12.42a PR	Brewster
23.	11	Connor Bach	13.34a PR	Brewster
	12	Christopher Piechal	DNF	Brewster
	11	Rafael Cruz	DNS	Brewster

Z	200 Meters varsity - Finals				
1.	9	Uriah Marcille	23.56a PR	Brewster	
2.	12	Dane Hampe	23.67a PR	Brewster	
7.	10	Nicholas Thompson	25.75a PR	Brewster	
12.	11	Connor Bach	26.94a PR	Brewster	
	11	Rafael Cruz	DNS	Brewster	

400 Meters Varsity - Finals

1.	12	Dane Hampe	52.22a sa	Brewster
3,	9	Uriah Marcille	55.58a PR	Brewster
4.	9	Bryan Santos	58.03a	Brewster
7.	10	Nicholas Thompson	59.92a PR	Brewster
	11	Grant Baker	DNS	Brewster
	11	Cayden Milton	DNS	Brewster

800 Meters Varsity - Finals

5. 10 Kray Hampe	2:31.28a	Brewster
6. 11 Anthony Salazar	2:33.75a	Brewster
9, 10 Diego Guzman	2:38.67a	Brewster
10 Alan Pacheco	DNS	Brewster

Discus Varsity - Finals

1.	12	Cort Gebbers	177-06 PR	Brewster
9.	9	Emanuel Zepeda	96-07 PR	Brewster
19.	12	Alexis Cortez	64-01 PR	Brewster
	9	James Tolen	DNS	Brewster

1. 11 Grant Baker	160-01 PR	Brewste
11, 12 Jose Hernandez	97-10 sa	Brewste
17. 12 Christopher Piechal	68-08	Brewste
9 James Tolen	DNS	Brewste

Pole Vault Varsity - Finals

6. 11 Cayden Milton 8-06.00 se Brewster

Ц	Long Jump Varsity - Finals				
1.	11	Grant Baker	19-10.50 PR	Brewst	
4.	10	Kray Hampe	17-01.50 PR	Brewst	
5	0	Brush Santae	16-0775 00	Denuet	

9. 10 Nicholas Thompson 15-08.50 Brewster

Triple Jump Varsity - Finals 1, 11 Grant Baker 37-08.75 PR Brewster

11 Rafael Cruz DNS Brewster

1600 Meters Varsity - Finals

4. 11 Angel Rendon 5:35.74a PR Brewster 5. 12 Christopher Talavera 5:38.57a pp Brewster 6, 11 Anthony Salazar 5:52,57a Brewster 6:14.39a 10 Alan Pacheco DNS

3200 Meters Varsity - Finals

12 Alexis Cortez DNS Brewster

110m Hurdles Varsity - Finals

ī,	10	Kray Hampe	20.70a PR	Brewster	
	12	Christopher Talavera	DNS	Brewster	

300m Hurdles Varsity - Finals 3, 10 Kray Hampe

6. 11	Angel Rendon	54.01a PR	Brewste	
12	Christopher Talavera	DNS	Brewste	
4×1	00 Relay Varsity	- Finals		

2. 12 Dane Hampe 46.22a Brewster - A Cayden Milton 9 Bryan Santos 9 Uriah Marcille

Shot Put Varsity - Finals

1.	12 Cort Gebbers	53-07.50	Brewster
10.	11 Connor Bach	32-05.00 PR	Brewster
11.	9 Emanuel Zepeda	31-03.00	Brewster
15.	12 Michael Ubaldo	28-09.00 PR	Brewster
40	11 Alouis Lugo	22-11-00-00	Donumber

L 12 COIL GEODEIS	00-07.00	Diemater
10.11 Connor Bach	32-05.00 PR	Brewster
11. 9 Emanuel Zepeda	31-03.00	Brewster
15. 12 Michael Ubaldo	28-09.00 PR	Brewster
19. 11 Alexis Lugo	23-11.00 PR	Brewster
15. 12 Michael Ubaldo	28-09.00 PR	Brewster

2. 12 Gimena Hurtado 98-09 sR Brewster 3. 12 Maribel Perez 97-10 PR Brewster

COURTESY OF ATHLETIC.NET/BREWSTER SPORTS FACEBOOK

All Brewster track results

For the latest local news and advertising see the Ward Media websites

leavenworthecho.com

cashmerevalleyrecord.com

qcherald.com

lakechelanmirror.com

Community Bulletin Board

Local, Regional Community **News & Events**

Any non-profit 501(c)-(3) group, person(s). Must provide: full name, city, phone number. Items pertaining to local events that are free or minimum charge. Garage and Yard Sale Ads are paid events, please email: classifieds@ward.media To submit info call 509-548-5286 or email: ruth@ward.media

Brewster April 10

Brewster Chamber to meet

The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, April 10, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information brewsterwachamber@gmail. com or Mike Mauk, 509-449-

April 10, 12, 16, 17

Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery

The Senior Center is serving meals at noon at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Call 509-689-2815 to reserve meals. For those over age 60 \$5. For those 60 and under \$12. April 10: Hearty Turkey Noodle Soup, Cottage or String Cheese, Tossed Salad, Fresh Fruit, Cornbread, Dessert; April 12: Yankee Pot Roast, Carrots & Potatoes, Mixed Greens Salad,, Strawberries & Bananas, WW Roll, Oatmeal Cookies; April 16: Chicken Asparagus, Fettuccine, Spinach Salad, Mixed Berries, Dessert; April 17: Chili with Cheese, Cucumber Slices, Salad, Peaches, Caesar Cornbread, Dessert.

April 10-13, 15-20

Bridgeport Senior Center

Power of Plums

May reminds me of my

mother, and not just because of

Mother's Day. May is National Osteoporosis Awareness and

Prevention Month. During the

last ten years of her life, my

mother suffered significant

disability from complications

have bones that are more likely

to break. Nearly 54 million

Americans have low bone mass,

according to the Bone Health

and Osteoporosis Foundation

(BHOF), a health organization

dedicated to preventing

osteoporosis and broken bones

through awareness, education,

This silent but devastating

disease affects women more

than men. Women have a

50% chance of suffering a hip,

spine, or wrist fracture during

their lifetime, while nearly 30%

of men will also experience

a broken bone related to low

bone mass. If you are female,

the likelihood of you breaking

a bone from osteoporosis is equal to your risk of having

breast, uterine, and ovarian

Osteoporosis-related frac-

tures aren't just painful; they

can be deadly. One in four

women and one in three men

will die within one year of experiencing a broken hip.

My 74-year-old mother broke

her left wrist when she tripped

on a curb while trying to catch a

bus in downtown Seattle. Four

years later, she fell after getting

out of bed in the middle of the

Her left knee was so swollen

that she didn't realize there

was something wrong with her

hip. Two weeks passed before

the pain drove her to see a

doctor. By that time, the bone

edges had slipped out of place,

leaving her with one leg an

inch shorter than the other for

Although its complications

old

age,

the last 10 years of her life.

in

manifest

night, breaking her left hip.

cancer COMBINED.

People with low bone density

of osteoporosis.

and research.

Senior Center Thrift Store The Brewster- Pateros-

Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

April 11, 12, 14

Brewster American Legion Bingo holds every Thursday night at 6 p.m. Open to the public. Come early to buy your bingo cards and dinner. Upcoming dinners: Every Friday Steak Dinner starts at 5 p.m., 8 ounce sirloin, baked potato, garlic bread and salad, \$16.50. Every Sunday

9 a.m. to 12 p.m., order from

the full breakfast menu. They

also also offer daily lunch

specials except for Mondays

and Saturday when they are

American Legion events

April 11, 18

Brewster bus trips

OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. That next trip is April 11. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, April 18 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

osteoporosis can start in childhood. The thinner your bones are when you're young, the more likely you'll experience a fracture later.

We build nearly 90 percent of our peak bone mass before turning 20. In middle age, that process begins to reverse. Women lose 1% of their bone mass yearly, doubling to 2% yearly during the first few years of menopause.

Last year, I had my first bone density scan. It showed I had lost bone density. If I lose enough bone, I will need to take bone-building medication.

Luckily, eating 50 grams of dried plums daily is a more natural option.

When I explained to my doctor what I was doing for my bones, he had never heard of dried plums for bone health.

"The evidence for plums is remarkably compelling," I explained. "Eating 50 grams of dried plums daily stops bone loss in men and postmenopausal women."

Earlier research proved that 100 grams daily of dried plums actually stopped the process of losing bone mass in postmenopausal women. That sounds great until you realize that 100 grams represents about 10-12 dried plums EVERY DAY for years.

Luckily, when preserving bone mass, more recent studies show that eating 50 grams of dried plums daily is just as effective as the original 100 grams.

Here are 5 Tips to Keep **Your Bones Strong:**

1. Eat 50 grams of dried plums (prunes) daily.

Eating dried plums daily supports bone mass in both men and postmenopausal women by changing the balance of bone remodeling to favor keeping more bone cells. Since dried plums or prunes have a laxative effect, start with 2 plums daily. Increase the amount by 2 dried plums

your seat. April 17

American Legion meeting

American Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. For information call Greg Wagg at 206-550-6474.

May 1

American Legion Auxiliary to meet

The American Legion Auxiliary #97 meets the first Wednesday of each month, at the American Legion Hall at 5 p.m.

Chelan April 10-11, 15-18

Chelan Valley Hope. Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat

April is Child Abuse Prevention Month, month educates communities, empowers individuals to recognize signs of abuse, and promotes resources for prevention/intervention. Child abuse is preventable, and it begins with each of us. Here are ways you can help: learn about the protective factors to promote well-being and prevent child abuse & neglect, be a source of support for others, and help raise awareness by having discussions with friends and family. Through advocacy, education, and support, we can create safer environments for children where every child can thrive free from harm. For



weekly until you get to 5 large or 6 small dried plums daily. I have found that the size of plums can vary from bag to bag. Whenever I start a new bag, I use my kitchen scale to measure out a 50-gram serving.

My favorite dried plums are the ones carried by Costco.

2. Do weight-bearing activities.

Walking, cycling, dancing, and gardening can help keep your bones strong. Activities like tai chi, bodyweight exercises, and lifting light weights strengthen your thigh muscles and improve your balance, helping to prevent falls.

3. Don't smoke. If you do, quit.

Smoking cigarettes accelerates bone loss. My mother smoked for 68 years, starting at age 18. Stopping smoking could have helped her avoid the fractures that plagued her later years.

4. Track your bone density.

My mother had no idea how thin her bones were until she fell and broke her wrist. Earlier intervention could have prevented her hip fracture and subsequent disability. Talk to your doctor about your bone mass.

5. Learn more about bone health.

information about More bones from the Bone Health and Osteoporosis Foundation is at bonehealthandosteoporosis.org.

Dr. Louise Achey, Doctor of Pharmacy, is a 45-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, The Medication Insider.com.♥ 2024 Louise Achey

information about donations, services, or volunteer April 16

opportunities, you may call or visit Chelan Valley Hope Monday - Thursday, 9 a.m.-3 p.m. at 417. S Bradley Street or at 509-888-2114.

April 17

Death Cafe Chelan

The Death Cafe is a national organization started by Jon Underwood and the Chelan organization meets the Third Wednesday of the month at the Chelan Public Library on Emerson Street, 11:30 a.m.-12:30 p.m. All are welcome. Please join them for coffee and cake. For more information: Contact Concie Luna or Vita Monteleone at monte419@nwi.

Wenatchee April 15

Family and friends Support

Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their

website at: tcfwenatcheevalley.

County PUD Douglas meetings

The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office. The commission now meets the first and third Tuesday of the month. For more information douglaspud.org

May 14

Survivors of Suicide Loss Support Group

Survivors of Suicide Loss Support Group meets the 2nd Tuesday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

Okanogan April 23

Okanogan County PUD meeting

The next meeting of the Okanogan County Board of Commissioners is at 3 p.m. For more information okanoganpud.org

May 1 deadline

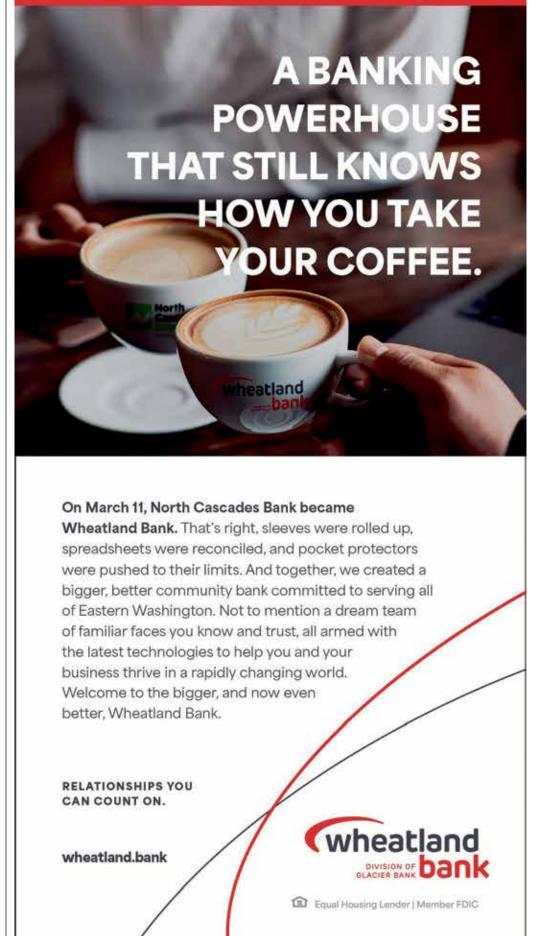
OCSRA Scholarship

The Okanogan County School Retirees' Association has announced it is offering a \$2,000 college scholarship for an Okanogan County high school graduate. To be eligible, applicants must be at least a college junior working towards initial certification in an education field and must plan to work in public schools. The application deadline is May 1. Applications are available at wwsra-units.org/ okanogancounty For more information, contact Rita Figlenski at ritafig2@gmail. com.

May 13

Okanogan County Fair **Advisory Committee**

The Okanogan County Fair Advisory Committee meets the second Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.



DUAD CITY CHURCH GUIDE

Brewster • Methow • Bridgeport • Pateros

BREWSTER



www.cbcbrewster.com Sunday Worship 9:30 a.m.

METHOW

Methow Calvary Chapel Fellowship 1107 HWY. 153 • Methow, WA 98834

Pastor Jason Getzin • 509-923-2782 Visit us at Youtube @Through the Bible with Pastor Jason Please see our facebook for special guest speakers! www.facebook.com/methowcc

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



To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruth@ward.media



Leavenworth Echo Cashmere Valley Record Lake Chelan Mirror Quad City Herald

PUBLISHER'S NOTICE All real estate advertis-ing in this newspaper is subject to the Fair Housing Act, which STALLING makes it illegal to advertise "any preference, limitation or discrimina-tion based on race, color, religion, sex, handicap, familial status or na-tional origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777.

The number for hearing impaired is

1-800-927-9275.

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



Announcements

General Interest

STOP OVERPAYING FOR HEALTH **INSURANCE!** A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-877-765-1117. You will need to have your zip code to connect to the right provider.

ADVERTISE STATEWIDE with a \$325 classified listing or \$1600 for a display ad. Call this newspaper or 360-344-2938 for details.

PREPARE FOR POWER OUTAGES today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details, 855-635-4229.

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & amp; Military Discounts. Call 1-888-360-1582.

Employment

Help Wanted



The City of Leavenworth is hiring for the summer pool season! Lifeguards and Swim Instructors \$22.40 - \$24.80 per hour Details at cityofleavenworth.com/e mployment/. EOE

Help Wanted



Public Works-Truck

Driver/Laborer Chelan County Public Works Department seeks applicants for a Truck Driver/Laborer in the Leavenworth District. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 4 at \$25.65 per hour up to Step 9 at \$32.44 per hour. Starting salary is Step 4 at \$25.65 per hour. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 2 or 3 floating personal holidays (dependent on hire date). This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current Aid/CPR First flagging cards, but we will work with you to obtain within 4 months employment. Applications and a detailed description are available at the Chelan County Human Resources Career Opportunities

page: https://www.co.chelan.wa. us/human-resources/jobs The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA, 98801, or emailed to human.resources@co.c helan.wa.us no later than April 22, 2024 at



5:00 p.m.

The City of Leavenworth is hiring for:

- Accounts
- Payable-PRSA Clerk
- Permit Technician **Building Official**
- Utility Maintenance Worker

Details at cityofleavenworth.com/e mployment/. EOE

Spread the News about your **COMMUNITY EVENT** online at

ncw.news/ leavenworthecho.com cashmerevalleyrecord.com lakechelanmirror.com qcherald.com

Help Wanted

Brewster School District is Hiring!

- **HS Science Teacher**
- HS Part-Time
- Alternative Teacher
- School Speech & Language Pathologist
- Elementary Teacher Positions
- Principals Opportunities
- Athletic Director Applications may be obtained on the district website,

www.brewsterbears.org or by contacting the district office at 509-689-3418.

These positions are open until filled.

Real Estate

Rentals

Leavenworth 1 bedroom studio, 1 block from town.

Semi-Furnished. All utilities included. No pets. No smoking. \$1,125. per month. 1 year lease and references required. \$1,000. Security Deposit 509-860-4564

Bridgeport, WA. Joseph Cove Apartments

accepting applications for a two-bedroom apartment with central air, wash/dry hook ups, must be income eligible. For more information call Shannon at 509-686-4731

Boat Slip for Sale

\$142,500



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

808-298-1031 Seller is licensed Realtor Maui, HI

Legals

Public Notices

MEETING CHANGE

The Board of Directors of the Brewster Flat Irrigation District will meet at 6:00 p.m. April 15, 2024 at the district's office. The new date is for one meeting only. Published in the Quad City Herald on April 10, 2024. #7568

Like us on facebook

- NCW News Network
- Leavenworth **Echo**
- Cashmere Valley Record
 - Lake Chelan Mirror
- Quad City Herald

Public Notices

Ballots for the April 23, 2024 Special Election were mailed out April 5th . 2024.

Email your Classifieds & Legal Notices to: classifieds@ward.media or call 509-293-6780

If you have not received your ballot by Friday, April 12 th ,2024, please contact the Auditors Office at (509) 422-7240.

Remember your ballot return envelope must be signed. The Auditors Office, 149 3 rd Ave

N, Okanogan, is open Monday -Friday, 8:00 AM to 4:00 PM and on Election Day only from 8:00 AM to 8:00 PM for the following services.

- Voter Registration
- Drop off voted ballots • Obtain replacement ballots
- Drop boxes will be open April 5
- Disability Access Voting Units

Public Notices

th - April 23, 2024. Drop boxes will be open until 8:00 PM on April 23 rd , 2024.

Drop box locations open for the April 23, 2024 Special Election:

- Okanogan Okanogan County Courthouse Auditor's Office, 149 3 rd Ave N, room 104
- Pateros 180 Pateros Mall in parking lot
- Brewster Library, 108 S 3 rd Ave.

The state is providing postagepaid ballot return envelopes this year. Voters are encouraged to mail in ballots prior to Friday, April 19,2024, to ensure the envelopes are postmarked by Election Day. Check with your local post office for cut off times.

Public Notices

If you need to find out information about the issues you can use the following sources.

- On line voter's guide votewa.gov
- votewa.gov

Election.

 sos.wa.gov/elections/ Newspapers and radio

If you are not currently registered in the State of Washington, you can appear in person in the Auditors Office until April 23, 2024 and registered to vote and be able to vote in the Special

If you have any questions, please feel free to contact the Auditors Office. (509) 422-7240

Answers: A. calm

B. focus C. yoga

D.

Published in the Quad City Herald on April 10, 2024. #7542

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Determine the code to reveal the answer!

Solve the code to discover words related to meditation. Each number corresponds to a letter.

(Hint: 14 = A)

14 20 21

Clue: Sedate

12 1 9

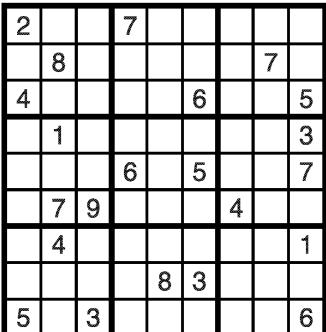
Clue: Place attention

16

Clue: Stretching activity

25 **15 2 22**

Clue: Silent



Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Fun By The

Numbers

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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wwb.	ယ	Ç	N	(C)	6	œ	.D	L
2	G	t	8	ယ	mnh	6	L	9
Z	8	geen	C	6	9	Þ	7	3
3	6	9	Þ	L	2	G	modu	8
G	www	6	9	2	8	L	C)	ţ
V	L	2	ande	C	S	9	8	6
8	9	3	6	t	_	done	C	2

: RAW SNA

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE Puzzle answers, recipes, videos and more at www.kidscoop.com © 2024 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 40, No. 19 ear of corn. Corn is used in more than 3,500 ways. To name just a few, there is corn starch, corn syrup, corn oil, popcorn and good old eating corn. Corn is even used to make a kind of fuel called **ethanol**. Most of the corn grown is **dent corn**, also called field corn. Dent corn is picked dry and used mostly for livestock feed and ethanol. has about Another popular corn is **sweet corn**. Sweet corn 670 + 130 =is sweeter and juicier than dent corn and is Which of these things are partly made of corn? the kind we eat! ☐ Batteries ☐ Matches ☐ Diapers ANSWER: All of them! kernels! Replace the missing words. EARS SOIL GROWING STALKS WATER HURT FIX RAINS Corn seeds are planted In the fall, corn plants Farmers ship their corn in the spring. Corn to customers. They also seeds are called plants turn brown, and their equipment kernels. the _____ point down. and get ready to plant Farmers wait for the again in the spring. In the spring, farmers During the summer, farmers ears of corn to dry, and care for their corn plants. wait until the then they harvest. is warm before planting They make sure they get corn. The corn kernels enough _____. They check for weeds, diseases and need warm soil and spring insects that could start growing. the plants. It takes science to grow healthy corn crops! With water and warmth, corn Corn was first grows about 2 inches a day. grown in this country Corn _____ usually more than 9,000 years ago: grow to about 8 feet tall. The tallest stalk on record was about 45 feet tall—nearly as The letters along the correct tall as a four-story building! path through the corn maze reveals the **Make a Tall** answer! **Corn Stalk** Roll up sheets of the Use the newspaper to make long code rolls. How long is one sheet rolled? Estimate how many more pages need to be rolled to Corn for many centuries was picked by hand. But there have been make one long roll that many inventions that help farmers. is 45 feet long. Then = Bkeep rolling pages and One machine combines several farming jobs in one machine. It cuts =Cthe corn stalks and then brings them through the machine. lining them up until =Eyou make a 45-foot-long This machine then separates the kernels from the rest of the I = Iroll—the length of one plant. The machine is called a: = Mof the tallest corn = Nstalks measured. =00 Standards Link: Math: Estimate lengths. Standards Link: Life Science: Understand the origin and uses of food products.



Double

ACRE CARE CORN CROPS DENT EAR **FARMER FEED FIELD GROWS**

HARVEST

PLANT

STALK

SWEET

WATER

Find the words in the puzzle. How many of them can you find on this page?

D J Z W V G U E W A ESCQKRTMAY EKLBPOBHTR FLCEFWOXEN I A O R R S Y W R P ETRLOAWSCL LSNMDPCEVA DENTEJSREN WTSEVRAHET

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns

Kid Scoop Together

Corny

Work with a family member to use your math skills to reveal more facts about corn.

Each corn stalk usually grows

12-11=

The average ear of corn usually kernels.

If you plant one kernel and care for it, you end up with _____

400 + 400 =

If a farmer plants 30,000 kernels in one acre, how many will he plant in 100 acres?

About how many are there in two ears of corn?

800 + 800 =

If a giraffe is 16 feet tall, how much taller is the tallest stalk of corn ever measured?

If a corn plant grows 2 inches a day, how long until it is 12 feet tall?

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kidscoop.com/activity-pages،

Kid Scoop

This week's word: **STALK**

The noun **stalk** means the main stem of a plant.

The corn plant has one main stem called a stalk.

Try to use the word **stalk** in a sentence today when talking with your friends and family members.



WARD MEDIA

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