

Quad City Herald

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A Ward Media Publication
April 17, 2024

Volume 122 • No. 16 • Single Copy **\$1.00**
www.qcherald.com

Community Wildfire Protection Plan comes to Pateros



This map shows wildfire activity (red) in Okanogan County between 1988 and 2023.



Over the past 10 years, four of the state's five largest wildfires have left their marks (red) on 1.1 million acres in Okanogan County.

By MIKE MALTAIS
Ward Media Staff Reporter

PATEROS –The county’s 2024 Community Fire Protection Plan (CWPP) held the final of its five meetings at the Pateros Fire Department on Tuesday, April 9, to explain the elements of the plan to the public and gather resident feedback and ideas. The current update, funded through the state’s Climate Commitment Act, is a vital document for the future of wildfire resiliency in Okanogan County.

The Okanogan Conservation District is working on the CWPP project with partners, including

Okanogan County Emergency Management, Bureau of Land Management, Department of Natural Resources, Washington Department of Fish and Wildlife, Okanogan County Commissioners, the Colville Tribes, county sheriff, ranger districts, fire districts, the Okanogan County Long Term Recovery Group, and others.

Eli Loftis, Wildfire Community Resiliency Lead/Planner for the Okanogan Conservation District, set the table for the discussion with some opening comments and facts about the wildfire history of the state’s largest county.

“In just federally declared disasters we have burned 1.1 million acres in the

last 11 years,” said Loftis, adding that during that decade, “We have been impacted by four of the five largest wildfires in the state’s history.”

The county’s first CWPP was set up in 2009 and updated in 2013. It is an inclusive planning document that focuses on the needs and priorities of stakeholders preparing for wildfires. The process involves gathering community input, data assessment, and local decision-making to prioritize and implement wildfire mitigation actions that can occur within 5-10 years.

“That is the sum total of the challenges we are trying to address through this community wildfire

protection,” said Loftis. “There is a lot going on here.”

The kickoff meeting held Jan. 31 in the Okanogan County Commissioners hearing room drew 48 people.

They reviewed the fire maps dating from 1985 to 2013, which showed previously burned areas. Another map showed data from 2013 to the present, during which time an additional 1.1 million acres were consumed. The significance is not only for areas that have burned but also for areas that have not yet burned. The visual representation reinforced the need for the CWPP 2024 update.

The second meeting, held on Feb. 14 at the Okanogan Conservation

District office, discussed issues with communication and outreach in the north end and southeast corner of the county and in hard-to-reach areas.

North County - Tonasket

The first of five meetings out in the county began when 44 residents attended the meeting at Tonasket High School on March 12

Among their suggestions are:

- Salvage logging after a fire to utilize good timber that is still usable.
- Bringing local mills back or other infrastructure upgrades to treat

See **WILDFIRE** Page **B1**

Douglas County Sheriff’s Office warns of phone scams targeting Douglas County residents

NCW News
Ward Media

EAST WENATCHEE - The Douglas County Sheriff’s Office is warning residents to be alert for phone scams after receiving reports from victims targeted by callers impersonating sheriff’s deputies.

According to Sheriff Kevin Morris, the scammers have been calling

residents and claiming they owe fines for failing to respond to jury duty summons or not appearing for a court date. The callers then attempt to solicit money from the victims to pay the alleged fines.

“These are both scams,” Sheriff Morris said in a press release issued on April 8th. “We continue to ask citizens to be aware of all the various types of telephone scams which are

currently in circulation.”

The Sheriff’s Office encourages residents never to disclose personal information or send money to unknown callers. They advise those who receive suspicious calls to report the incidents to the appropriate law enforcement agencies.

Phone scams have become increasingly common in recent years, with criminals devising various

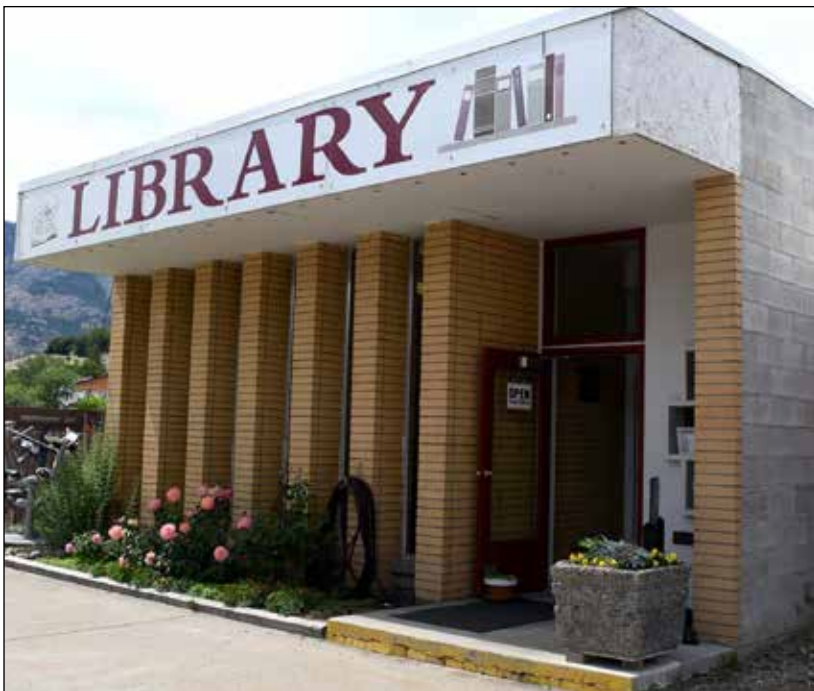
tactics to deceive victims and steal their money. Some scammers use caller ID spoofing to make it appear that they are calling from a legitimate government agency or business.

Sheriff Morris said residents should be especially wary if a caller pressures them to make an immediate payment or provide sensitive information. Legitimate government officials will never

threaten arrest or demand payment over the phone.

The Douglas County Sheriff’s Office said it will continue to investigate reports of phone scams and work to educate the public about protecting themselves from falling victim to these crimes. Residents with questions or concerns are encouraged to contact the Sheriff’s Office for assistance.

Strategic Directions come to NCW Library branches



The Pateros Library is located at 174 Pateros Mall.

By MIKE MALTAIS
Ward Media Staff Reporter

PATEROS – In celebration of National Library Week, the NCW Libraries Board of Trustees has announced their 2024 – 2026 Strategic Directions.

Through these directions, the Board celebrates the many ways NCW Libraries staff deftly evolved library services to meet changing community needs over the past several years. With an eye toward the future, NCW Libraries will continue to prioritize community needs and customer service. The district is also focusing on strengthening organizational health and stewarding the community’s investment in the library.

2024-2026 Strategic Directions

1. Meet Critical Community Needs
 - a. Cultivate local and regional partnerships and connections.
 - b. Provide relevant services, programs, and resources.
 - c. Increase awareness and use of library services.

2. Enhance Customer Experience

- a. Foster an environment where everyone feels welcome.
 - b. Reimagine and strategically update our spaces.
 - c. Consistently meet and exceed customer needs and expectations.
3. Strengthen Organizational Health
 - a. Build a strong and positive organizational culture.
 - b. Celebrate and invest in the success of our employees.
 - c. Collectively commit to a growth mindset.
 4. Maximize the Community’s Investment
 - a. Regularly evaluate our community impact.
 - b. Pursue opportunities for innovation and improvement.
 - c. Make data driven financial decisions.

“The communities of North Central Washington recognize NCW Libraries as a trusted source of information, dynamic programs, and valuable resources,” said 2024 Board Chair

Kathleen Allstot. “Our Strategic Directions over the next three years will build upon that reputation as we work to strengthen our organization, build greater partnerships, and identify new ways to meet the most critical community needs.”

According to Pateros librarian Ana Trejo the public will not notice anything different in terms of displays or events.

“It’s a directive we will use to guide our work,” said Trejo. “We’re in the initial stages of planning how it will look in our branches.”

Trejo added that the Pateros branch is gearing up for its annual summer events coming up in June.

“We do movie nights with the city once a month in the summer,” Trejo said.

The Brewster library has an assistant librarian in charge while NCW looks for a new librarian to assume duties there.

Mike Maltais: 350-333-8483 or michael@ward.media

Inside The Quad City Herald this Week

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\$1.00

PO Box 1922
Chelan, WA
98816-1922

www.qcherald.com

Quad City Herald

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Deadlines

Letters to the Editor: Noon, Friday
Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Display Advertising: 5 p.m., Thurs.
Legals: Noon, Friday
Classified Ads: Noon, Friday
Obituaries/Deaths: 4 p.m., Friday

Subscriptions

Okanogan/Douglas Counties (yearly) print **\$40**
Okanogan/Douglas Counties (yearly) print & web **\$45**
In State (yearly) **\$50**
Out of State (yearly) **\$52**

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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, 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: terry@ward.media

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Services

Back issues are available up to one year after publication for a small fee.

Quad City Herald (USPS 241-920) is published every Wednesday by Ward Media LLC PO Box 39, Leavenworth, WA 98826 Telephone: 509-548-5286. Periodical postage paid at Brewster, Wash. Postmaster: Send address corrections to: Quad City Herald, PO Box 1922, Chelan, WA 98816

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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!



Non-Profit Night

The Lake Chelan Chamber of Commerce will host Non-Profit Night on Friday, April 19 from 5-7 p.m.

"Join the Lake Chelan Chamber of Commerce for the first Non-Profit Night," the event page states. "Come learn about many of the non-profit organizations in the Lake Chelan Valley, while networking with your community. Learn what type of services they provide, who they support and how you can make a difference."

For more information visit lakechelan.com.

Earth Day Fair

The 35th Annual Chelan Earth Day Fair will be on Saturday, April 20 from 10 a.m. to 4 p.m. in the Riverwalk Park. "A fun community event for the whole family with

live entertainment, children's activities, educational displays, electric cars, book sale, food vendors, plant sale, Lake Chelan Research Institute, Keep it Blue, Forest Service and Fire ecology, Columbia Breaks Fire Interp. Ctr., Landscape Conservation, Land Trust, Cascadia Conservation District, and so much more."

For more information visit chelanearthdayfair.org.

Earth Day Book Sale

The Chelan Friends of the Public Library will hold their annual Earth Day Book Sale on Saturday, April 20 from 10 a.m. to 4 p.m. at Chelan Riverwalk Park as part of the Chelan Earth Day Fair. Prices for fiction and non-fiction books are: paperbacks \$1, hardbacks \$2, children's books 50 cents, and audio/

DVD's \$2. There will be a \$2 bag sale 10 a.m.-4 p.m.

For information visit chelanfriendsofhepubliclibrary.org.

Entiat Kite Festival

The Entiat Kite Festival has been rescheduled for Saturday, April 20 from 11 a.m. to 3 p.m. at the Entiat Kiwanis Park.

Free kites will be given to the first 600 kids.

"We hope to see you then," the event page states.

Pateros Día celebration

The Pateros Library will celebrate Día on Saturday, April 20 from 3-5:30 p.m. at the Pateros School gymnasium.

"Celebrate the importance of literacy for all children through fun activities,"

the event page states. "Día is a nationally recognized initiative that is a daily commitment to linking children and their families to diverse books, languages and cultures.

This Día celebration was organized by the Brewster, Bridgeport, and Pateros NCW

Libraries. The celebration will include craft stations, library themed loteria, a guessing jar, snacks and a free book per child while supplies last.

The event is free and open to the public. For more information visit ncwlibraries.org.

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 April 5

13:59:00 Parking/Abandon, 575 Rd 2 Nw, Waterville

April 6

1:51:52 Dui, Sr 17 Mp 136, Bridgeport, Db10
11:59:05 Parking/Abandon, 575 Rd 2 Nw, Waterville
21:31:25 Assist Agency, 610 Fairview Ave, Bridgeport

April 7

18:44:22 Burglary, 411 N Central Ave, Waterville

April 8

16:25:41 Weapons Violation, 122 Davis Ave, Bridgeport

April 9

12:21:46 Assist Public, 101 W Locust St, Waterville

19:20:47 Suspicious, 508 N Adams St, Waterville
20:18:05 Assist Agency, 200 E Birch St, Waterville

April 10

10:10:00 Theft, 1423 Columbia Ave, Bridgeport
19:16:05 Theft, 335 E Railroad Ave, Mansfield

April 11

17:34:20 Assist Agency, Sr 17 Mp 136, Bridgeport
23:15:43 Suspicious, 411 N Central Ave, Waterville

Brewster Police Department April 5

22:36:24 911 Abuse, HOSPITAL WAY, BREWSTER

April 6

13:20:06 Dwl's, N BRIDGE ST, BREWSTER

April 8

01:18:23 Seizure, HIGHWAY 97; BREWSTER

April 9

14:48:52 Mal Mischief, SUNSET DR, BREWSTER

April 10

15:08:10 Theft Other, HIGHWAY 97, BREWSTER

Okanogan County Sheriff April 4

07:44:19 Abandoned Vehicle, OLD HWY 97, BREWSTER

April 9

15:41:46 Violate Order, MONSE BRIDGE RD, BREWSTER

April 9

15:47:35 Violate Order, STENNES POINT DR, PATEROS

Vassar, Garza-Hernandez make SFCC honor roll

By MIKE MALTAIS
Ward Media Staff Reporter

SPOKANE - Brewster graduate Reese Vassar and Bridgeport graduate Alonzo Garza-Hernandez are among 1,500 students named to the Spokane Falls Community College honor roll for winter quarter 2023, which ended in December. Students must have a grade point average of 3.0 or above to be listed on the honor roll.

SFCC is one of two community colleges within the Community Colleges of Spokane district and serves over 5,000 students. It is renowned for its theater, music, and fine arts as well as exceptional STEM programs. About 60 percent of its graduates transfer to four-year colleges and universities. Other students pursue career or technical degrees or certificates. SFCC has campuses in west Spokane,

Fairchild Air Force Base and Pullman.

CCS offers high-quality academic transfer, career-technical and eLearning degree and certificate programs; business and community training; and adult literacy programs throughout northeastern Washington, enrolling approximately 34,000 students a year.

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

Local students make Spokane Community College honor roll

By MIKE MALTAIS
Ward Media Staff Reporter

SPOKANE - Four graduates from Brewster and Bridgeport high schools are among 2,137 students listed on the Spokane Community College honor roll for the 2023 winter quarter, which ended in March. They are:

- Adriana Aparicio of Brewster
- Citlaly Flores of Bridgeport
- Duvan Martinez of Brewster
- Donovan Tinoco of Brewster

The honor roll lists those students who achieved a grade point average of 3.0 or above.

SCC is one of two community colleges within the Community Colleges of Spokane district. It is known for its programs in career and technical training as well as its apprenticeship programs. SCC serves more than 15,000 students annually with a main campus in east Spokane, five other locations in rural areas of northeastern

Washington and a program in the Airway Heights Correctional Center.

Community Colleges of Spokane is a dynamic, 12,300-square-mile state community college district that includes Spokane Community College, Spokane Falls Community College and six rural education sites, serving residents in Pend Oreille, Stevens, Whitman, Ferry, and parts of Lincoln counties.

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

Cascadia Conservation District to hold regular board meeting on April 19

NCW News
Ward Media

WENATCHEE - The 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

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.

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DEATH NOTICE

Drusilla Pearl Hill

Drusilla Pearl Hill, 81, of Winthrop, Washington passed away on April 8, 2024.

Barnes Chapel is handling the arrangements for the family.

John Robert Myers

John Robert Myers, 70, of Carlton, Washington passed away on April 7, 2024.

Barnes Chapel is handling the arrangements for the family.

Wenatchee Valley Dispute Resolution Center offers Communication and Conflict Resolution Training

NCW News
Ward Media

WENATCHEE - The Wenatchee Valley Dispute Resolution Center (WVDRC) has announced a series of professional and personal development training opportunities for May and June. The courses are designed to help individuals and organizations improve their communication skills and effectively manage conflicts.

The first workshop, "Learn to Listen—Listen to Learn: An Active Listening Workshop," will be held on Tuesday, May 14, from 2 to 4 p.m. at the YWCA Event Space. Participants will gain practical experience learning invaluable communication skills, uncovering underlying issues and interests, and fostering meaningful conversations. Registration for the workshop is \$40.

The second training, "Conflict De-escalation Training," will occur on Thursday, May 16, from 1 p.m. to 5 p.m., also at the YWCA Event Space. Participants will explore conflict dynamics, active listening, and the interest-based conflict model. They will also learn best practices for self-de-escalation and de-escalation of others and practice conflict resolution skills for peaceful problem-

solving. This interactive learning experience is particularly beneficial for business and community service organizations. Registration for the training is \$77.

Lastly, the WVDRC will offer a comprehensive "Professional Mediation Training" course from June 24 to 28 at their office. This course is suitable for individuals interested in becoming certified volunteer mediators with the WVDRC, those seeking more effective ways to deal with conflict in various settings and professionals in the legal, counseling, or education fields who require relevant training. The course covers the process of mediation, communication skills, and conflict dynamics. Trainees who complete the course are eligible to begin a mediation practicum to become certified volunteer mediators with the WVDRC. The registration fee for the course is \$550, with discounts available for groups of three or more from the same organization. The training is approved for Educator Clock Hours.

To register for these training opportunities, visit the WVDRC website at <https://www.wvdr.org/events> or contact the WVDRC at info@wvdr.org or (509) 888-0957.

Chelan County buys property for \$1.8 million



COURTESY OF CHELAN COUNTY
Chelan County commissioners purchased 2.75 acres on Ohme Garden Road in Wenatchee for \$1.8 million. The county plans to begin construction later this year.

EM, coroner, motor pool to relocate to Ohme Garden Road

NCW News
Ward Media

WENATCHEE - Chelan County commissioners approved the purchase of 2.75 acres on Ohme Garden Road in Wenatchee for the future relocation of several county departments.

The industrially zoned land was purchased for \$1.8 million from Eider Properties LLC of Wenatchee. Eider was in the process of building a business park on the site and had made several improvements to the property, including leveling of the site, constructing infrastructure and future building pads, and getting permits for future buildings, before entering into negotiations last month with Chelan County. The Board of County Commissioners signed the agreement on April 8.

Commissioners plan to relocate several departments to the new site, including the motor pool, which manages a fleet of vehicles for 15 county departments, the largest of which is the Chelan County

Sheriff's Office. The coroner's office and functions of the Sheriff's Office, including Emergency Management and training facilities, will also be relocated to the new property.

"We have a number of aging buildings that no longer meet the increased service needs of our community. The Board of County Commissioners has been working toward identifying funding source opportunities to invest in not only new capital facilities but also capital facility upgrades to better serve our communities," said Commissioner Kevin Overbay, BOCC chairman. "This land purchase kicks off our 20-Year Capital Facilities Plan and initiates improvements and investments we plan to make over the next two decades."

The site on Ohme Garden Road garnered the county's interest earlier this year. A feasibility study was conducted to determine if it could meet the county's needs, said Ron Cridlebaugh, director of Chelan County Economic Services. The county will be moving toward getting the construction of the buildings out for bid in the coming months, he said.

The county expects to



build three buildings on the property, each 18,000 square feet. Each will have office space and large work bays for vehicles.

"We will meet with the directors of those departments relocating to the new site to determine their needs and begin working with an architect to finalize our conception," Cridlebaugh said. "We hope to see construction starting in late summer and move-in day in spring 2025."

The 20-Year Capital Facilities Plan calls for the building where the motor pool and the coroner are currently located (at the corner of Washington and King streets) to eventually be torn

down. A new structure built in its place would eventually serve other departments, including the prosecutor's office and county jail.

"With this purchase, the Sheriff's Office will have a modern facility with training rooms and space for all of its equipment. Motor pool will have a shop and the facilities to work more efficiently. The county coroner will have the space necessary for his specialized equipment, meeting state statutes," Overbay said. "This new property will give multiple departments the resources to provide services to the public more effectively and efficiently."

Senior Farmers Market Nutrition Program accepting applications

NCW News
Ward Media

EAST WENATCHEE—The Aging & Adult Care of Central Washington (AACCW) is now accepting applications for the 2024 Senior Farmers Market Nutrition Program (SFMNP).

Eligible seniors residing in Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan counties can receive an \$80 benefit card to purchase fresh fruits, vegetables, honey, and herbs at participating Farmers Markets and Farm Stands throughout Washington State.

Applications for the program are being accepted on a first-come, first-served basis. To determine eligibility and apply, interested seniors can visit the AACCW website at www.aaccw.org or call their office at 509-886-0700, ext. 235. The 2024 Senior Farmers

Market Nutrition Program will run from June 1 through October 31, providing qualifying seniors with access to healthy, locally-grown produce while supporting local farmers and promoting healthy eating habits among the senior population.

Washington students can win \$529 for their future education through WA529 art contest

NCW News
Ward Media

OLYMPIA - Washington College Savings Plans (WA529) is offering Washington students the opportunity to showcase their artistic talents and win \$529 towards their future education goals. The 3rd Annual WA529 "What is your Dream Job?" Art Contest is now open and accepting entries

through May 1, 2024.

To participate, K-12 students attending public or private schools in Washington State should create an original piece of art depicting their dream career. Entries will be judged based on creativity, unique style, artistic talent, and the ability to effectively portray the student's chosen profession. Two winners from each grade level will receive a \$529 prize,

which will be deposited into a WA529 GET or DreamAhead account.

Submissions are accepted online only, and the entry deadline is May 1. Winners will be notified on May 29, coinciding with National 529 Day. To view the contest rules, submit an entry, or browse the gallery of previous years' entries and winning artwork, visit 529.wa.gov/art-contest.

WA529 offers two college savings options for Washington residents: the Guaranteed Education Tuition (GET) program and the DreamAhead 529 savings plan. GET, which opened in 1998, has helped families cover more than \$1.4 billion in educational costs over the past 25 years. More than 65,000 students have used their GET accounts to pursue education in all 50 states and

worldwide. DreamAhead, launched in 2018, is a nationally recognized investment-based 529 plan designed to help Washingtonians save for the full cost of college.

Washington residents interested in helping students save for future education expenses can open a GET or DreamAhead account online at 529.wa.gov with no enrollment fee. The website also provides

detailed information, charts, planning tools, and answers to frequently asked questions. For additional assistance, the GET contact center can be reached at 800-955-2318 or GETInfo@wsac.wa.gov, while the DreamAhead contact center is available at 844-529-5845.



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THREE RIVERS FAMILY MEDICINE
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A family-favorite potato and spinach casserole gets lightened up



TOM MCCORKLE/THE WASHINGTON POST; FOOD STYLING BY GINA NISTICO FOR THE WASHINGTON POST

Half of the rich, garlic-infused mash is layered into a casserole dish, then that is topped with chopped spinach that has been sautéed with onion, salt and pepper.

By **ELLIE KRIEGER**

Special to *The Washington Post*

This recipe is a tradition that snuck up on my family. My grandmother Debbie made it every Passover and Rosh Hashanah for as long as I can remember and, my mom says, for as long as she can remember, too. It remains a constant on our table to this day, long after Grandma Debbie's passing, and I couldn't imagine our holiday dinner without the crisp-topped mashed potato casserole with its ribbonlike layer of spinach, generously scooped on the "good china" and ready to be pooled with brisket gravy.

No one knows where the recipe came from - it's not in any of the handwritten recipe books my grandmother passed down and she never talked about its provenance. (I wish I had thought to ask, way back when.) However she came up with it, the dish is now firmly a part of our family ritual, and one I am happy to share with you here.

This version captures the essence of my grandmother's version, but with a few enhancements from me. It starts, as she had made it, with boiling and mashing potatoes with olive oil and broth. But I thought it would be nice to add some cauliflower to the mash, too, for another layer of flavor and lighter texture. The cauliflower cooks in the same pot, and at the same time, as the potatoes, so it is no extra effort. I add a handful of garlic cloves to the pot, too, which become soft and mellow with cooking and add a deep savoriness to the mash. And I keep the skins on the potatoes for three reasons: I like the texture they add, it saves the trouble of peeling them, and it retains valuable fiber and nutrients. (But feel free to peel them if you prefer.)

Half of the rich, garlic-infused mash is layered into a casserole dish, then that is topped with chopped spinach that has been sautéed with onion, salt and pepper. The remaining potato mixture is smoothed on top of that, and then sprinkled with either

matzoh meal (for Passover) or breadcrumbs (for any other occasion), which have been tossed with a bit of oil.

The casserole bakes until it's crisp and browned on top and steaming-hot. A creamy, savory scoop of it is heavenly with that holiday brisket and gravy, but this casserole is also right at home as a side with a simple roasted chicken, which means you don't have to wait for a special occasion to make it.

Potato, Cauliflower and Spinach Casserole

8 servings (makes about 6 1/2 cups)

Active time: 45 mins; **Total time:** 1 hour 45 mins

This casserole of creamy mashed potatoes and cauliflower with a layer of sautéed spinach originated as a side to the brisket typically served at Passover and Rosh Hashanah. (It is made with olive oil and broth - no cream or butter.) But there's no need to wait for a holiday to enjoy it. It's also right at home alongside a simple roast chicken to elevate an everyday dinner.

Make ahead: The casserole can be assembled up to the layering of the vegetable mash and spinach, covered and refrigerated up to 4 days in advance. If baking directly from the refrigerator, add about 15 minutes of baking time.

Storage: Refrigerate for up to 4 days.

INGREDIENTS

- 2 pounds Yukon Gold potatoes (4 large), unpeeled, scrubbed and cut into 1-inch pieces
- 4 cups (10 ounces) bite-size cauliflower florets
- 6 medium garlic cloves, halved
- 1/3 cup or vegetable broth
- 6 tablespoons olive oil, divided, plus more for brushing
- 1 teaspoon fine salt, divided
- 1 small yellow onion (5 ounces), diced
- 2 (10-ounce) packages frozen chopped spinach, defrosted, drained and squeezed dry
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup matzoh meal or panko

STEPS

In a medium (4- to 6-quart) pot, combine the potatoes, cauliflower and garlic, and add enough cold water to cover by about 1 inch. Bring to a boil over high heat, then reduce the heat to medium-low and simmer until the vegetables are very tender, 12 to 15 minutes. Drain, then transfer the vegetables to a large bowl. Add the broth, 3 tablespoons of the oil and 3/4 teaspoon of the salt, then use a potato masher to mash to your desired consistency.

In a medium skillet - about 10 inches - over medium heat, heat 2 tablespoons of oil until shimmering. Add the onion and cook, stirring, until slightly softened, about 2 minutes. Add the spinach, 1/8 teaspoon of salt and the pepper, and cook, stirring, until the spinach has warmed through and any remaining liquid has evaporated, 1 to 2 minutes.

Position a rack in the upper third of the oven and preheat to 350 degrees.

Brush a 6-cup casserole dish with olive oil. Layer half of the mashed potato-cauliflower mixture on the bottom. Then add the spinach mixture on top, spreading it out as evenly as possible. Top with the remaining potato-cauliflower mash.

In a small bowl, toss together the matzoh meal or panko with the remaining 1 tablespoon of oil and 1/8 teaspoon salt. Sprinkle over the top of the casserole and bake for about 1 hour, or until the top is lightly browned and the casserole is hot in the center. Serve hot or warm.

Substitutions: Gluten-free?

Use gluten-free matzoh meal or breadcrumbs. Frozen spinach >> frozen asparagus or collard greens. Low-carb? >> Use all cauliflower. Onion >> leek.

Nutrition Per serving (3/4 cup): 227 calories, 29g carbohydrates, 0mg cholesterol, 11g fat, 5g fiber, 6g protein, 2g saturated fat, 354mg sodium, 4g sugar

From cookbook author and registered dietitian nutritionist Ellie Krieger.

Asparagus mimosa is France's sunny, eggy ode to spring

By **JOE YONAN**

The Washington Post

Come spring, who can't relate to asparagus?

It hibernates all winter - the "crown" and its roots lurking underground - and only when the soil warms and the light changes does it send shoots upward until they poke through the surface and start stretching toward the sun, painting the brown garden in shades of green and purple. Sunlight is crucial: The chlorophyll that gives most asparagus its green color converts the sun's energy into sustenance. (White asparagus is such because growers keep it in the dark, covered with mulch or soil.)

A fresh start as the days lengthen: This defines the promise of spring, for us as much as for asparagus and other vegetables. We put the darkness behind us - or try to, anyway - and reach for the light.

In the kitchen, asparagus shines in the spring, especially when paired with eggs, one of its favorite partners. Is it just because both are so plentiful this time of year, when hens who slowed down or even stopped laying have resumed their output? The dishes that use the two together seem innumerable, perhaps because they include the classic and the new, the tried-and-true and the why-not. There's asparagus hollandaise, asparagus frittata, even just asparagus with scrambled or fried or poached eggs. Every spring, I gorge on the spears, roasting, steaming and sauteing until I get my fill, which usually doesn't happen until they're no longer available.

My friend and fellow food writer David Lebovitz is also a fan, and in Paris, where he lives, asparagus fills the farmers markets every year around this time. He's been excited to see more green spears rather than so much of the white (which, as he says, is only good when it's super-fresh). Lebovitz is not one to mince words, and when I emailed him recently about a classic French asparagus-and-eggs preparation, he quickly shot back: "I love asparagus mimosa and I think it's the best way to serve asparagus."

If you're not familiar with the dish already, let me set one thing straight: Asparagus mimosa doesn't have anything to do with champagne and orange juice, although that would be a fine accompaniment. Instead, it gets its name from the way sieved (or grated or finely chopped) egg yolks on a backdrop of whites evoke mimosa flowers. Such poetry!



TOM MCCORKLE/THE WASHINGTON POST; FOOD STYLING BY GINA NISTICO FOR THE WASHINGTON POST

Asparagus shines in the spring, especially when paired with eggs.

Perhaps more importantly, it's downright delicious. And it's pretty simple, all the better to showcase the flavors of its starring ingredients. The asparagus is lightly cooked (steamed or blanched), bathed in a vinaigrette and topped with the egg whites and then yolks, traditionally in a wide band across the spears. It's an ideal brunch dish, on its own with some bread, or as a side to a main course of your choosing.

Lebovitz has an excellent recipe on his website, but the spirit of asparagus mimosa is that you can make it fairly off the cuff, using your favorite vinaigrette. To save a little time (and to cut down on pots and bowls), I like to steam the asparagus and eggs together, pulling out the asparagus first and plunging it into an ice bath to protect that hard-won green color and keep it from getting too soft, then doing the same with the eggs before peeling them. My preferred method for the eggs is to swipe them across the fine side of a Microplane box grater, which creates the fluffiest piles with little effort.

The dish is best eaten immediately to appreciate the combination of textures, and that, too, seems in the spirit of the season. As much as we might wish otherwise, spring slips away as quickly as it arrives, year after year.

Asparagus Mimosa

4 servings

Active time: 25 mins; **Total time:** 35 mins

This classic French dish bathes steamed asparagus in a Dijon-honey vinaigrette and tops the spears with fluffy shreds of hard-cooked eggs. It gets its name from how the grated (or chopped or sieved) yolks resemble delicate mimosa flowers. This recipe streamlines the prep, cutting down on dishes by steaming the asparagus and eggs together and using the same ice bath to cool them.

Make ahead: The vinaigrette can be made, the asparagus and eggs steamed, and the eggs peeled up to 2 days in advance. Dress the asparagus and grate the eggs just before serving.

Storage: The composed dish is best when freshly made, but you can refrigerate it for up to 4 days.

INGREDIENTS

- 2 pounds asparagus spears
- 4 large eggs
- 1/2 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice
- 1 tablespoon honey or agave nectar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon fine salt, plus

more to taste

- Freshly ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley

STEPS

Snap the tough ends off the asparagus spears. In a medium bowl, prepare an ice bath.

In a large pot over high heat, bring about 1 inch of water to a boil. Put the eggs on one side of a steamer insert that fits in the pot, and gently lower the steamer into the pot. Pile the asparagus onto the other side of the steamer so you avoid covering up the eggs. Reduce the heat to medium, cover and set a timer for 13 minutes.

Steam the asparagus and eggs until the asparagus is bright green and crisp-tender, 5 to 7 minutes. (A spear should offer little resistance when pierced with a paring knife and should bend slightly without breaking; if your asparagus is on the thinner side, start checking after 3 minutes.) Use tongs to immediately transfer the asparagus to the ice bath, and quickly re-cover the pot to continue steaming the eggs.

While the eggs are cooking, transfer the asparagus spears to a clean dish towel, and use another clean towel to thoroughly pat them dry.

When the eggs have cooked for 13 minutes, use a slotted spoon to transfer them to the same ice bath, adding more ice cubes if needed, and let sit for a few minutes to cool. Peel the eggs immediately.

While the eggs are cooling, in a small bowl, whisk together the olive oil, lemon juice, honey or agave, mustard, salt and a few grinds of black pepper until smooth and emulsified. Taste, and season with more salt if needed.

Transfer the asparagus to a platter, and drizzle all the dressing over the spears.

Cut the eggs in half and scoop out the yolks. Use the fine side of a box grater or a Microplane rasp grater to finely shred the egg whites, piling them in a strip across the asparagus. Use the same grater to shred the egg yolks, and sprinkle them over the whites, keeping the two distinct. (If you'd like, you can press the whites and the yolks through a fine-mesh strainer instead, or use a knife to finely chop them, keeping them separate.)

Sprinkle with the parsley and serve.

Substitutions: To make it vegan >> use grated or crumbled firm tofu instead of the egg whites and finely chopped or grated yellow bell peppers instead of the yolks, and use agave nectar instead of honey. Instead of olive oil >> use 6 tablespoons of a neutral vegetable oil plus 2 tablespoons walnut oil, toasted sesame oil or other favorite nut oil. Lemon juice >> red wine vinegar or apple cider vinegar. Parsley >> mint, cilantro or tarragon.

Nutrition per serving (one-quarter of the asparagus, 3 tablespoons vinaigrette and 1 egg): 259 calories, 19g fat, 4g saturated fat, 15g carbohydrates, 417mg sodium, 186mg cholesterol, 11g protein, 5g fiber, 9g sugar

From *Food and Dining* editor Joe Yonan, loosely based on a David Lebovitz recipe at davidlebovitz.com. Tested by Joe Yonan.

The key to beautifully browned mushrooms



SCOTT SUCHMAN FOR THE WASHINGTON POST

By **AARON HUTCHERSON**

The Washington Post

Beautifully browned mushrooms are divine. Often with a texture many describe as meaty, they're packed with umami flavor that makes them near irresistible. On the other end of the spectrum are rubbery, gray mushrooms that are less than ideal to consume. The difference? Salt. Not how much or what type, but when it's added.

In most instances, we - food writers, cookbook authors and anyone else who tries to teach people how to cook - encourage people to salt at the beginning of the cooking process. Doing so gives the salt time to work its way

into various ingredients, seasoning them throughout as opposed to just on the surface. But with mushrooms, this is the exact opposite of what cooks should do.

Mushrooms are 80 to 90 percent water, so adding salt at the beginning of cooking can cause them to release that liquid, which inhibits browning. (While we're on the topic of moisture, it's mostly a myth that you shouldn't rinse or soak mushrooms in water. In reality, most varieties - except for those such as morels, lion's mane and matsutake mushrooms - absorb a minuscule amount of water.)

In addition, early salting can adversely impact texture. "In order to preserve the

texture of mushrooms, wait to add salt until they've just begun to brown in the pan," cookbook author Samin Nosrat wrote in "Salt Fat Acid Heat."

Here's a simple breakdown of how to cook mushrooms - on the stovetop or roasted in the oven: Wash them to get rid of any surface dirt; cut or slice them, as desired; add them to a hot, preheated pan, with or without oil (it's not necessary) and being careful not to crowd them too much (though a little bit is fine) as that can inhibit the moisture they release from evaporating; only add salt once the mushrooms have begun to brown; proceed with the rest of the recipe.

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Schedule

BOYS BASEBALL	
Apr. 17:	Pateros vs. Bridgeport, Home, 4 p.m.
Apr. 18:	Bridgeport vs. Liberty Bell, Home, 4:30 p.m.
Apr. 18:	Waterville-Mansfield vs. Moses Lake Christian, Home, 4:30 p.m.
Apr. 20:	Brewster vs. Ephrata, Home, 11 a.m.
Apr. 20:	Brewster vs. Ephrata, Home, 1 p.m.
Apr. 20:	Bridgeport vs. Oroville, Home 11 a.m.
Apr. 20:	Bridgeport vs. Oroville, Home 1 p.m.
Apr. 20:	Waterville-Mansfield vs. Odesa, Away, 12 p.m.
Apr. 20:	Waterville-Mansfield vs. Odesa, Away, 2 p.m.
Apr. 23:	Brewster vs. Lake Roosevelt, Home, 4:30 p.m.
Apr. 20:	Waterville-Mansfield vs. Riverside Christian, Home, 4:30 p.m.

GIRLS SOFTBALL	
Apr. 17:	Bridgeport vs. Chela, Away, 4:30 p.m.
Apr. 17:	Waterville-Mansfield vs. Quincy, Home, 4:30 p.m.
Apr. 18:	Brewster vs. Omak, Away, 3 p.m.
Apr. 18:	Brewster vs. Omak, Away, 5 p.m.
Apr. 18:	Bridgeport vs. Liberty Bell, Home, 4:30 p.m.
Apr. 20:	Bridgeport vs. Republic, Away, 11 a.m.
Apr. 23:	Brewster vs. Lake Roosevelt, Home, 4:30 p.m.
Apr. 23:	Waterville-Mansfield vs. Soap Lake, Home, 4 p.m.

BOYS SOCCER	
Apr. 18:	Brewster vs. Okanogan, Home, 4:30 p.m.
Apr. 18:	Bridgeport vs. Tonasket, Home, 4 p.m.
Apr. 18:	Pateros vs. Oroville, Home, 4:30 p.m.
Apr. 20:	Brewster vs. Bridgeport, Home, 11 a.m.
Apr. 20:	Bridgeport vs. Brewster, Away, 11 a.m.
Apr. 20:	Pateros vs. Omak, away, 1 p.m.
Apr. 23:	Brewster vs. Pateros, Away, 4:30 p.m.
Apr. 23:	Bridgeport vs. Okanogan, Away, 4:30 p.m.
Apr. 23:	Pateros vs. Brewster, Home, 4:30 p.m.

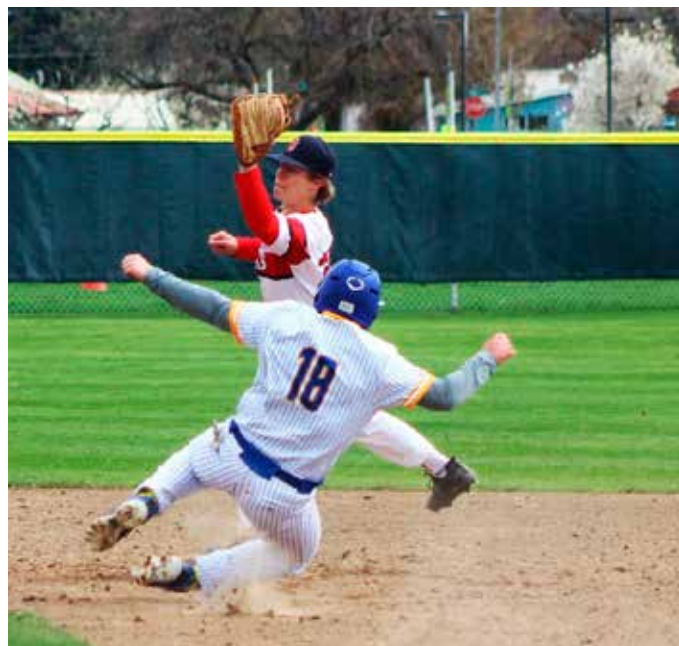
BOYS & GIRLS TRACK	
Apr. 20:	Brewster, Clifton Larson Allen Invitational, Quincy, 10:30 a.m.
Apr. 20:	Waterville-Mansfield, Clifton Larson Allen Invitational, Quincy, 10:30 a.m.
Apr. 23:	Brewster, Home, 4 p.m.
Apr. 23:	Bridgeport, Away at Brewster, 4 p.m.
Apr. 23:	Pateros, Away at Brewster, 4 p.m.
Apr. 23:	Waterville-Mansfield, Away at Liberty Bell, 4 p.m.

BOYS & GIRLS TENNIS	
Apr. 17:	Pateros vs. Soap Lake; Home, 4 p.m.
Apr. 22:	Pateros vs Okanogan; Away, 4 p.m.

ATHLETE OF THE WEEK

Giselle Cenicerros Pateros Girls Track and Field Junior

Giselle Cenicerros is a prime example of what it means to be a student-athlete. She excels in the classroom, maintaining a GPA over 3.7 while also being a member of ASB leadership. She is a respectful and genuine student, which every teacher wishes they had in their classroom. After school, she attends track practice, where she has looked special in her first year in the program. She is just so eager to learn and feeds off of competition, as her results have shown. At the Ray Cross Invitational in Ephrata, Cenicerros 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.



MIKE MALTAIS/WARD MEDIA
A Tonasket batter reaches first base while in the background his teammate is forced out by Brewster second baseman Bronson Becker. The Bears hosted the Tigers for a doubleheader on Saturday, April 6, and won both games, 5-4 and 9-5.



MIKE MALTAIS/WARD MEDIA
Bears second baseman Bronson Becker goes after a loose ball in an attempted pick off of a Liberty Bell runner during a home game stand April 9. The Mountain Lions won the game, 13-3.



MIKE MALTAIS/WARD MEDIA
Brewster's Kash Vandelac slides safely into second base under the glove of a Trojan's player during an April 11 home game against Manson. The Trojans won, 4-0.

Scoreboard

BASEBALL	
Apr. 11:	Brewster 0, Manson 4; Loss
Apr. 11:	Waterville-Mansfield 4, Chelan 7; Loss
Apr. 13:	Brewster 3, Liberty Bell 2; Win
Apr. 13:	Brewster 8, Liberty Bell 6; Win

GIRLS SOFTBALL	
Apr. 8:	Waterville-Mansfield 8, Wenatchee 30; Loss
Apr. 9:	Brewster 19, Liberty Bell 4; Win
Apr. 11:	Brewster 21, Manson 6; Win
Apr. 11:	Bridgeport 0, Tonasket 19; Loss
Apr. 11:	Waterville-Mansfield 3, Chelan 25; Loss
Apr. 13:	Brewster 18, Liberty Bell 3; Win
Apr. 13:	Brewster 24, Liberty Bell 10; Win
Apr. 13:	Waterville-Mansfield 35, Soap Lake 3; Win
Apr. 13:	Waterville-Mansfield 15, Moses Lake 9; Win

BOYS SOCCER	
Apr. 9:	Brewster 1, Liberty Bell 0; Win
Apr. 9:	Pateros 0, Okanogan 4; Loss
Apr. 11:	Brewster 4, Oroville 1; Win
Apr. 11:	Bridgeport 1, Liberty Bell 0; Win
Apr. 11:	Pateros 0, Manson 4; Loss
Apr. 13:	Brewster 0, Chelan 1; Loss

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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 17, 19, 23

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 17: Chili with Cheese, Cucumber Slices, Peaches, Caesar Salad, Cornbread, Dessert; April 19: Scrambled Eggs & Ham, Potatoes O'Brien, Pancake, V-8 Juice, Fresh Fruit, Muffin; April 23: Tater Tot Casserole, Tossed Salad, Apricots, WW Roll, Apple Oatmeal Bars.

April 17-20, 22-27

Senior Center Thrift Store
The Brewster- Pateros-Bridgeport Senior Center 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 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.

April 18, May 9

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 your seat.

April 18, 19, 21

American Legion events
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 offer daily lunch specials except for Mondays and Saturday when they are closed.

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.

May 8

Brewster Chamber to meet
The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, May 8, 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, 509-449-0605.

Chelan

April 17-18, 22-25

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

As we approach the end of Volunteer Appreciation Week, Chelan Valley Hope

would like to share our gratitude to our incredible team of volunteers. In 2023 alone, Hope volunteers contributed a total of 2,256 hours of service. The board members have contributed 1,690 hours. A Total of 3,946 hours of time served to the community in 2023. Hope is so grateful for each and every volunteer. The Hope volunteers are the ones that bring passion and understanding to the organization. They bring the mission to life, "Furthering Positive Changes in People's Lives." If you need assistance, please reach out to Chelan Valley Hope. Hope provides services at no cost to individuals and families in need. Call 509-888-2114 for more information or to schedule an appointment.

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.net

Okanogan April 23

Okanogan County PUD meeting

The next meeting of the Okanogan County PUD 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.

Wenatchee May 7, 21

Douglas County PUD 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 douglaspu.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

May 20

Family and friends Support Group

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.org

Using Medication Patches Safely 2024

Medication patches are easy and convenient. They offer a way to get several days of medicine at a time instead of needing to take a pill multiple times a day. Many prescription and over-the-counter (OTC) medicines are available as pills and patches.

There are prescription-only patches for pain, birth control, hormone replacement, high blood pressure, Attention Deficit Disorder, motion sickness, chest pain, and dementia.

Some patches don't require a prescription. You can purchase patches containing nicotine to help you quit smoking and patches to help relieve irritable or overactive bladder symptoms, called Oxytrol®.

Several types of analgesic patches are available OTC, including ones which contain 4% lidocaine, very similar to the 5% lidocaine patch that is available only by prescription.

Medication patches are designed to release the same amount of drug, hour after hour. Compared to pills or liquid medication, patches

begin working more slowly and their effects wear off gradually as well. It can take several days to experience the full impact of a patch. After removing it, its medicine continues traveling into your body for several hours afterward.

The potency of a patch is directly related to how much surface area touches your skin. The bigger the patch, the greater the dose absorbed into your body. This relationship makes it very tempting to adjust the dose of medicine



STOCK PHOTO

by just cutting the patch. Unfortunately, this practice can be dangerous with certain types of patches.

Medication patches use a reservoir or matrix delivery system. Reservoir patches contain a liquid or gel-like reservoir of concentrated medicine inside, designed to deliver medication at a controlled rate as long as they stay intact.

If a reservoir-type patch is torn or cut, the active ingredient can easily leak out onto the skin, dramatically increasing the amount of medicine you may absorb.

Unlike a reservoir-type patch, a matrix patch incorporates its active ingredient into the adhesive layer. This allows some matrix-type patches to be cut to adjust the amount of medicine delivered.

Medication patches deliver a consistent dose of medicine over an extended period. Applying one patch twice a week is more convenient than taking tablets daily. Because the medicine in a patch

bypasses your stomach, it causes less stomach upset.

Some disadvantages of using a medicated patch include itching and burning from a reaction to the patch's adhesive, a delay in experiencing the medicine's effects due to the slower delivery system, and a higher cost than an equivalent dose of a pill.

Here Are 9 Tips on Using Medication Patches Safely:

1. Keep track of the time or date you apply a patch.

Most patches need to be removed or replaced at specific intervals. Nitroglycerin patches must be removed for 8-12 hours daily, or they stop working.

2. Don't double up.

ALWAYS remove your old patch before applying a new one.

3. Apply only to recommended areas and rotate the site.

Watch for restrictions on where the patch should NOT

be placed, and always choose a different spot for the next one you apply.

4. Apply to clean, dry, and (mostly) hairless areas.

Avoid applying patches to broken or irritated skin. This can increase the absorption of the medicine in the patch, creating an overdose.

5. Remove any inner liners before applying.

Once you remove the outer wrapper, an inner liner may need to be peeled off before you apply it. If you don't do this, the patch will not work correctly.

6. Avoid cutting or tearing.

If you need to adjust a patch's dose, check with your pharmacist first to see if it can be cut safely. Many patches are generics and can be a different type of patch than the original brand name. If the brand was a matrix patch, it could be cut, but a reservoir patch should NEVER be cut.

7. Avoid high heat.

Extra heat can increase the amount of medicine your body absorbs from a patch, causing an overdose. When wearing a



patch, avoid putting a heating pad on over it or submerging it in a hot tub.

8. Be careful when using tape to anchor a patch.

Heavy, occlusive coverings can increase a patch's potency, with tragic results. Avoid taping all the way around a patch with heavy tape or plastic wrap. If a patch is trying to peel off, try anchoring it with two strips of narrow tape in a crisscross pattern.

9. Don't apply patches in front of children.

The boxes that patches come in are not child-resistant. To children, a medicine patch may look just like a sticker.

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, TheMedicationInsider.com. ♥2024 Louise Achey

Wildfire

Continued from page A1

the heavy fuel loads and provide a place to take materials.

- Enforcement and ramifications for illegal burns.
- Develop lines of communication to better navigate emergency incidents.
- Planned evacuation routes and notifications for where to go.
- Refuge sites for sheltering in place.
- Education on ember awareness.
- Actions to reduce fuels around the home.
- Training for law enforcement, fire responders, local landowners, and others who may respond to wildfire incidents.

Central County – Fairgrounds

Sixty-six people attended the Central County meeting held on March 19 in the Agriplex. Suggestions from that exchange include:

- Invasive and highly flammable grasses that take over during regrowth cycles.
- Incorporate home hardening techniques such as ember-resistant vents, gravel barriers, and ember-resistant screens.
- Water resources: have enough water available and on hand when needed.
- Strategic planning to identify locations where water towers exist or could be installed.
- More prescribed burns.
- Need for more housing.
- Treat hazardous trees

on highly utilized roads and highways to keep evacuation routes open.

- Install metal sleeves around the bottoms of wooden power poles.

East County – Nespelem

The third of five meetings at the Nespelem Government Building drew 33 attendees. Among East County concerns:

- Anear Valley is a high population growth area with an ingress/egress problem.
- Dugout Mountain is a unique area and has some protected species.
- Moses Meadows has cell service and jurisdictional issues.

Power/substations, communications, ingress and egress, and jurisdictional issues were the main points repeatedly mentioned.

West County – Winthrop

Nearly 60 people met in the Winthrop Barn on March 28 for the fourth meeting in the series. They identified many areas considered at risk and added more ideas to the mix from the previous four meetings. Among those:

Concern about receiving timely and accurate communication during a wildfire event.

- Building codes that require fire-resilient materials and methods.
- A county fire marshal is needed.
- Roads that are closed or gated improperly.
- Housing – county codes do not allow a second residence, such as apartments on property, a change could increase housing.
- Develop a system where

trees can be thinned at the forest interface. Allow/ permit firewood collection to make a fire-resistant boundary.

- Education programs for schools about firefighting to encourage students to head towards a career in fire service.

South County – Pateros

The final CWPP meeting concluded in Pateros on April 9, where in 2014, the state's largest wildfire to that date, the 2014 Carlton Complex, destroyed 111 homes in and around the city and left scars that remain to this day.

Mayor Kelly Hook attended the Pateros meeting.

"We all need to remember what is truly important to us," said Hook. "If you don't have an evacuation plan – what you are going to pack, what you are going to need – start working

on that."

The mayor speaks from personal experience and relates his personal experience from the 2014 Carlton Complex fire.

"I couldn't get from Brewster to Pateros that night," said Hook. "I heard the fire was coming into town, so I was trying to evacuate south with my family and then come back here to check on my sister and brother-in-law and their family."

The fire forced the closure of SR97 between Brewster and Pateros.

"I couldn't get out of town," said Hook, "I had to spend the night in Bridgeport."

Hook said the CWPP series will remind many to get on board with preparedness.

Mike Maltais: 350-333-8483 or michael@ward.media

QUAD 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

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"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



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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/employment/. EOE

Help Wanted



Public Works-Truck Driver/Laborer
The 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 a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a 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 First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job 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.chelan.wa.us no later than April 22, 2024 at 5:00 p.m.



The City of Leavenworth is hiring for:
• Permit Technician
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Details at cityofleavenworth.com/employment/. EOE

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Help Wanted

Hiring Director of Community Relations
Provide administrative assistance to board and be an ambassador to LCH Hospital and the community. Must be self-motivated, be able to work alone, have good written and verbal communication skills, be a problem solver. Complete job description on website www.lchealthwellness.com Experience with Microsoft office and Quick Books preferred. Must be able to work occasional weekends and evenings. Part time position without benefits 20-25 hours per week with flexible schedule. Compensation depending on experience. Send resume to: Lake Chelan Health & Wellness Foundation, PO Box 1911, Chelan WA 98816

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Rentals

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

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Rentals

Leavenworth 1 bedroom studio, 1 block from town. Semi-Furnished. All utilities included. No pets. No smoking. \$1,099. per month. 1 year lease and references required. \$1,000. Security Deposit 509-860-4564

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\$142,500

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

Guess Who?
I am a football coach born on February 16, 1952 in Tennessee. I played tight end in college for Wesleyan University. I've coached a number of teams, but led one NFL team to victory at the Super Bowl six times.
Answer: Bill Belichick

CRYPTO FUN
Determine the code to reveal the answer!

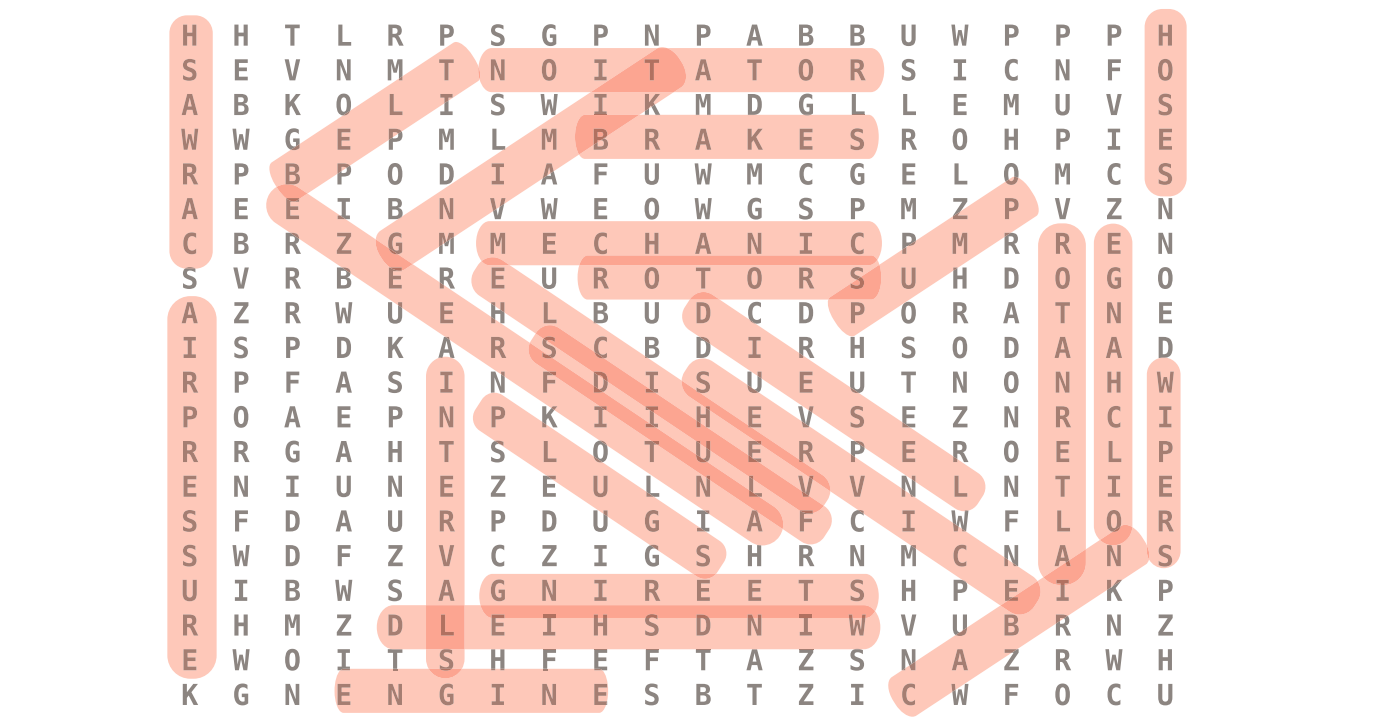
- Solve the code to discover words related to laughter. Each number corresponds to a letter. (Hint: 14 = E)
- A. 10 2 20 14**
Clue: Funny saying
 - B. 5 13 9 9 16**
Clue: Humorous
 - C. 19 7 13 19 20 22 14**
Clue: Laugh slightly
 - D. 1 25 8 22 14**
Clue: Pleased expression
- Answers: A. Joke B. Funny C. Chuckle D. Smile*

CAR CARE WORD SEARCH

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

- ### WORDS
- AIR PRESSURE
 - ALTERNATOR
 - ANTIFREEZE
 - BELT
 - BRAKES
 - CABIN
 - CAR WASH
 - DIESEL
 - ENGINE
 - FLUIDS
 - HOSES
 - INTERVALS
 - MECHANIC
 - OIL CHANGE
 - PLUGS
 - PUMP
 - ROTATION
 - ROTORS
 - SERVICE
 - STEERING
 - TIMING
 - VEHICLE
 - WINDSHIELD
 - WIPERS

Find the words hidden vertically, horizontally, diagonally, and backwards.



Kid Scoop

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Kid Scoop Together

Water Maze

Race against a family member to see who can reach the water first.

Clean Water for the World

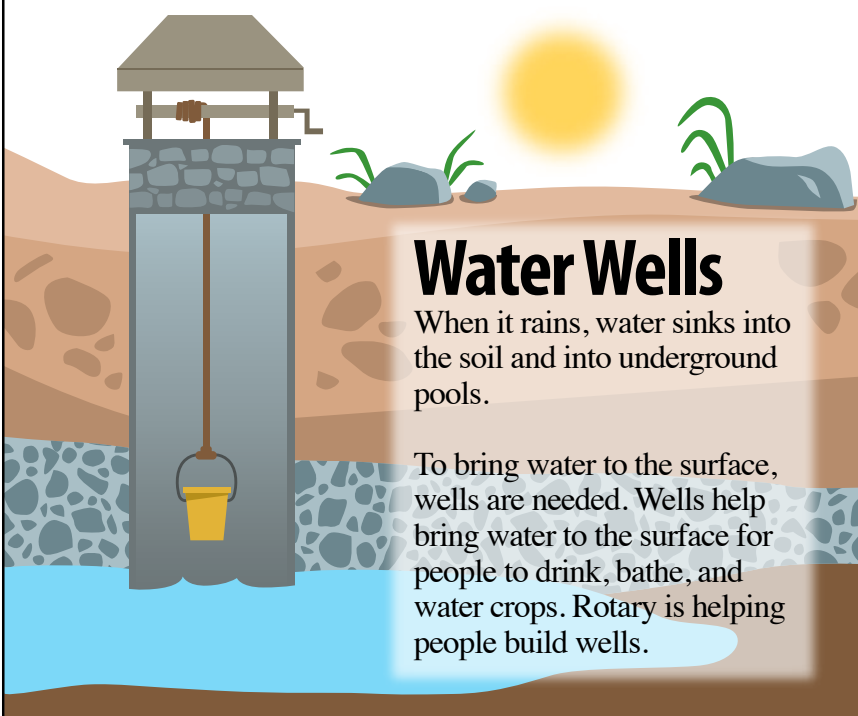
Replace the missing words.

SHORTAGES CLEAR HEAVY FIND DRINK

Clean, _____ drinking water is something every person needs. Droughts (long periods of time with very little rain) cause water _____.

Clean water keeps our bodies and homes clean. **Only 3% of the water on Earth is drinkable, fresh water. The rest is mostly ocean water and glaciers.** In some places, people must walk several miles a day carrying _____ containers to bring water home.

In parts of the world, people struggle to _____ clean water to keep their families healthy. Often this water is dirty and unhealthy to _____.



Water Wells

When it rains, water sinks into the soil and into underground pools.

To bring water to the surface, wells are needed. Wells help bring water to the surface for people to drink, bathe, and water crops. Rotary is helping people build wells.

Rotary to the Rescue

Rotary International is an organization with 1.4 million members around the world. Rotary members, called Rotarians, volunteer their time and raise money to help solve many problems in the world. And one of the biggest problems in the world is the need for clean drinking water.

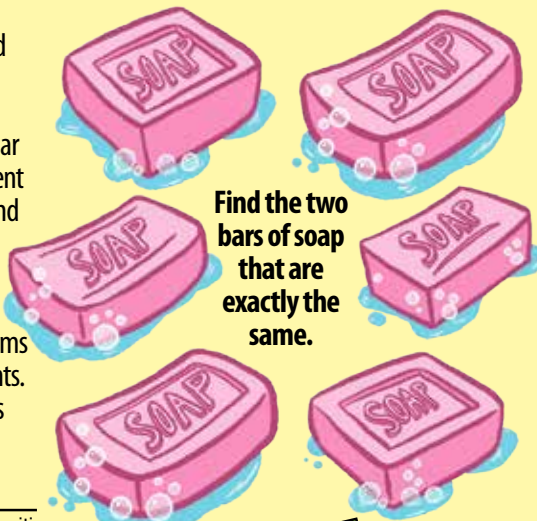
In the lower grid, draw what you see in each space on the upper grid to draw the Rotary logo.

Rotary			

Clean Hands Prevent Disease

When clean water and soap are available, people don't get sick as often. That's because regular hand-washing helps prevent germs from hanging around to cause trouble.

In some places, schools don't have enough restrooms and clean water for students. Rotary International works hard to build restrooms in schools in many countries.



Find the two bars of soap that are exactly the same.

Standards Link: Find similarities and differences in common objects.

Bubbles Take Away Troubles

Washing your hands with warm soap and water several times a day helps keep you healthy. Sing the "Happy Birthday" song as you wet your hands with warm water, lather them with soap, and rinse the soap away. Be sure to dry them completely.



How many differences can you find between these two pictures?



Standards Link: Health: Understand the importance of regular hand-washing to prevent illness.

Extra! Extra!

Clean Water Poster

Look through the newspaper for photos of things that require clean water. Look for photos of people, fruits and vegetables, animals, etc. Cut them out and paste them on a large sheet of paper to create a poster. Write "CLEAN WATER MAKES A BETTER WORLD" at the top of your poster.

Standards Link: Life Science: Illustrate the importance of water in humans, agriculture, and wildlife.

Kid Scoop Puzzler

Dry Desert Danger

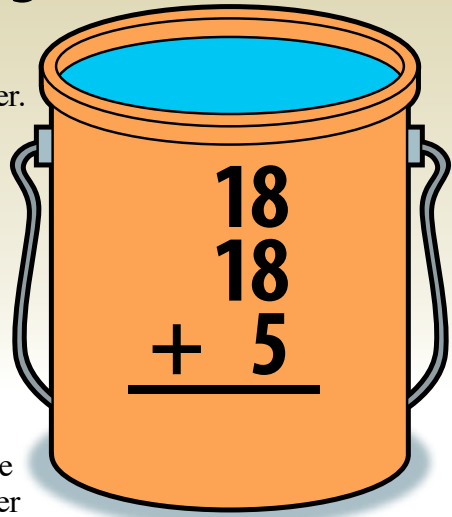
This is a five-gallon pail. Do the math to see how much it weighs when filled with water.

5 gallons of water weighs _____ pounds!

Can you lift this much? Do you weigh more or less than this bucket of water?

Children in some dry desert areas must spend a lot of time helping carry buckets of water home for drinking, cooking, and cleaning. It's not at all easy, especially under the hot desert sun.

Standards Link: Math: Calculate sums and differences below 100.



Double Double Word Search

- BATHE
- BUILD
- CLEAN
- DRY
- HEALTHY
- HELP
- HOME
- PAIL
- POOLS
- RAIN
- ROTARY
- SOAP
- WATER
- WELLS
- WET

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

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

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

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Kid Scoop VOCABULARY BUILDERS

This week's word: **WELL**

The noun **well** means a hole dug in the ground to reach water below the surface.

I used a bucket on a rope to pull up water from the **well** at my aunt's farm.

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

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