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Quad City Herald

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Brewster dances with the horses at second annual Día de las Madres



MIKE MALTAIS/WARD MEDIA

He's filling the boots, and soon, nine-year-old Juan Pio, shown here riding with his father, Luis, will fill the saddle as he performs on his dancing mount during the festivities.



MIKE MALTAIS/WARD MEDIA

Food and souvenir vendors were busy meeting the demand.

By MIKE MALTAIS
Ward Media Staff Reporter

BREWSTER – For the second consecutive year, Dia De las Madres (Day of the Mothers) took over the town on Saturday, May 11, as music, dancing, food, and fun attracted a large crowd of revelers



MIKE MALTAIS/WARD MEDIA

The two bouncy houses on Main Street were rockin' with bouncing youngsters.

on Main Avenue near Mi Pueblo Marketplace, one of the principal organizers.

As it did at this time last year, Dia De las Madres was a huge hit for the Hispanic culture that has become a major influence in both the business and labor components of Brewster's economic prosperity.



MIKE MALTAIS/WARD MEDIA

Krezientez, performing on a flatbed trailer at the intersection of Sixth and Main, was one of three bands that performed during the Saturday event.

In the short time that the event has become the center piece for Mother's Day hereabouts it leaves little doubt that Dia De las Madres will remain a fixture in the city's future festival schedule.

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

Big Fix is big success but animal welfare needs remain

By MIKE MALTAIS
Ward Media Staff Reporter

OKANOGAN – Having a pet – or pets – rewarding as that is, can be expensive if all needs are addressed. Food, shelter, and medical care are among the most constant of those vitals, and the latter can be singularly problematic because it can occur unexpectedly and/or be an expensive budget item.

That point was brought home in a major way when Good Fix, a Greater Good Charities' program, responded to a request from Team Okanogan Animal Rescue (TOAR) to bring its team to underserved Okanogan County. The result was The Big Fix, a free four-day free spay and neuter clinic that set up shop at the Agriplex at the Okanogan Fairgrounds from May 6-9.

The demand for the desperately needed altering services in the state's largest county but with the fewest animal welfare resources could not



COURTESY OF FACEBOOK/JEANINE FOUCHER-ACADIANA
TOAR Consultant, Jeanine Foucher, left, and Transport Coordinator, Stephanie Kraemer, pose among pallets of donated pet food.

See **BIG FIX** Page B2



MIKE MALTAIS/WARD MEDIA

Salmon cooked the traditional tribal way, on skewers over a hand-dug barbecue pit, will be the featured dish at the CCT First Salmon Ceremony on May 23.

Colville Confederated Tribes celebrate First Salmon

By MIKE MALTAIS
Ward Media Staff Reporter

BRIDGEPORT – Colville Confederated Tribes Fish and Wildlife (CTRW) will host its annual First Salmon Ceremony at the Chief Joseph Hatchery administration building, 48 Half Sun Way on Thursday, May 23. Tribal elder Randy Lewis will serve as Master of Ceremonies.

The ceremony begins at 6 a.m. when catching the first salmon will

include a prayer and song by tribal leaders with an invitation to tribal leaders to also speak.

At 7 p.m. a welcoming address by CCT Chairman Jarred Erickson will introduce presentations by:

- D.R. Michel, Executive Director of the Upper Columbia United Tribes (UCUT), speaking in Reintroducing Salmon Upstream of Chief Joseph and Grand Coulee Dams,

See **FIRST SALMON** Page B2

Bridgeport City Council welcomes Foster Creek Conservation District



MIKE MALTAIS/WARD MEDIA

Jackson Moody

By MIKE MALTAIS
Ward Media Staff Reporter

BRIDGEPORT – Two presentations opened the regular monthly meeting of the city council on Wednesday, May 15.

Qristian Solorio, Chief of the Bridgeport Volunteer Fire Department, brought the council up to speed with a current report about fire staff, vehicles, and equipment. Solorio said two new recruits are in training and should be crew-ready by July. He also asked Public Works Superintendent Stuart Dezelle about the correct procedure for checking each city hydrant to ensure all are in working condition.

Foster Creek Conservation District (FCCD) Coordinator Jackson Moody followed up on a previous visit by co-worker Desiree Elliott to the Bridgeport Planning Commission on May 2. Moody began by clarifying that FCCD is based in Waterville and serves the northern half of Douglas



MIKE MALTAIS/WARD MEDIA

Qristian Solorio

County from Mansfield north and that Bridgeport is the largest city within its boundaries,

"We serve the community through quality technical assistance for natural resource stewardship," said Moody. "We do that by offering a variety of programs across five different focus areas."

- Those areas include:
- Agricultural liability
 - Habitat preservation and enhancement
 - Wildfire recovery and resilience
 - Watershed resilience
 - Community education

"We offer a variety of programs that help offset the cost for farmers who want to implement regenerative practices," said Moody. "One is a direct seed cost-share program that helps farmers switch to no-till agriculture to help cut down erosion and build soil health."

FCCD has been working with some

See **FOSTER CREEK** Page B2

Inside The Quad City Herald this Week

| | | | | | |
|-------------------------------|----|-------------------------------|----|---------------------|----|
| 5 Things to do this Week..... | A2 | Community Bulletin Board..... | B2 | Kids Scoop..... | B4 |
| Business Directory..... | B2 | Classifieds..... | B3 | Scoreboard..... | B1 |
| Church Guide..... | A3 | Dr. Louise..... | A3 | Sheriff Report..... | B2 |



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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!



5 THINGS TO DO THIS WEEK

Painting at the library

The Okanogan Library will host a painting activity on Friday, May 24 from 11 a.m. to 1:30 p.m.

"Join us for a fun painting activity," the event page states. "We will be following step-by-step instructions to create a finished acrylic painting to take home. All materials will be provided. Please wear clothes you don't mind getting paint on."

For more information and to register for the event visit nculibraries.org.

Murder mystery at the library

The Pateros Library will host Murder Mystery Under the Big Top on Friday, May 24 from 6-8 p.m. at the Pateros Brewster Community Resource Center, Conference Room.

"Harold Hargrove's dire attempts to lure audiences and show-stopping attractions

to his circus have created rivalries that extend beyond the center ring," the event page states. "As the pressure builds, a murder is committed that steals the show... and you are left to uncover the culprit before the final act."

"Do you have what it takes to solve this mystery? Join us and put your sleuthing skills to the test," the event page states. "This is a mystery social for teens and adults where participants will play a character and interact with each other to gain clues. Costumes are encouraged." Registration is required.

For more information and to register for the event visit nculibraries.org.

Live music by The White Ducks

Mellisoni Vineyards in Chelan will host live music by The White Ducks on Sunday, May 26 from 4-7 p.m.

"Join us at Mellisoni

Vineyards on May 26th from 4-7 p.m. for an electrifying performance by The White Ducks, fronted by powerhouse duo Paige Woods and Luke Moore," the event page states. "Hailing from Bellingham, this dynamic ensemble brings a fusion of grunge and classic rock to the stage, channeling the raw energy and rebellious spirit of the '90s alternative scene."

For more information visit mellisonivineyards.com.

After school activity

The Pateros Library will host an after school activity on Thursday, May 30 from 4-5 p.m.

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

For more information visit nculibraries.org.

Aladdin Kids play

Roots Community School will present the "Aladdin Kids" on Wednesday, May 29 and Thursday, May 30 from 7-8 p.m. at the Chelan High School Performing Arts Center.

"Get ready to be whisked away on a magic carpet

ride with Roots Community School's spectacular presentation of "Aladdin Kids," the event page states. "Join us for an enchanting evening filled with laughter, adventure, and unforgettable performances as our talented students bring this beloved tale to life on stage."

For more information visit rootscommunityschool.com.

Culpepper & Merriweather Circus shows are confirmed for June 9



MIKE MALTAIS/WARD MEDIA

Culpepper & Merriweather was last here in 2022.

By MIKE MALTAIS
Ward Media Staff Reporter

BREWSTER—The event application for the Culpepper & Merriweather Circus approved by the Brewster city council at its regular monthly meeting on Thursday, May 16, cleared the final hurdle needed to bring the traveling extravaganza back to Brewster for another visit on Sunday, June 9.

Thanks to the determination of Brewster Chamber of Commerce Director Anna-Marie Dalbey, a spot to hold the Big Top has been confirmed just in time to clinch the deal. The event will be held along N. Bridge Street in the parking area across from Erlandsen & Associates.

"I have been working on this since February," said Dalbey, who addressed the many requirements that ultimately

came down to a suitable location graciously provided by Gebbers Farms

The Culpepper & Merriweather Great Combined Circus will hold two shows, at 2 and 4:30 p.m., featuring the big cat act, horse act, pony rides, face painting, and more.

Ticket prices: adults - \$13, kids/seniors - \$8.

Tickets are on sale at these Brewster locations:

1. Los Paisas Store, 319 Main Avenue, Mi Pueblo, 613 Main Avenue,
2. Brewster Marketplace, 907 Highway 97. Brewster Vehicle Licensing Services/ Keller Williams Realty, 531 W. Main Avenue.

Tickets can also be purchased online using the QR code on the circus poster,

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



MIKE MALTAIS/WARD MEDIA

Life is good for this transplanted pronghorn antelope buck resting in the sun and chewing his cud on Mother's Day weekend on the Colville Reservation.

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Should you take a vitamin D supplement?



Over 50% of elderly Americans may be deficient in vitamin D. You are more likely to be low in vitamin D if you are over 65, are obese, have dark skin, are homebound, or live in an institution like a nursing home.

Vitamin D is often called the "Sunshine Vitamin" because our skin generates vitamin D from the ultraviolet energy of UVB rays found in direct sunlight. Unfortunately, sun exposure also increases your risk of getting skin cancer. Medical professionals recommend you cover up or use sunscreen when going out into the sun. This limits your ability to get enough vitamin D through your skin.

Years ago, I took a prescription medicine that caused my skin to turn bright red and itchy whenever I was outside in the sun for more than 15 minutes. To avoid a repeat of that unpleasant experience, I shunned being outside in direct sun and faithfully wore sunscreen. After several years, my vitamin D level dropped so low that I needed supplementation.

You can also develop a vitamin D deficiency from being unable to absorb fat-soluble vitamins like vitamins A, D, and E. This can happen after gastric bypass surgery

or in people with inflammatory bowel disease. Prescription medicines like prednisone, anticonvulsants, and the weight loss drug Alli® can also cause vitamin D deficiency by interfering with your ability to absorb vitamin D from your food.

Vitamin D is essential in maintaining the strength of your muscles and bones. A deficiency contributes to thinning bones, muscle weakness, and falls in the elderly.

According to Dr. JoAnn Manson, professor of medicine at Harvard Medical School and Brigham & Women's Hospital, there is evidence that vitamin D boosts your immune response to viral infections and calms inflammation.

The National Osteoporosis Foundation and the North American Menopause Society recommend 800 to 1000 IU daily of vitamin D for people aged 50 and older. Obese people may need 2-3 times that amount. Some researchers suggest that a more reasonable target is 1000-2000 IU per day of vitamin D.

It's challenging to get enough vitamin D just from your diet. The best source is fatty fish such as salmon, canned tuna, and sardines, with 300 units of vitamin D

per 3.5-ounce serving. Another good source is fortified milk, with up to 100 units per cup of added vitamin D. The United States began adding vitamin D to milk in the 1930s to combat rickets, a vitamin D deficiency in children that causes deformed legs.

Do you need a vitamin D supplement? A simple blood test can help determine how much vitamin D is present in your body. A healthy level is considered 20ng or above; I was deficient because my vitamin D blood test was 12ng.

One unlikely source of vitamin D is Prevagen®, a

non-prescription supplement marketed for memory loss that contains 2000 IU of vitamin D in every dose. One of my patients had a vitamin D level that was too high. Despite stopping her vitamin D supplement, her level didn't fall back into the normal range. Eventually, we discovered that she was taking Prevagen®, so she switched to a version that did not include vitamin D.

Is having a low vitamin D level responsible for illness or falls? The current information does not support that assumption. Instead, low vitamin D may only be

a marker for conditions that foster frailty and falling, like lack of exercise and decreased muscle mass.

Here Are 4 Tips for Getting Enough Vitamin D:

- 1. Eat vitamin D-rich foods.** Egg yolks, tuna, salmon, and fortified foods like milk, yogurt, and fortified orange juice are good sources of vitamin D. Most other foods contain minimal vitamin D unless they have been fortified.
- 2. Take 1000-2000 IU of vitamin D3 (cholecalciferol) daily.**

Cod liver oil is the most concentrated vitamin D supplement, at 1300 IU per tablespoonful. Most adult multivitamins have 800-1000 units. If you are obese, take 2000 IU daily.

3. Avoid taking the weight loss medicine Alli®.

The fat-blocking action of the non-prescription weight loss medicine Alli® interferes with your ability to absorb fat-soluble vitamin D from your intestine.

4. Get outside.

UVB radiation from sunlight on bare skin produces vitamin D in the body. However, getting your entire daily vitamin D from direct sun exposure is not recommended due to the increased risk of skin cancer from UVB rays. Eating fish and dairy, or taking a multivitamin or vitamin D supplement is a safer way to do it.

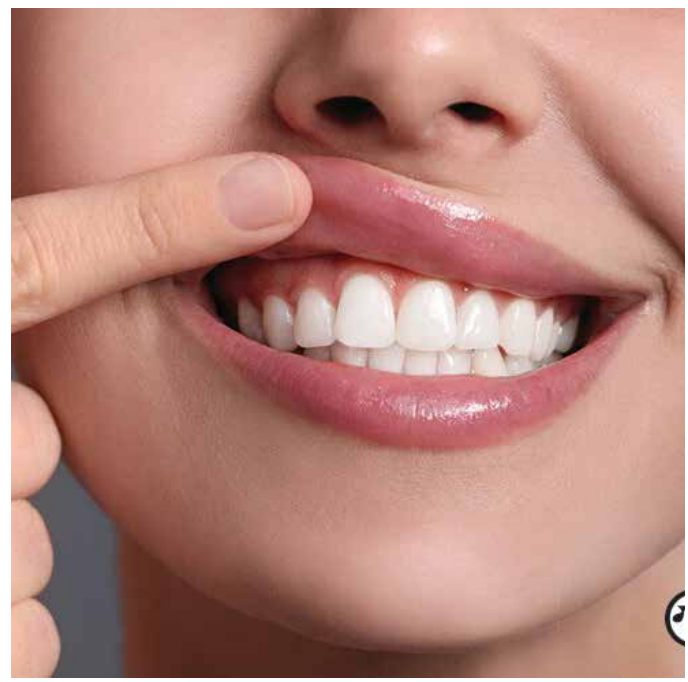
Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ♥2024 Louise Achey



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The Gap in Gum Care: Why Caring For Your Teeth's Foundation Matters



(NAPSD)—Building a great smile starts with a strong foundation. While gums are often overlooked unless they are bleeding or causing mouth pain, they are the key to good oral health, overall physical health and the best grin you can imagine.

"Adopting a healthy lifestyle includes maintaining optimal oral health. Practicing good oral care daily includes brushing teeth regularly twice a day, flossing, and using an antiseptic mouthwash," said Nadia M. Fugate, DMD, Delta Dental of Washington's senior dental consultant. "Regular professional dental cleanings on a schedule recommended by your dentist also play a crucial role in preventing gum disease."

More than half of all Americans suffer from gum

disease, and many don't even know they have it because there isn't necessarily pain involved. Gum disease is linked to glaucoma, heart disease, high blood pressure, pneumonia and other respiratory tract infections and more. People with gum disease have a 49% higher chance of contracting heart disease than those who don't have issues with their gums.

Per the Centers for Disease Control, 47.2% of adults aged 30 or older have a form of gum disease. It increases with age, as 70.1% of adults 65 and over have periodontal disease. That's why proper gum care and knowing the signs of gum disease are so important.

Types of gum disease

Gingivitis is a mild form of

gum disease which can generally be reversed with treatment and good oral hygiene.

Periodontitis is an advanced form of gum disease which is not reversible and can only be managed to prevent it from getting worse.

What happens if I get gum disease?

Gum disease can lead to an inflammatory response caused by buildup of bacteria on the teeth and around the gums. The buildup, commonly known as plaque and tartar, causes your gums to become swollen, painful and bleed easily.

Advanced gum disease can cause a loss of bone mass in and around the tooth socket and jawbone, which

ultimately can lead to teeth becoming loose, falling out or needing to be extracted.

Ways to prevent gum disease

- Brush for two minutes, twice a day
- Floss at least once a day
- Schedule regular dental checkups and cleanings
- Have a healthy diet, limiting sugary food and drinks
- Avoid tobacco use
- Replace your toothbrush every three to four months

For more information on experiencing dental issues while traveling, visit Delta Dental of Washington's blog at www.deltadentalwa.com.



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~ Matthew 19:26



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This tomato, barley and bean stew is thrifty, hearty and flexible

By **JULIA TURSHEN**
Special to The Washington Post

My friend Jordan Smith is a jack of all trades at Edy's Grocer in Brooklyn. He works catered events, develops and bakes many of the pastries that are sold every day, makes the focaccia for the dinner menu, keeps the sourdough starter going and also bakes things for big catering orders, including wedding cakes.

"Sometimes, you know, someone might request 300 brownies. So I'm the brownie person. If it goes in the oven, I'm the person," he recently told me. He also writes a Substack newsletter I've really been enjoying called Save Me a Slice, because he has always wanted a place to put his recipes.

Jordan's busy schedule means that, when he gets home from work, he is, like many of us, tired, pressed for time and eager to make a meal that is affordable and hearty, and that won't take forever to cook. When I asked him whether he would share one of his dinner go-tos for this column, I was so pleased when he sent over this recipe for Barley Stew With Tomatoes, White Beans and Cabbage. He told me that "lately I've been making a lot of quick braises using whatever ingredients I have around," but added that the base of the braises is always the same: olive oil, garlic, cherry tomatoes. From there, he adds various types of beans, vegetables and grains, making the whole thing the ultimate mix-and-match meal.

Slightly spicy, this substantial one-pot vegan dish is made with garlic, harissa, tomatoes, cabbage, beans and barley. Everything stews together to become a rich sum of its parts. What's more, it's a framework you can use to create your own version of the dish. Switch up the grains



COURTESY SCOTT SUCHMAN FOR THE WASHINGTON POST
Barley Stew With Tomatoes, White Beans and Cabbage.

and use rice or quinoa instead of barley (adjust the cooking time accordingly) or serve the cabbage and bean stew over pasta (regular or gluten-free). Don't have cabbage but have a bunch of kale that's past its prime? Use that instead. Love spice? Add more harissa. Prefer things milder? Dial back the harissa or skip it. Want a different bean? Go for it. Have a can of diced tomatoes you want to get rid of? Use those instead of the fresh cherry tomatoes. This is a recipe that invites creativity.

I especially love the optional toppings for this stew and would go so far as to say they are not actually optional. Olives add assertiveness, sour cream (vegan, if desired) adds richness, and black pepper adds another layer of spice. Like the dish itself, these toppings can be varied and riffed on in all sorts of ways. A spoonful of creamy ricotta could be used instead of sour cream, or a fried egg with a runny yolk could lend similar richness. Pickled jalapeños can take the place of the olives. You get the idea.

This is flexible cooking - comforting, inexpensive, nourishing cooking. The kind

of thing we all yearn for at the end of a long day, whether, like Jordan, you had to make hundreds of brownies, or you had a similarly large task to complete. And, of course, you did.

Barley Stew With Tomatoes, White Beans and Cabbage

Active time: 40 minutes. **Total time:** 1 hour 20 minutes
Serves 4-6 (makes about 8 cups)

Slightly spicy, this substantial one-pot vegan dish is made with garlic, harissa, tomatoes, cabbage, beans and barley. Everything stews together to become a rich sum of its parts. Optional toppings include briny olives, tangy sour cream (use vegan sour cream to keep it vegan), pickled peppers and/or plenty of freshly ground black pepper.

Storage note: Refrigerate for up to 4 days, or freeze for up to 3 months.

Where to buy: Harissa paste, including from such brands as Shuk, Cava and Mina, can be found at well-stocked supermarkets, Mediterranean or Middle Eastern markets, and online.



COURTESY SCOTT SUCHMAN FOR THE WASHINGTON POST
Here, barley gets mixed in with the vegetable stock, but there's lots of room for variations in this recipe -- for instance, farro can sub for barley.

INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 3 garlic cloves, thinly sliced
- 1 to 3 tablespoons harissa paste
- 1 pint (10 ounces) cherry tomatoes, halved
- 1 teaspoon fine salt, plus more to taste
- 1 3/4 cups water or vegetable broth, plus more as needed
- 1/2 head medium cabbage, roughly chopped (about 6 cups)
- Two (15-ounce) cans cannellini beans, rinsed and drained
- 1/2 cup pearl barley
- Juice of 1 lemon
- Freshly ground black pepper
- Sliced, pitted green olives, sour cream (regular or vegan) and/or minced pepperoncini, for serving (optional)

DIRECTIONS

In a Dutch oven or deep skillet over medium heat, heat the oil until shimmering. Add the garlic and cook, stirring occasionally, until softened slightly but not browned, 2 to 4 minutes. Reduce the heat to medium-low and add the

harissa paste. (Take care, as it might pop and splatter a bit.) Stir to bloom and incorporate the harissa into the oil, 20 to 30 seconds.

Add the tomatoes, salt and a splash (about 2 tablespoons) of water or broth to the pot. Stir briefly, then cover and cook until the tomatoes soften, 2 to 3 minutes. Uncover and use the back of a wooden spoon or potato masher to break down the tomatoes. Continue cooking, uncovered, until the mixture thickens slightly, 4 to 5 minutes.

When the mixture looks saucy and the tomatoes have collapsed, add the cabbage. Increase the heat to medium and cook, stirring frequently, until the cabbage turns glossy and slightly wilted, about 5 minutes.

Add the beans, barley and water or broth. Stir gently to submerge all of the barley in the liquid but without breaking down the beans. If needed, add a bit more water or broth. Increase the heat to bring the mixture to a simmer, then reduce it to low and cover. Cook, stirring occasionally, until the barley is tender but still a little chewy, 20 to 25 minutes. Remove the pot from the heat and let rest, still

covered, for 10 to 15 minutes, so the barley can soak up flavor and continue steaming.

Stir in half of the lemon juice, then taste and season with black pepper and more juice and/or salt, as desired.

Serve warm, with more black pepper and the sliced olives, sour cream and/or pepperoncini, if using.

Substitutions:

- If you can't have gluten, use rice or another gluten-free grain instead of the barley (or serve the cabbage and bean mixture on top of polenta or gluten-free pasta).
- No fresh tomatoes? Use a 15-ounce can of cherry or diced tomatoes.
- Looking to add more vegetables? Add a diced carrot, diced onion and a few diced celery stalks at the beginning of the recipe.
- Want more protein? Top servings with fried or poached eggs.
- Can't imagine not having meat? Serve with grilled sausages or roasted chicken.
- Sub out the cannellini with chickpeas or other canned white beans.
- For canned beans, use 3 cups home-cooked beans.
- For pearl barley, substitute pearly or semi-pearly farro.
- Instead of harissa, you can use tomato paste.
- **Nutritional Facts** per serving (1 1/3 cups), based on 6 | Calories: 285; Fat: 11 g; Saturated Fat: 1 g; Carbohydrates: 40 g; Sodium: 443 mg; Cholesterol: 0 mg; Protein: 9 g; Fiber: 10 g; Sugar: 4 g

This analysis is an estimate based on available ingredients and this preparation. It should not substitute for a dietitian's or nutritionist's advice.

From baker and writer Jordan Smith, adapted by cookbook author Julia Turshen.

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The Brewster Bears track and field team poses with its District 6 Championship trophy. Seventeen on the team have qualified for the state meet in Yakima.

Bears win District 6 track and field championship, 17 on to state

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER—The Bears varsity track and field team made a clean sweep of the District 6 Championship held on its home ground last Thursday,

May 16. Both boys' and girls' teams turned in trophy-level performances and now have the hardware to prove it.

Qualifying for the state track and field meet next week in Yakima are (District Champions in bold):

BOYS

| | |
|-------------------|---|
| Uriah Marcille | 100 meters, 200 meters, 400 relay, 1600 relay. |
| Dane Hampe | 400 meters, 400 relay, 1600 relay. |
| Cayden Milton | 800 meters, 400 relay, 1600 relay, Pole Vault. |
| Kray Hampe | 300-meter hurdles. |
| Grant Baker | 400 relay, javelin, long jump, triple jump. |
| Nicholas Thompson | 1600 relay. |
| Cort Gebbers | shot put, discus. |
| Jonah Rains | pole vault. |

GIRLS

| | |
|---------------------|--|
| Isabella Tolen | 100 meters, 200 meters, 400 relay, 800 relay. |
| Kaydence Carrington | 800 meters, 1600 meters, 3200 meters. |
| Emma Gamble | 400 relay, 800 relay. |
| Ava Mitchell | 400 relay, 800 relay, pole vault. |
| Alivia Smith | 400 relay, 800 relay, long jump. |
| Tajanai Huff | shot put. |
| Gimena Hurtado | shot put. |
| Maribel Perez | discus. |
| Pepper Boesel | javelin, high jump. |



MIKE MALTAIS/WARD MEDIA

Bears freshman Pepper Boesel releases a javelin throw during the District 6 championships on Thursday, May 16. Boesel's winning throw of 123'7" was four inches further than the 123'4" of Okanogan senior Aleena Lafferty.

"It was a very successful meet, not only because of what our Brewster Bears accomplished, but because of the fantastic help we received from those who volunteered," said Athletic Director Greg Austin who recognized the many volunteers who pitched in to make the event unfold flawlessly: Markie Miller, Karol Miller, Shane Kelly, Sammi Emigh, Ryland Weythman, Josh Lucus, Jeff Dowd, Rosa Orozco, Kelly Brown, Nic McHugo, Linda Dezelle, Pat Morris, Jackie

Hentges, Nancy Rios, Jennifer Reynolds, Rick Lewis, Tim Lewis and the Middle School track athletes.

Austin also thanked his coaching staff, Jason Brown, Mason Elms, Megan Muller, and Ryland Weythman for their work.

The WIAA 1B, 2B, and 1A state championships will be held in Eisenhower High School's Zaepfel Stadium at Yakima, May 23-25.

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

ELEVATE THE GAME:
Backing Our Spring Sports Stars
From the diamond to the track, and every field in between,
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Scoreboard

BOYS & GIRLS TRACK

| | |
|---------|---|
| May 23: | Bridgeport, Away WIAA 1B, 2B, 1A State Championship |
| May 24: | Bridgeport, Away WIAA 1B, 2B, 1A State Championship |
| May 25: | Bridgeport, Away WIAA 1B, 2B, 1A State Championship |

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

- leavenworthecho.com
- cashmerevalleyrecord.com
- qcherald.com
- lakechelanmirror.com

Why gardening can grow your mental well-being and cultivate friends

By **RICHARD SIMA**
The Washington Post

Looking for a simple change that can improve your physical, mental and emotional health? Try gardening.

People garden indoors and out, in different weather and climates and with different intensities and goals. Research consistently shows that gardening has a positive effect on mental health and well-being. And emerging research suggests that gardening may also be a way into healthy behavioral changes writ large.

Why is gardening such a healthy pursuit? Research suggests that there are two main pathways that lead gardeners to mental well-being. One is through the connection with nature and its aesthetic beauty. But another, perhaps surprisingly, is how gardening can also be a way for us to connect with other people.

"I feel like it's just about bringing the pieces back together of what makes us human," said Jonathan Kingsley, senior lecturer of health promotion at Swinburne University of Technology in Australia.

Why people enjoy gardening

Gardening can be a rich, multisensory experience, and gardeners typically cite the gardens as a source of pleasure and joy, escape or curiosity and learning.

"It's the taste, the texture, the sensation ... wind on your face and your hair, just feeling the elements of nature. And it helps people feel alive, awakening in some way," said Jill Litt, a senior

researcher at the Barcelona Institute for Global Health. "These are things that are very therapeutic."

Recent research suggests that the smells of nature may impact well-being, and nature sounds such as birdsong also boost mental health.

Like other nature-based activities, gardening may derive some of its benefits from reducing stress. The attention restoration theory hypothesizes that natural stimuli may decrease mental fatigue by gently holding our attention with "soft fascination."

But one trait that makes gardening stand out is that it "requires active participation" and "getting the hands in the dirt," said Litt, who's also a professor of environmental studies at the University of Colorado at Boulder. "You have to do something."

With weeding, watering, digging, sowing, pruning and other such horticultural duties, gardening can be a physically demanding hobby.

And physical exercise has also been shown to improve mental health.

Growing greens and cultivating connections

Gardening may not only help connect us to nature, but with other humans. Community gardening in a shared space can build trust, as people look after one another's plots of land, and offer help and advice. This social growth is slow and steady, grounded by a shared purpose, a sense of belonging and learning. "All of it's textbook on how you build strong relationships," Litt said. And the "garden calls them to come back, because they have a responsibility."

But even gardening at home is linked to greater social connectedness. In earlier research, Litt and her colleagues found that home gardeners were more socially involved - more likely to communicate with local elected officials or participate in parent-teacher associations,

for example - than non-gardeners.

Home gardeners were also more likely to positively rate the aesthetics of their neighborhood. Both the increased social involvement and aesthetics ratings were associated with better health. Participating in community gardening further enhanced these effects.

Other research has found that gardening in the front yard, where the fruits of your labor are more visible, may also foster social connections and better mental health, said Lauriane Suyin Chalmin-Pui, an independent researcher in Britain specializing in the influence of gardening on well-being.

In one study, Chalmin-Pui and her colleagues transformed 38 bare front yards into gardens for 42 participants. Three months later, the study participants reported lower stress and had healthier cortisol patterns.

The gardens provided more opportunities for participants to bump into their neighbors, and the plants provided an easy conversation starter. When Chalmin-Pui followed up with the participants after a year and a half, she found that people had gotten to know their neighbors.

Some had lived on the same street for 10 years. "But it was only after they both got plants in their front yard that they actually struck up a conversation," Chalmin-Pui said.

Chalmin-Pui recalled another study participant who was dealing with mental health issues and physical disability. The woman told her that the plants were a "lifesaver" and that "it was the first time that

she had felt human in years."

"She felt that she was keeping them alive," Chalmin-Pui said. "And the fact that she was keeping them alive meant that she was capable of doing something."

Gardening as a way to lasting behavioral change

Many of the studies investigating the health benefits of gardening are observational and correlational, so it is difficult to know whether it was the gardening that caused the health changes or whether certain types of people who already had these health behaviors were more drawn to gardening.

In the first randomized controlled trial testing the effect of community gardening on health, Litt and her colleagues worked with 37 community gardens in the Denver and Aurora, Colo., area to more directly test how gardening impacts health. For the study, 291 participants who had not gardened within the past two years were randomly selected to receive a community garden plot or remain on the waitlist.

Compared to waitlisted participants, those who gardened had increased moderate to vigorous physical activity - on average, 40.6 minutes more per week. They also consumed more fiber - about 1.4 grams of roughage each day. After one season of gardening, they also reported lower levels of stress and anxiety.

Though the size of behavioral change was modest, it was a tangible start in line with other health behavior interventions.



STOCK PHOTO

Community Bulletin Board

Local, Regional Community News & Events

Brewster

May 22, 24, 28-29

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. May 22: Swiss Steak w/Tomato Sauce, Shell Pasta, Green Beans, Spiced Salad, Banana, French Bread, Dessert; May 24: Pizza Supreme-2 Slices., Garden Salad, Waldorf Salad, Dessert; May 28: Lemony Tortellini and Bacon Salad on Greens, Watermelon, Focaccia Bread, Dessert; May 29: Baked Ham, Au Gratin Potatoes, Chuck Wagon Corn, Tossed Salad, Applesauce, Dessert; May 31: Taco Salad, Spanish Rice, Fresh Salsa, Fruit Cup, Tortilla Chips, Dessert

May 22-25, 28-31, June 1

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.

May 23, 24, 26

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.

June 5

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

May 22-23, 28-30

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

As we get ready to gather this Memorial Day, Chelan Valley Hope would like to take a moment to reflect and honor the brave people who have made the ultimate sacrifice for our country. In observance of Memorial Day, Chelan Valley Hope will be closed on Monday, May 27. However, the Little Essentials Pantry, located to the left of the front door, is available 24/7. For more information or to schedule an appointment, call them at 509-888-2114. Or visit their website and follow them on Facebook and Instagram for more details: chelanvalleyhope.org, @ChelanValleyHope. Hope wishes you all a meaningful Memorial Day filled with remembrance, love, and respect.

May 23

Chelan Evening Farmers Market

Chelan Farmers Market will be held Thursday, May 23, 2-6 p.m. The market will run through October 31, every Thursday at Riverwalk Park, corner of Wapato Avenue and Emerson Street. Enjoy 25-60 local vendors carrying fresh fruit, veggies, flowers, crafts. There will also be food trucks,

live music and much more. One of the many remarkable aspects of shopping at farmers' markets is getting to know the farmers and vendors working hard to bring their beautiful offerings to market. To become a member or sign up for their newsletter chelanfarmersmarket.org.

Okanogan

May 28

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 31

School Retirees' Association meeting

Okanogan County School Retirees' Association will meet at 11 AM, Friday, May 31, 2024 at Community Presbyterian Church of Omak, 9 Birch St. S, Omak. Meeting Focus: 2024 Scholarship recipient and 2024-'25 budget. No lunch available. For more information: Penny Garrison, 509-429-0292.

Wenatchee

June 4, 18

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

June 11

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 & 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

May 10

12:06:38 Runaway, 305 S Central Ave, Waterville
12:41:03 AtL/Atc, Jameson Lake, Mansfield, Waterville
16:57:46 Cps/Aps Refer, 1204 Douglas Ave, Bridgeport
18:01:07 911, 10 Moe Ct, Bridgeport Bar
20:03:26 Civil, 418 N Columbia Ave, Waterville
20:13:46 Animal Problem, Coronado St & Sr 173, Bridgeport
21:45:45 Noise, 1717 Fisk Ave, Bridgeport

May 11

08:05:50 Hazard, Rd 15 Nw & Rd C Nw, Mansfield

May 12

6:03:35 Assist Agency, Sr 173 & Diagonal St, Bridgeport
15:42:36 Accident Unk, 196 Rd 18 Ne, Mansfield
19:07:43 Suspicious, 2400 Tacoma Ave# 14, Bridgeport

May 13

8:49:52 Fraud/Forgery, 37 Cedar Ave, Bridgeport B
10:54:18 Harass/Threat, 100 Rd I Sw, Waterville

May 14

7:08:11 Vehicle Theft, 1346 Foster Ave# 1, Bridgeport
7:53:45 Extra Patrol, 205 E Railroad Ave, Mansfield
14:19:36 Harass/Threat, Sr 173 Mp 2, Bridgeport

May 15

8:23:59 Miscellaneous, 1544 Douglas Ave, Bridgeport

May 16

12:56:26warrant, 305 S Central Ave, Waterville
20:17:00 Domestic Disturbance, 415 N Greene St, Waterville

Brewster Police Department

May 10

12:10:52 Accident Noninj, N 7th St
18:06:32 Agency Assist, Sr 173 Hwy,

May 11

12:39:34 Accident Noninj, Highway 97
21:37:37 05/11/2 Agency Assist, Sr 173 Hwy, Bridgeport, Wa

May 13

20:35:03 05/13/24 Property Damage, Highway 97

May 14

08:23:17 Vehicle Prowl N 6th St,

May 15

09:22:04 Assault, Highway 97
10:38:34 Mal Mischief, W Main Ave
16:47:19 Violate Order, S Bridge St

May 16

13:20:37 Code Violations, W Bruce Ave

20:04:09 Violate Order S 7th St

Okanogan County Sheriff

May 10

10:16:36 Civil, Crandall Rd, Brewster

May 12

09:33:45 Alarm Burglary, Sunset View Ln, Brewster
16:46:13 Agency Assist, W Warren Ave, Pateros

May 13

11:11:53 Vin Inspection, Valley Rd, Brewster

May 14

20:25:04 Harassment Starr Rd, Pateros

May 15

09:22:04 Assault Highway 97, Brewster
14:39:45 Child Abuse Paradise Hill Rd, Brewster

May 16

07:37:39 Animal Problem Stennes Point Dr, Pateros
14:26:13 Weapon Offense W Warren Ave, Pateros
09:58:49 Agency Assist, Indian Dan Cyn Rd, Brewster

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Foster Creek

Continued from page A1

producers that are trying Sorghum in their fields as a commodity and to improve soil health. FCCD has been offering those crop innovators free soil testing.

"We have a grant from the Washington Shrub Steppe Resiliency and Recovery Initiative that is paying to replace a lot of the things that got burned in the 2020 Pearl Hill fire," Moody said.

Last year, FCCD replaced 6.5 miles of fence.

"We already started helping producers replace 35 miles of fence this year at no cost to the producer, a 100 percent cost-share and wildlife-friendly program," said Moody. "It has a smooth top and bottom wire easier for wildlife to go over and under."

Fire resilience primarily

involves noxious weed management.

"I was working with the Bureau of Land Management, Nature Conservancy, and the Department of Fish and Wildlife to manage some of the noxious weeds on their land," Moody said.

FCCD also addresses Foster Creek stream restoration projects.

"Last year, we installed 154 in-stream structures that are designed to let fish pass upstream but slow the water down to create more habitat and allow for ponding," said Moody. "That lets the water soak into the bank and makes it easier for those banks to support trees and other bank life."

FCCD collaborated with the Red Cross in Mansfield to help educate homeowners on how to make their properties more fire-resistant.

Council member Matt Schuh said that would be a helpful

program to bring to Bridgeport since the city lost homes to the Pearl Hill fire.

FCCD recently hosted an Envirothon near Bridgeport that drew teams from North Central Washington, including several from the Bridgeport school, to compete and share their enviro knowledge.

Council member Jackie Hentges asked if FCCD could bring a tree and shrub distribution or sale day to Bridgeport, similar to one she heard about in Waterville. Moody said that was not an FCCD project, but he would contact that group to see if they could bring it to Bridgeport.

To learn more about the Foster Creek Conservation District, visit its website, fostercreekCD.org.

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

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

Big Fix

Continued from page A1

have more evident judged by the overwhelming public response.

"The clinic reached capacity each day by 6:15 a.m. and many people were turned away," TOAR Consultant Jeanine Foucher told The Quad. "There were so many stories of owners going to incredible lengths so their pet could receive services. Sleeping in their vehicles overnight was standard by Day 2."

Foucher recalled one elderly woman from Tonasket who could not get on the first day of registration that was scheduled to begin at 7:30 a.m. well past the day's capacity was reached.

"Rather than leave, she stayed the day, volunteered, slept in her vehicle overnight, and got her dog in the next day," Foucher said.

In Okanogan County "there are no publicly funded animal shelters," the TOAR Facebook site says. "Only a loose network of private rescues."

A story that ran in last week's Quad conservatively estimated the out-of-pocket costs The Big Fix saved pet owners was between \$75,000 and \$200,000. That figure is well short of the actual mark.

"On average, private practice

vet services cost anywhere from \$300 - \$750 dollars per animal including spay/neuter, vaccines, microchip, and deworming," said Foucher. "In addition, TOAR distributed a significant amount of dog food, toys, and supplies. So, in my opinion, owners received \$500-\$1000 worth of services for free during this event."

In four days, the Big Fix spayed or neutered 1,027 cats and dogs.

"Many people came to us with multiple pets - sometimes 10 or 11 cats and dogs," Foucher said.

For those who were turned away and are hoping for another opportunity, Foucher said TOAR is in talks with the Greater Good Charities' Good Fix team to come back.

"This is contingent upon funding both for TOAR and for Good Fix," stressed

Foucher. "If anyone wants to help make this a reality, please visit our website, www.teamokanoganrescue.org, and donate.

In the interim, pet owners seeking access to low-cost spay/neuter and vaccine services, can contact Okanogan Regional Humane at (509) 422-9960 or ok-humane.org/. ORH currently has a vet onsite three days a week.

"I hope the message we can share with the public is Okanogan County is like many other places where resources are non-existent and dogs and cats pay the price," said Foucher. "Providing access to free or low-cost spay/neuter must become part of every lifesaving conversation.

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

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Employment

Help Wanted

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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

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following position:
• Food Service Cook/Baker 7hrs per day M-F
Position starts this fall (9 months per year) Full benefits
Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Help Wanted
CITY OF LEAVENWORTH
The City of Leavenworth is hiring for the summer pool season!
Assistant Pool Manager Must be 18 or older.
Must have lifeguarding experience. \$23.00 - \$27.20 per hour
Details at cityofleavenworth.com/employment/. EOE

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DOUGLAS COUNTY P.U.D.
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Lake Chelan School District has openings for the following positions:

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Salary is \$25.57 an hour. District will train prospective applicants and reimburse certain expenses after successful completion of the course, receipt of license and a minimum of 10 drives as an LCSD substitute.

Other District Positions:
• Substitute Teachers
• Substitute Paraeducators
• Coaches

Job postings and applications are available online at: www.chelanschools.org

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following position:
• Icicle River Middle School Resource Room Teacher
Fast Track application process and information can be found on our website at www.cascadesed.org EOE

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Legals

Public Notices

THE CITY OF PATEROS PUBLIC INFORMATIONAL MEETING NOTICE
NOTICE IS HEREBY GIVEN
The City of Pateros is holding a public informational meeting June 3, 2024, at 6 pm, at 113 Lakeshore Drive, Pateros Washington, regarding the update to the Park and Rec Plan for the City of Pateros. Community input is welcome. Any questions can be directed to city hall at 509-923-2571. Published in the Quad City Herald on May 22, 2024. #7827

Public Notices

LEGAL NOTICE
NEGOTIATION OF STATE LEASES WITH EXISTING LESSEES BETWEEN JULY AND AUGUST 2024 EXPIRES: OCTOBER 2024
12-D69794-IRRIGATED-Gov Lot 1 (NE1/4NE1/4), Sec 36, Twp 31N, Rge 24E, W.M.
Written request to lease must be received by June 24, at Department of Natural Resources, 225 S Silke Rd, Colville, Washington 99114-9369. Each request to lease must include the lease number, the name, address and phone number of applicant, and must contain a certified check or money order payable to the Department of Natural Resources for the amount of any bonus bid plus a \$100.00 deposit. The envelope must be marked "Sealed Bid" and give lease number, expiration date of lease applied for and give applicant's name. The applicant must be prepared to purchase improvements that belong to the current lessee. Persons wishing to bid to lease any of these properties can obtain more details, bid packet, and qualification requirements by contacting the Colville office or calling (509) 684-7474. Published in the Quad City Herald on May 22, 2024. #7833

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

WORDS
BRANCH
CEMETERY
DRAFT
DUTY
ENLIST
FALLEN
FEARLESS
FLAG
HEROES
HONOR
MEMORIAL
MEMORY
MILITARY
OBSERVED
PLATOON
REMEMBER
RESPECT
SACRIFICE
SERVICE
SOLDIER
SOMBER
THANKS
TOUR
VETERAN

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

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

CRYPTO FUN
Determine the code to reveal the answer!

Solve the code to discover words related to memorial holidays. Each number corresponds to a letter. (Hint: 9 = R)

A. 12 14 25 14 26 3 9 11
Clue: Protective forces

B. 1 3 26 26 25 24
Clue: Fight

C. 19 3 9
Clue: Conflict

D. 23 20 22 20 9
Clue: Pay homage

Answers: A. military B. battle C. war D. honor

Kid Scoop

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Kid Scoop Together:

Proof It!

Are you an eagle-eyed reader? Read the articles below and correct the eight spelling and grammar errors you find. The first one is done for you.

MEMORIAL DAY

National Moment of Remembrance

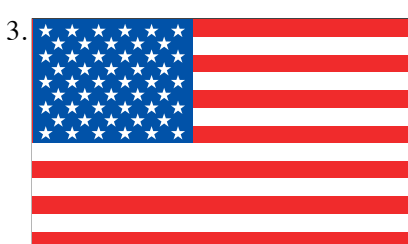
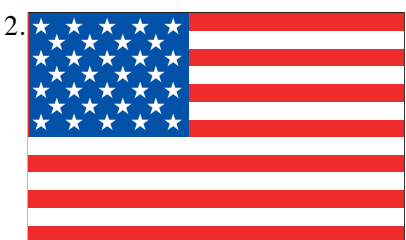
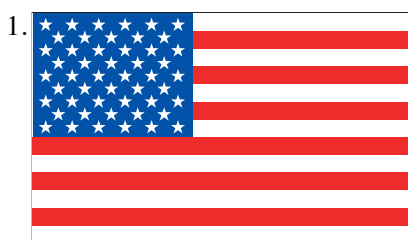
On Memorial Day weekend each year, people enjoy barbecues, sporting events, camping, weekend getaways, theme parks and concerts. But Memorial Day is really about remembering those who gave their lives defending America and other free nations in wartime.

you can participate in the National Moment of Remembrance. For one minute, Americans are asked to pause and think about the service men and women who died defending the freedoms we enjoy today.

These brave men and women served in the Army, Navy, Air Force, Marine Corps and the Coast Guard.

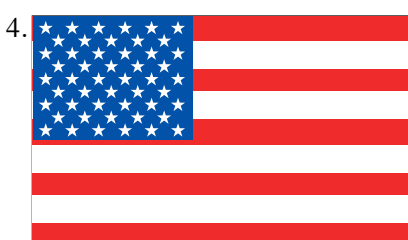
No matter where you live, at 3:00 p.m. on Monday, May 31,

Standards Link: Civics: Students know how various American holidays reflect the shared values, principles and beliefs of Americans.

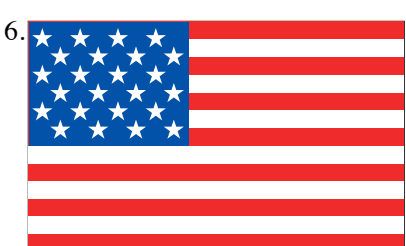
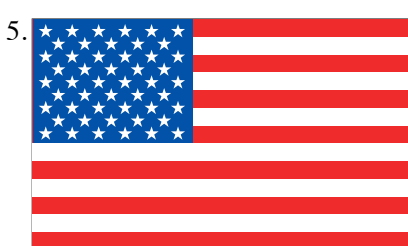


Red, White and Blue

On Memorial Day, Boy Scouts and Girl Scouts often place small flags or candles beside headstones in military cemeteries across the nation.

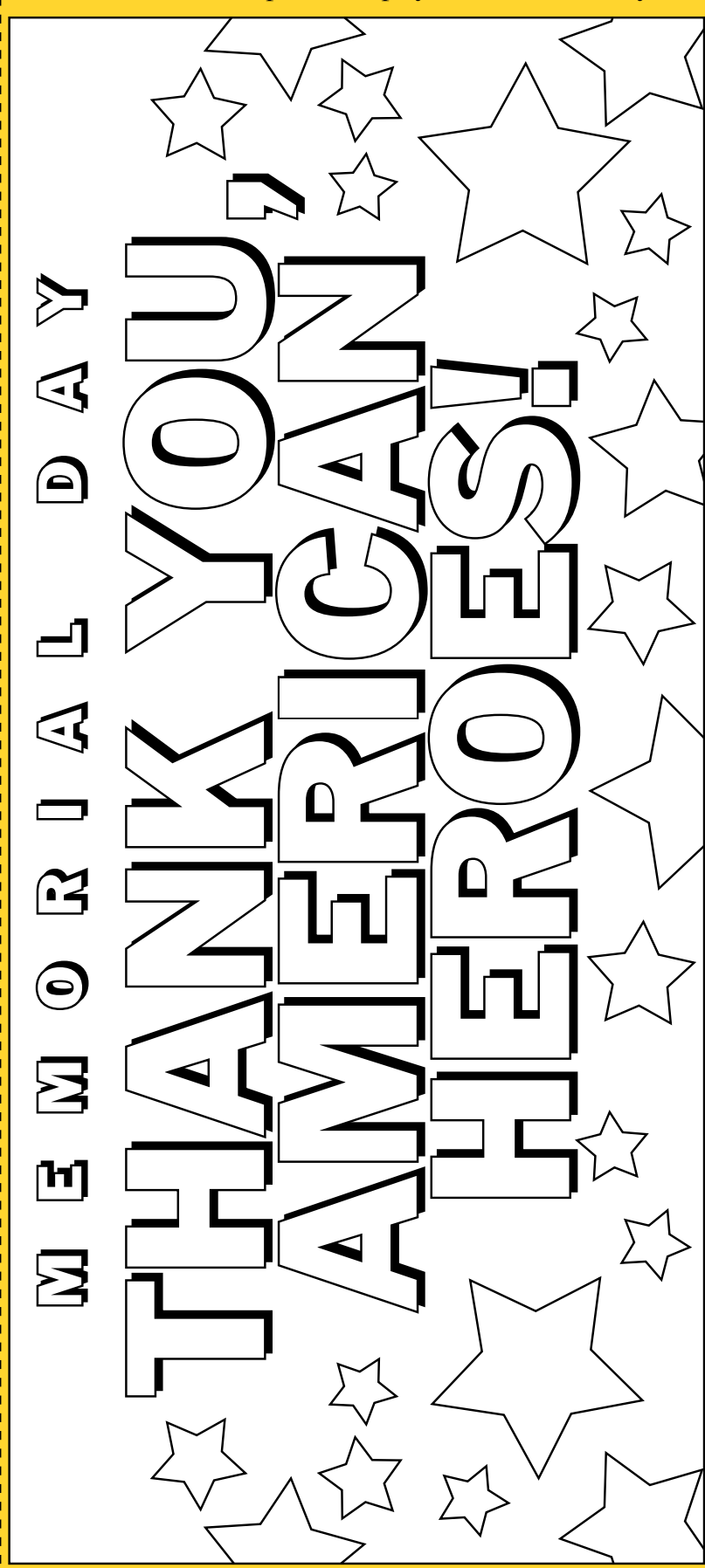


Look closely at these flags. Only two of them are correct depictions of today's American flag. Can you find them?



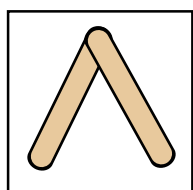
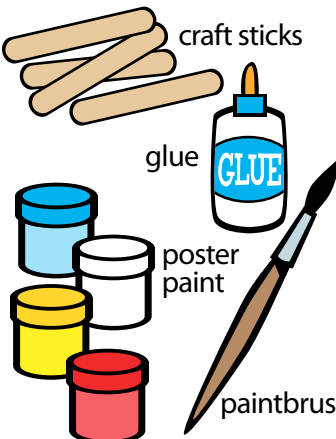
Standards Link: Investigation: Find similarities and differences in common objects.

Color this window poster. Display it on Memorial Day.

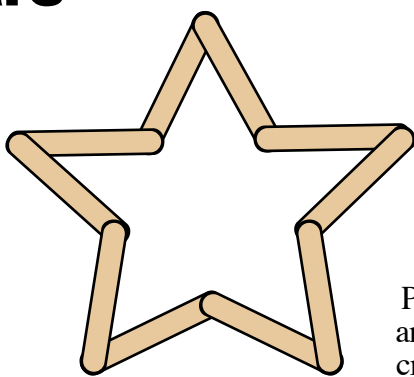


Make Patriotic Stars

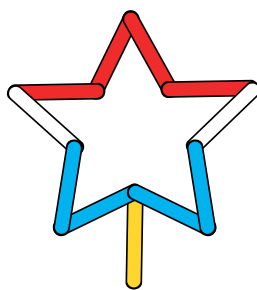
STUFF YOU'LL NEED:



Glue two craft sticks in a "V" shape as shown. Make five of these for each star you want to make.



Glue each of the "V" shapes together to form a star.



Paint the star red, white and blue. You can glue a craft stick on the bottom and place the stars in your garden or a flower pot for a Memorial Day display.

Standards Link: Reading Comprehension: Follow simple written directions.

Extra! Extra!

Memorial Day Observed

Look in the newspaper for events in your town happening on Memorial Day. What special Memorial Day parade or ceremony could your family attend?

Standards Link: Research: Use the newspaper to locate information about local events.

Memorial Day

Decoration Day began following

the U.S. Civil War in 1868.

Flowers were placed on the

graves of more than 20,000

soldiers from both the North

and South burials at Arlington

National Cemetery. It was a day

that people set aside to decorate

the graves of soldiers who had

died fighting in the Civil War.

Memorial Day became a federal

holiday in 1971. Banks, schools,

government offices and many

businesses closed on Memorial

Day so that people could take

time to honor and remember

those who died fighting for

America.

The National Memorial Day

Parade in Washington, D.C. is

held every year. It began in 2005,

and by 2009, more than 300,000

people lined the parade route.

Standards Link: Writing: Use strategies to edit written work.

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Kid Scoop VOCABULARY BUILDERS

This week's word:

HONOR

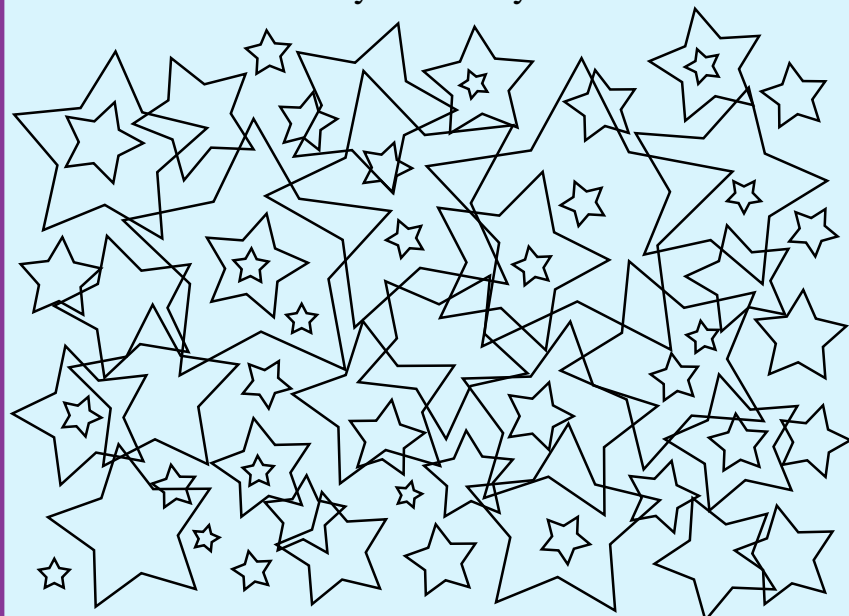
The verb **honor** means to respect a person or place.

The concert was held to honor soldiers who had died in battle.

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

Kid Scoop Puzzler

How many stars can you find?



Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

MEMORIAL
MOMENT
NATIONAL
SCOUTS
PATRIOTIC
CEREMONY
BRAVE
SERVED
MINUTE
PAUSE
DEFENDING
ARMY
CORPS
LIVES
GAVE

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

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Y | N | O | M | E | R | E | C | P | G |
| L | M | I | N | U | T | E | F | A | N |
| N | A | T | I | O | N | A | L | T | I |
| P | S | I | O | B | E | R | S | R | D |
| A | E | G | R | L | M | C | P | I | N |
| U | R | A | I | O | O | Y | R | O | E |
| S | V | V | G | U | M | E | O | T | F |
| E | E | E | T | R | T | E | C | I | E |
| S | D | S | A | N | O | T | M | C | D |

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

MEDIA PARTNER

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