



Ouad City Herald

Serving Brewster, Bridgeport, **Mansfield & Pateros area since 1901** A Ward Media Publication March 12, 2025

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Brewster officials share views on state legislative measures

By Mike Maltais

Ward Media Staff Reporter

BREWSTER – The February meeting of the city council featured a report summarizing the trip city officials made to Olympia to meet with legislators and voice support or opposition to bills affecting small

Police Chief Marcos Ruiz opposed Senate Bill 5040 - since passed - that would open the city to collective bargaining binding interest arbitration for police departments.

"Every time cities our size have to enter into binding arbitration the cost is between \$100,000 and \$200,000," said Finance Director/City Clerk Misty Ruiz. "At a time when Governor Ferguson has pledged to hire more officers in Washington State, this bill makes it financially impossible for small cities to continue services we are doing now let alone try to hire additional officers."

That funding shortfall is behind the city's support of House Bill 1436 that would incentivize and help fund the employment of commissioned law enforcement officers. The bill would allow cities to receive .01 percent of sales taxes without placing an additional tax burden on citizens.

"This would not be enough to fund an additional officer, but it would provide between \$56,000 and \$64,000 based on the last two years' (2022-23) taxes," Ruiz said.

The sales tax figures are based on a Municipal Research and Services Center (MRSC) table that lists amounts through 2023.

MRSC 2022-2023 SALES TAXES

(2024 sales taxes updated in April 2025)						
Brewster	\$565,548 (2022)	\$638,997 (2023)				
Bridgeport	\$123,146	\$117,116				
Pateros	\$127,986	\$138,250				
Mansfield	\$36,600	\$42,246				

HB 1436 cites the state's 25-year high in violent crimes coupled with the second highest property crime rate in the nation over the past

five years. This is at a time when Washington ranks last in the nation for law enforcement officers per

Ruiz said criminal justice used to be better funded.

"Many years ago, before I worked here, we used to have criminal justice funding from the state," said Ruiz. "We had a law enforcement department of 12.'

Several funding cuts later the department is less than half its former size comprised of the chief, three officers, and an administrative assistant.

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



COURTESY OF CITY OF BREWSTER

Finance Director/City Clerk Misty Ruiz

Brewster, Bridgeport pools begin search for lifeguard candidates

By Mike Maltais

Ward Media Staff Reporter

BREWSTER -- Spring is just around the corner and before you know it June will be here. With schools out and public pools open, city officials will once again struggle to find enough lifeguards to provide the requisite staffing to protect swimmers. That is why Bridgeport's Jackie Hentges and Brewster's Misty Ruiz begin early to fill the ranks and meet their minimum needs.

For Ruiz, city clerk and director of finance, which means finding about 14 part time volunteers to fill the equivalent of six full timers. The city employs a staff of 18 full time "and we will have 14 pool employees,' said Ruiz.

A recent newspaper ad for lifeguards received no responses.

"Kids do not want to work full time," said Ruiz. "They have volleyball camp, they have football camp, parents want to go on vacation...getting kids that want to be at the pool all summer is difficult."

Ruiz has also turned to labor hubs like WorkSource for lifeguard prospects.

"It's not just Brewster that's having this issue, it's all the cities having issues finding lifeguards," said Ruiz.

Lifeguard candidates must be at least 15 years old and complete

combination of online and inwater instruction includes first aid, CPR/AED instruction along with swimming skills.

Bridgeport Pool

Bridgeport councilmember and city pool manager Jackie Hentges usually begins her lifeguard search during spring break. Of the three to four she needs, "two for sure are returning, and one might be returning, so I am looking for two," Hentges said.

When the number of swimmers warrant, a lifeguard is posted at the shallow end and the deep end of the Bridgeport pool. If the wading pool is in use, a third lifeguard monitors it, Hentges said.

She sends her candidates to the Omak pool that has a lifeguard trainer.

'Normally we get them online in the first of May," said Hentges. "Usually, their training takes place starting Memorial Day weekend. I think they did three weekends last

Interested candidates can contact Brewster City Hall (509-689-3464), Bridgeport City Hall (509-686-4041), or visit either location to pick up an application.

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COURTESY OF BREWSTERWACHAMBER.COM

The Brewster pool is a favorite summer hangout.

Pateros Knowledge Bowl Team wins regional crown



The Pateros Knowledge Team holds the regional trophy as the team prepares to compete at Washington State Tournament in Wenatchee on March 22.

By MIKE MALTAIS

Ward Media Staff Reporter

PATEROS - The Pateros High School Knowledge Bowl Team is headed for the Washington State Tournament XLIII at Wenatchee High School on March 22 after taking the top prize at the regional competition held at East Valley High School on

Knowledge Bowl is a statewide academic competition started in 1983 between teams from each of the state's nine Educational Service Districts (ESD). Pateros competes in Wenatchee ESD 171 that comprises North Central Washington. The other eight ESDs include (see the table):

ESDs partner with the Office of Superintendent of Public Instruction (OSPI) to provide essential services for school districts and communities.

Tournaments are held from November through early March. The top 18 teams in Divisions 4A, 2A. 1A, and 2B and the top 12 teams from Divisions 3A and 1B advance to state

The state tournament format opens with a 35-minute written round of 50 multiple-choice questions limited to six team members. That is followed by four preliminary oral rounds of 50 questions each limited to four team members. The semifinal and championship bouts are also 50-question or al rounds limited to four team members.

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Anacortes District	180

Pateros surpluses landfill site, considers new metal recycle center

By MIKE MALTAIS

Ward Media Staff Reporter

PATEROS - The city has received an offer to purchase its 16.6-acre landfill property on Starr Road south of town for use as a future recycle center. Toward that end the city council, by unanimous vote on Feb. 18, declared the property as surplus to push the process forward.

Nick Tommer, the potential buyer who already owns three metal recycle centers, addressed the council during its January meeting to explain his proposal, describe his current operations, and answer any questions from council members. Speaking to the council last month, City Administrator Jord Wilson clarified the present status of the landfill site and reminded the members of the steps that remain to clear the way for a sale.

"The inactive landfill was closed about 30 years ago," said Wilson. "It still has some final paperwork closure to go through with the state and the county." Those steps include:

1. Off-gassing the byproduct produced by the decomposition of organic

2. Testing leachate produced when water filters downward through a landfill.

3. Monitor landfill settling.

Wilson said the water monitoring has already been done with no red flags found. Engineer assistance - at an estimated cost of \$75,000-\$100,000 is required to complete the remaining two steps. Wilson does not expect any issues to arise from either of those.

"The only garbage placed there was city trash for about eight years, said Wilson. "All cells were surveyed where there are deposits."

A condition of surplus approval is that the parcel cannot sell for less than fair market value.

"The mayor and the council have to determine fair market value," said Wilson. "That can range between the assessed and appraised value."

As part of establishing fair market value the council can consider such factors as the three-to-five jobs the new business will create, improvements to the site, and the cost of closing out the landfill as part of that fair market value.

While the parcel is not contiguous

to the city it is part of the city limits because it is city-owned, Wilson said. It remains a suitable location for a recycle center for two key reasons:

The land is unbuildable owing to the slope and the presence of large

boulders. Water is neither present nor drilling for water permitted.

The city has been working for more than a decade to find a suitable use for the land.

"We went to the state and got a grant in 2014 and did a feasibility to bring recycle to that site," said Wilson. Several years later, the city did a second feasibility for plastics recycling.

"It has been in the process to try to get a recycler in there," said Wilson. "It seemed like a good fit because of the lack of water."

Enter Tommer, owner of Moses Lake Iron & Metal, and Wenatchee Valley Salvage & Recycling, about six months ago. A willing buyer with the right business found a willing seller with the right site.

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MIKE MAI TAIS/WARD MEDIA

The former Pateros landfill parcel south of the city may soon hold a metal recycle center.

Inside The Quad City Herald this Week

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1 Week

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Letters policy

The Quad City Herald welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarify, accuracy and fairness. No letter will be published without the author's name 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

Corrections

Quad City Herald regrets any errors. If you see an error, please call **509-689-2507**. We will publish a correction

News tips

Have an idea for a story? Call Quad City

Herald at 509-731-4392 **Classified Advertising**

Classified ads can be placed during normal office hours by calling **509-689-2507** or by emailing classifieds@ward.media.

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Obituaries can be placed during normal business hours by calling **509-689-2507** or by emailing

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Back Issues are available up to

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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!

Baby and Toddler Storytime

Join us for fun with your little ones! There will be crafts, play, and stories. Come down to the Omak Public Library for a great opportunity to make friends and get your kids excited to read and play.

For more information, please visit: www.NCWLibraries.org

Reyes De Tierra Caliente at 12 Tribes Casino

Get ready to dance the night away with Reyes De Tierra Caliente at The Loggers Pub! Join us on Friday, March 15, from 9:00 p.m. to midnight for a free event that's open to everyone—until 9:00 p.m., when it becomes 21+ only. Immerse yourself in an unforgettable night of lively tunes and great company.

Whether you're a longtime fan of Tierra Caliente music or just looking for an exciting night out, this is one event you won't want to miss! Grab your friends, bring your best dance moves, and let's make it a night to remember!

For more information, please visit: www.Colvillecasinos.

St. Patrick's Chef Dinner

Get a taste of Ireland at Gamble Sands on March 15 at 4:00 p.m. This unforgettable evening will bring together locally inspired flavors and artful culinary creations. Come taste a glass or two of whiskey with your delicious dinner. This event is reservation only.

To purchase your tickets, please visit: www. GambleSands.com

38th Annual Wayne Kelly Top Dog Parade

THINGS TO DO Get ready to celebrate St. Patrick's Day in style at the 38th Annual Wayne Kelly Top Dog Parade in historic downtown Chelan on Friday, March 15!

Dress up your dogs, kids, and even yourself in your best green attire and join the fun as we parade through town in a lively celebration of community and canine charm. Parade line-up begins at 11:30 a.m. behind Wells Fargo Bank. The parade officially kicks off at 12:00 p.m.

Whether you're competing for the coveted "Top Dog" award or simply soaking in the festive spirit, this cherished local tradition is sure to bring smiles, laughter, and plenty of

wagging tails!

THIS WEEK

For more information, please contact: (509) 682-4322

Hike for Health – **Coyote Dunes**

Take the first step on your health journey and join the Chelan-Douglas Land Trust on their Hike for Health series. You'll have the opportunity to

connect with nature and learn the benefits nature has on your health. This is an ongoing series of hikes that happen on Saturday mornings. This is a free event—arrive anytime between the event time listed and receive a raffle ticket to win amazing health-focused prizes!

For more information, visit: www.CDL and Trust.org

New tariffs could threaten local journalism

by the Trump administration to impose tariffs on Canadian imports may seem like a distant policy move, but for those of us in the newspaper industry, it hits close to home - both figuratively and literally. At Ward Media, we are deeply concerned about the ripple effects these tariffs will have on our ability

to continue delivering highquality local journalism to the communities we serve.

One of the largest imports affected by these tariffs is newsprint. Canada supplies the majority of the paper used by newspapers in the United States, and as production costs rise, the financial burden will inevitably fall on local publications like ours. Unlike large national media companies with deep pockets, small and independent



From the

Terry WARD

which publishes multiple newspapers across North Central Washington, this could mean difficult choices ahead. Newsprint is one of our biggest expenses, and any significant increase in costs may force us to consider

on tight margins.

Every dollar matters.

For Ward Media,

options we don't want to reducing the number of pages we print, reducing frequency of publication, increasing subscription rates and advertising rates, or even cutting staff. None of these options serve our mission to provide essential local news to our readers.

Beyond our company, this tariff threatens the future of independent journalism across the country. When small-town newspapers struggle or shut

access to the vital reporting that keeps them informed—about city government, school board decisions, local businesses, and even the high school sports scores so many of us look forward to reading each week.

This is not just about an industry-it's about the communities we serve. The strength of our democracy depends on a free and thriving press, and policies that increase costs for local newspapers only make it harder for us to do our job.

At Ward Media, we remain committed to serving our readers and fighting for the sustainability of local journalism. We will continue to adapt, innovate, and advocate for policies that recognize the importance of a strong, independent press.

you for your Thank continued support as we navigate these challenges

OBITUARY

Jack D. Wood

Jack D. Wood was born in Crosses, Arkansas on July 20, 1936, and he passed away in Three Rivers Hospital on March 1, 2025, after a brief illness. His Mother, Mae Clark Wood Lynch, and stepfather, Roy Lynch, moved the family to Washington in the early 1940s to work in the apple orchards. Jack went to first grade in the one-room school in Methow before moving to Pateros. The former school, now the Methow Community Club played an important role in his later life as well.

Jack married Patricia Reid in 1958 and after several detours found their happy place on the Methow River. He was known for his sense of humor and love of cars. family, and casinos.

Jack is survived by his sisters Barbara Bivin and



Shirley Garretson, children Tracy (Tom) Miller, Terry Wood, and Pam (Bill) Haley, grandchildren Jake Cales, Tommy (Ashley) Miller, and Talicia (Shelby) Miller-Poole, five greatgrandchildren, and many friends. He was preceded in death by his parents, four siblings, and his wife, Pat Reid Wood.

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.



21:08:16 Assist Agency, 415 Sr **Douglas County**

March 1 00:50:45 Noise, 1905 Fisk Ave, Bridgeport 11:10:35 Traffic Offense, 1600blk

Fairview Ave, Bridgeport 11:32:26 Parking/Abandon, 500blk Columbia Ave, Bridge-

port 13:13:21 Assist Agency, 10th St & Foster Ave

Feb 28...

09:36:50 Welfare Check, 1907 Foster Creek Ave, Bridgeport 16:43:55 Assist Agency, 126 Walnut St, Mansfield 18:39:09 Traffic Offense, 19th St & Fisk Ave, Bridgeport

March 3

08:30:00 Domestic Disturbance, 2400 Tacoma Ave# 11, Bridgeport

March 4

00:37:50 911, 188 Rd 3 Nw, Waterville

12:59:40 Harass/Threat, 200 E Birch St, Waterville 15:34:25 Accident No Inj. 935

Columbia Ave, Bridgeport 16:11:59 Assist Public , 520 Fairview Ave, Bridgeport

March 5

March 6

11:31:20 Death, 1812 Raymond Ave, Bridgeport 13:31:24 Parking/Abandon,

Brandts Landing, Bridgeport 19:23:47 Civil, 331 16th St, Bridgeport 21:20:19 Harass/Threat, 603 W

Beech St, Waterville

09:05:38 Sex Offense, 700 Fairview Ave# 3a, Bridgeport 10:28:36 Sex Offense, 1912 Fisk Ave, Bridgeport

13:04:44 Assist Agency, 520 Fairview Ave, Bridgeport 20:15:23 Assist Agency, 920 Foster Ave, Bridgeport

173, Bridgeport

Brewster Police Dept. Feb 28

04:54:03 Civil, Bridge St, Brewster, Comments: M Subj Parked His Veh In Front Of

Rp's Veh Blocking Her Exit. 12:06:55 Unknown Problem. Highway 97, Pateros, Comments: Was Flagged By Citizen

Advised They Saw An Older W/M W/ Beard And Backpack Laying On Ground In Ditch, Was Seen From A Driver In Semi Truck

March 2

10:42:15 Unknown Problem, S 7th St. Brewster Comments: Rp Adv She Needed An Officer And Wouldnt Give Dispatch Details. Rp Was Reminded 704 Has Spoken To Her In The Past About Having To Give Dispatch Details But Still Refused 14:00:17 Citizen Dispute, S 7th St, Brewster

March 3

08:28:26 911 Transfer, Tacoma Ave, Bridgeport, Wa Comments: 24yom Is Naked And Has Broken A Window. The Male Is Being Aggressive. Rp Is Not On Scene. Unk If Male Is Still On Scene. Rp Is Concerned For The Safety Of Family Members There.

March 4

17:39:44 Disorderly, Hospital Way, Brewster, Comments: M Subj Getting Aggressive, Trying To Get Out Of Room And Not Listening

21:31:07 Agency Assist, Hospital Way, Brewster Comments: My self And U31 Out Assisting 21:38:46 Alarm Other, Hospital Way, Brewster, Comments: Duress Alarm Coming From Zone 11 Er Panic; M 707 Advd False Alarm; Alarm Co Called Back W/ Cancel

March 5

10:47:20 Unknown Problem, S 1st St & E Indian Ave, Brewster Comments: Ro Saw A Knife Laying On The Ground Next To The Males Leg

See **SHERIFF** Page **A3**

Kevin Rios

Kevin Rios, 22, of Brewster, Washington passed away on February 26, 2025. Barnes Chapel is handling the arrangements

for the family.



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

Meetings

Mondays

Okanogan County Fair **Advisory Committee:**

Second Monday, 6 p.m. Meetings are open to the public. Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

Family and friends Support

Group: Third Monday, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street, Wenatchee. Contact: 509-860-3620, website at: tcfwenatcheevalley.org

Tuesday

Okanogan County PUD: The commission meets the second and fourth Tuesday of the month a at 3 p.m. Information: okanoganpud.org

Douglas County PUD

meetings: The commission meets the first and third Tuesday of the month at 1:30 p.m. in the East Wenatchee office. Information: douglaspud.org

Survivors of Suicide Loss Support Group: Second Tuesday, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street, Wenatchee. Contact: 509-860-3620, website at: tcfwenatcheevalley.org

Wednesday

American Legion Post #97: Current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the American Legion Post in Brewster. Information: Greg Wagg, 206-550-6474.

American Legion Auxiliary

#97: Meets the first Wednesday of each month, at 5 p.m. at the American Legion Post in Brewster.

Brewster Chamber of Com-

merce: Meets the third Wednesday of each month at 12 p.m. at the Senior Center, 109 Bridge Street. Information email: brewsterwachamber@ amail.com

Death Cafe Chelan: Third Wednesday, 11:30 a.m.-12:30 p.m., Chelan Public Library, 216 N. Emerson Street; and 5:30-6:30 p.m., Chelan Senior Center, 534 Trow Avenue, Chelan. Contact: Concie

Luna at 509-630-2972 or Vita Monteleone at monte419@ nwi.net.

TOPS® Chapter Paves the Way to Healthy Lifestyle:

Weekly on Wednesdays, 10-11 a.m. TOPS® chapter (weight loss support group) meetings at Lake Chelan United Methodist Church. located at 206 N. Emerson St. in Chelan. Attendees should use the side entrance of the church between the Lake Chelan Health Express Care Clinic and the church. TOPS empowers people to stop dieting and start creating healthy, enjoyable lifestyle habits that will work for them over the long haul.

Thursdays

Brewster bus trips: OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. 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, 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

Chelan Cancer Support Group:

your seat.

First Thursday, 11:30 a.m.-1 p.m., Lake Chelan Health Hospital. Lunch (purchase from hospital cafe) meeting in Bragg Room. Meetings are open to anyone impacted by cancer. Including: patients, survivors, caregivers, family members and especially those who are recently diagnosed. It is also open to folks wanting to learn ways to support someone affected by cancer. It's a place where members can offer advice, share coping strategies, and build relationships along their journey. More info: Anne

Brooks, 509-682-8718. Family Caregivers/Support

Group: Third Thursday, 10 a.m.-11:30 a.m., Lake Chelan Chamber of Commerce, Coldwell Banker Board Room. 216 E. Woodin Avenue. Chelan.

Other Events/meetings

Brewster Senior Meals:

The Senior Center serves meals at noon 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

Senior Center Thrift Store: The

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

Brewster American Legion

events: Bingo every Thursday night at 6 p.m. Open to the public. Friday Steak Dinner starts at 5 p.m.; Sunday 9 a.m. to 12 p.m., order from the full breakfast menu. Daily lunch specials except for Mondays and Saturday when they are closed.

Chelan Valley Hope: Visit Chelan Valley Hope at 417 S. Bradley Street Monday

Pateros, Comments: Rec'd

A Letter From Wse Credit

Union In Olympia, Wa Adving

Her Of Updates To Her Acct.

Rp Does Not Have An Acct

W/ That Bank. She Notified

The Bank And Was Directed

Monse Bridge Rd & Hwy 97,

To Make A Report To Her

16:47:33 Disabled Vehicle,

thru Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Hope provides services at no cost to individuals and families in need. We are a local nonprofit serving Chelan, Manson, Chelan Falls. Waterville, Entiat, Bridgeport, Pateros, Mansfield, and Orondo. Call 509-888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram to get the latest Hope news and updates @ ChelanValleyHope. Donations are welcome and can be left during business hours, or give us a call and we'll gladly make arrangements. More information at chelanvalleyhope.org including a Donate Button.



Sheriff

 $Continued\ from\ page\ A2$

13:04:23 Animal Stray, S 7th St & W Indian Ave, Brewster, Comments: Bro Lab Limping W/ Collar On Going In And Out Of Yards

19:08:58 Trespassing, Highway 97, Brewster, Comments: Homless Male Sleeping Outside Building. Male In Sleeping Bag Near Blu Box For Used Clothes

Okanogan Sheriff Feb 28

08:12:16 Trespassing, Highway 97, Brewster, Comments: Had 3 People In Wrecking

Yard Last Approx 0230 Hrs, Just Saw It On Camera

15:37:46 Suspicious, Unger Rd, Brewster, Comments: Male Driving Forklift And Hauling Equipment On Rp's Property.

15:11:49 Theft Other, Max Goehry Rd, Brewster, Comments: Storage Unit Broken Into. Electric Pully Missing And Multiple Other Items. Rp Believes He Knows The Suspect, They Had Keys To Accesslocker, Placed The Lock Back On Backwards

March 1

13:16:32 Domestic Dispute, Beach St, Pateros, Comments: M Subj Will Be Dropping Off Rp's

Belongings At The Loc W/ Her Veh That Is Only Registered To Rp And Rp Doesnt Feel Safe W/ M Subj Coming To Loc Due To Him Being Involved W/ Gang.

19:15:54 Threatening, Monse Bridge Rd, Brewster, Comments: 15 Ago M Subj Sent Rp's Tenant A Threatening Text Advising Everyone There Is "Gonna Get What They Are Going To Get" Along W/ Other **Threatening Things**

March 2

05:46:50 Burglary, Monroe Orchards Rd, Bridgeport, Comments: Female Attempting To Enter Rp's

Res. Unk Who Female Is Still At Front Door Attempting Entry. Rp Didnt Hear Veh Noise, Only Hear Onesingle Female. Female Speaks English, Rp Doesnt Understand What She Is Saying

18:18:58 Violate Order. North Star Rd, Brewster, Comments: Saw Truck That Looked Like Ex Husband's Truck On Security Camera.

March 3

04:50:44 Violate Order, Highway 97, Brewster, Comments: M Subj Screaming Outside, Rp Is Protected Person In Order W/ M Subj 10:06:18 Fraud, Highway 153,

Local Le.

Brewster

97, Brewster, Comments: Rec'd Open Line 911 Call, Answer To An Open Line On Callback. Can Hear Subj's Talking In The Background. Unable To Understand What Is Being Said. Another Answer On Callback X2.

16:56:41 911 Abuse, Highway

Open Line Muffled Voices Can Be Heard

March 4

07:42:00 Harassment, Starr Rd, Pateros, Comments: Ex Boyfriend Poss Stole Rp's Firearm And Now She's Afraid For Her Life Ex Bf Has Made Mutliple Threats To Kill Rp And Her Family

11:17:43 Suspicious, Monse Bridge Rd, Brewster. Comments: Male Unk Last At This Loc, There Is An Order In Place Between Himself And Current Tenant.

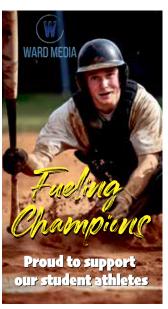
21:31:07 Agency Assist, Hospital Way, Brewster Comments: Myself And U31 Out Assisting Staff















Lady Bears receive a raucous sendoff to state



The team exchanges high fives with well-wishers crowding the sidewalks.

Brewster High School Schedule

Boys Varsity Baseball								
Tue, Mar 18	4:30: PM	Brewster vs. Cashmere		Home				
	Boys Varsity Soccer							
Tue, Mar 18	4:00 PM	Brewster vs.	Okanogan	Away				
Tue, Feb 4	4:30 PM	Brewster vs.	Okanogan	Home				
	Girls Varsity Softball							
Tue, Mar 18	4:30 PM	Brewster vs.	Lake Roosevelt	Away				

Bridgeport High School Schedule

		Boys Varsity B	aseball					
Tue, Mar 18	4:30: PM	Bridgeport vs.	Liberty Bell	Home				
		Boys Varsity	Soccer					
Tue, Mar 18	6:00: PM	Bridgeport vs.	Ephrata	Away				
	Girls Varsity Softball							
Tue, Mar 18	4:30 PM	Bridgeport vs.	Liberty Bell	Home				

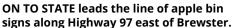
Pateros High School Schedule

		Boys	Varsity Track	
Tue, Mar 13	3:00: PM	Pateros vs.	ML Track & Field Jamboree	Away
		Boys \	Varsity Tennis	
Mon, Mar 17	4:00: PM	Pateros vs	Okanogan	Home
Wed, Mar 19	4:00: PM	Pateros vs	Entiat	Away
		Girls \	/arsity Tennis	
Mon, Mar 17	4:00 PM	Pateros vs.	Okanogan	Home
Wed, Mar 19	4:00: PM	Pateros vs.	Entiat	Away
		Girls '	Varsity Track	
Tue, Mar 13	3:00: PM	Pateros vs.	ML Track & Field Jamboree	Away



Players pose behind a row of swab bags prior to boarding the team bus.







The back of CW2B Player of the Year Pepper Boesel's hoodie lists the name of every Lady Bears player.

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Camp Fire to host annual auction fundraiser on March 29

NCW News Ward Media

WENATCHEE — Camp Fire North Central Washington Council will hold its annual auction fundraiser on Saturday, March 29, at the Wenatchee Convention Center, with proceeds benefiting Camp Zanika scholarships and youth programs.

The "Enchanted Forest" themed event will run from 5:00 p.m. to 9:00 p.m., featuring both silent and live auctions with a variety of items available for bidding. Attendees can check in beginning at 5:00 p.m., with dinner service starting at 5:30

The event will include a no-host bar, dinner, both silent and live auction events featuring a wide variety of items, decorated tables, photo booths, games, and networking opportunities.

Tickets are available at \$60 per person for single entry, which includes dinner and one raffle ticket. Other ticket

options include the "Fabled Pair" at \$110, which provides entry and dinner for two people with three raffle tickets, and the "Mystic Grove Table" for \$550, accommodating groups of 10 with 15 raffle tickets included.

The fundraiser has attracted several sponsors, including Downtown Kiwanis, Mitchell Reed & Schmitten. Smithson Insurance Services, Adobe, Gesa Credit Union, Zenbusiness, and Wenatchee Valley Medical Group, which is designated as a "Trailblazer Sponsor."

Interested individuals can purchase tickets through the Camp Fire website at campfirencw.org or by calling the Wenatchee office at 509-663-1609. The organization is also seeking additional auction item donations and sponsors to support the event.

Camp Fire USA North Central Washington Council supports Camp Zanika and various youth development programs throughout the region.

Leadership Institute of North Central Washington graduates inaugural class

NCW News Ward Media

WENATCHEE — The Leadership Institute of North Central Washington celebrated the graduation of its inaugural cohort on February 27, with 26 students from four counties completing an intensive civic leadership program.

The City of Wenatchee formally recognized the occasion by proclaiming February 27 as Leadership Institute of NCW Day during a city council meeting, followed by a graduation ceremony at the Wenatchee Valley Museum & Cultural Center.

"Strong leaders, with the tools and passion to participate fully in society, are key to strong communities," said Beth Stipe, executive director for the Community Foundation. "We spent over two years researching and evaluating program curriculum from all over the country to ensure that anyone

who had the commitment and passion to get more involved in strengthening the social fabric of our communities would have an opportunity to enhance their skills."

The 20-session training program, held at Wenatchee uses Valley College, curriculum developed by the Parent Leadership Training Institute, a national program founded 30 years ago to build civic capacity among community members. The program follows a structured approach beginning with a retreat, followed by ten sessions on personal leadership development and another ten sessions examining civics, public policy, government structures, budgets, and media

The event featured a keynote address from Zulema Gomez, Director of Capacity Building at the National Parent Leadership Institute, speeches from graduates, and remarks from District 12 Representative

As part of program requirements, graduates designed and implemented community projects addressing various needs, including emotional well-being resources, inclusive 4-H clubs, veteran services, after-school programs, community gardens, and civic participation strategies.

"This program didn't just give me tools to help climb proverbial mountains - it gave me a crew and network to do it with, including the safety net of supportive people at the base," one participant shared.

Another graduate reflected, "My whole life would not be the same without this program. It changed the way I think, and now I know how to use my voice without being afraid."

The program originated from Our Valley, Our Future's Action Plan "Game Changer" initiative, developed with feedback from over 2,500 local residents seeking more representative civic

leadership. A Civic Design Team was formed with representatives from multiple community organizations to develop the institute.

The Leadership Institute will expand to Grant County in 2025 and Okanogan County in 2026. The program is open to all adults with a passion for community improvement, regardless of prior leadership experience or education.

The Community Foundation of North Central Washington, established in 1986, manages \$163 million in assets through more than 690 individual funds and has awarded over \$63 million in grants and scholarships throughout Chelan, Douglas, Okanogan counties.

Those interested in joining a future cohort or learning *more about the program* can visit https://cfncw.org/ leadershipinstituteofncw/ for updates and application

Conservation District announces March board meeting

NCW News Ward Media

WENATCHEE Cascadia Conservation District has scheduled its Regular Board meeting for Friday, March 21, at 1:30 p.m. The meeting will be held at the district office located at 1350 McKittrick St., Suite B, in Wenatchee.

Members of the public have multiple attendance options, as the meeting will be conducted in both in-person and virtual

formats through call-in and Zoom capabilities.

Those wishing to attend in person are advised to contact the district office in advance due to limited space availability.

For additional details regarding the meeting, including virtual attendance instructions, interested parties can visit the district's website at cascadiacd.org or call the district office directly at 509-

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Debate heats up over Ferguson's request for \$100M to hire more police in Washington

By Jake Goldstein-Street Washington State Standard

The governor's push for \$100 million in new state funding to hire police officers has gotten complicated as this year's Washington legislative session enters its second half.

A new bill moving through the Legislature that would rework the proposed grant plan has driven a 180-degree shift among lawmakers.

Democrats have warmed to this one. Republicans have chilled. Gov. Bob Ferguson and others note Washington has for years been last in the nation in police staffing per capita. Ferguson pledged on the campaign trail last year to add more officers to the state's law enforcement ranks. And he's continued to press the issue now that he's in office.

Ferguson has said he wants the \$100 million both in the twoyear budget lawmakers will pass this year, and the next one in 2027. He's vowed to veto any budget that doesn't include it.

But many Democrats, including those on the Legislative Black Caucus, have raised concerns about over-policing in disadvantaged communities and argue that more officers are not the best public safety solution.

In a January meeting, Black lawmakers told the governor more money to add cops should be matched with funding for social services.

Rep. Kristine Reeves, D-Federal Way, the chair of the Legislative Black Caucus, said House Bill 2015 strikes that balance, allowing the governor to stay true to his promise while offering a more nuanced approach to public safety that isn't just more cops on the beat.

The bill's sponsor, Rep. Debra Entenman, D-Kent, is a leading police accountability voice in the Legislature.

"A few of you may wonder why I am sponsoring this legislation," Entenman told a House panel last month. "To me, there has to be more than just more police on the streets. And with this bill, I'm hoping to fund not only more police on the streets, but more services for those who might need assistance."

This legislation combines the governor's temporary infusion of state cash with a more permanent funding source: A local sales tax.

The fine print

The House measure sponsored by Entenman combines portions of several bills under consideration. At least half a dozen bills in Olympia seek to spur new revenue for local police.

This bill would allow cities and counties to implement a new 0.1% sales tax dedicated to criminal justice, without voter approval. Rough estimates show the tax would bring in over \$276 million for local governments this biennium and \$595 million in the next. That projection assumes the 35 counties and 21 cities that have adopted similar public safety or criminal justice sales taxes will also impose the new one.

For example, the proposal could allow King County to stave off harsh budget cuts as it



faces a two-year budget deficit upward of \$150 million.

To access grants from the Criminal Justice Training Commission, localities must implement the new tax by June 30, 2027.

Local police departments and sheriff's offices would have to jump through a few more hoops to tap the \$100 million in state grant funding. These hurdles include adopting model policies on use-of-force and other issues from the state attorney general's office, completing trauma-informed training for all officers and complying with the Keep Washington Working Act that restricts local police from helping federal authorities with immigration enforcement.

In the wake of President Donald Trump's promise of the biggest deportation campaign in U.S. history — and threats to local jurisdictions that don't assist in reaching that goal — some Washington police officials have said they still may aid in federal immigration enforcement efforts. The Pierce County sheriff is one of them.

The bill has quickly moved through two committees and now awaits action on the House floor, where it could get further amended.

Meanwhile, the initial proposal Ferguson championed, Senate Bill 5060, sits ready for a vote from the full Senate.

That legislation would fund the \$100 million grant program with similar policy requirements to qualify. While this bill would require 25% of officers to have completed a 40-hour crisis intervention training to qualify, Entenman's bill requires 80% compliance.

Sen. Jeff Holy, R-Cheney, who proposed this bill, said it's been heartening to have a governor focused on police staffing. He said he remains flexible on how the legislation evolves.

"Everyone is going to have ideas of how it should be," Holy said, adding "I don't care what

form it takes."

Holy's bill, which has had bipartisan support, doesn't propose the new sales tax. The money in his measure could be used for police officers, county corrections officers, peer counselors and behavioral health co-responders.

Under House Bill 2015, the grant money can be used for more than just hiring. Crisis intervention training and other public safety efforts, like emergency management planning and community assistance programs, are among the other spending options. But the bill is null and void if lawmakers don't include the \$100 million in state funding

in the budget.

A budget shortfall the governor has pegged at \$15

RYAN BERRY/ WASHINGTON STATE

Gov. Bob Ferguson delivers his inaugural address after being sworn in on Jan.
15, 2025, at the Washington state Capitol in Olympia, Wash. Ferguson has said he'll veto any budget that does not include \$100 million for police hiring.

billion over the next four years is squeezing the budget and has officials scrambling for cuts. But, so far, legislative leaders have not indicated they will rebuff Ferguson on police funding. House Speaker Laurie Jinkins, D-Tacoma, suggested Entenman's bill will require more fine-tuning but will likely reach the floor for a vote by Wednesday, the deadline for legislation to pass out of its chamber of origin.

"I think that there's a lot of good work going on around that bill to try and understand and represent what the governor wants, but also what members of the caucus are thinking about, too," Jinkins said.

The debate

Both bills have the governor's support.

In a statement Friday, Ferguson said "legislators are working hard, and I am optimistic about our progress," but didn't indicate a favored proposal.

Groups representing police, cities and counties like the House bill.

"This is really a compilation, I think, of the best parts of a lot of proposals that have been out here in this space," said Brad Banks, a policy consultant for the Washington State Association of Counties.

But while Republicans championed Holy's bill, they staunchly oppose Entenman's. Those from smaller cities say the sales tax will do little to raise money for public safety.

"I think it spreads the peanut butter a little too thin when it comes to actually getting more boots on the ground," said state Rep. Chris Corry, R-Yakima.

Senate Republican Leader John Braun, of Centralia, acknowledged Holy's bill might not make it to the governor's desk.

"I can't say for sure it'll go all the way this year," he told reporters last week. "We're going to keep pulling and keep pushing to get our state back on a better track when it comes to law enforcement by recognizing the challenges we have. And this is not a cure-all. This is a step in the right direction, but it's a relatively small step."

Many Democrats still don't think House Bill 2015 is perfect. Some find the idea of funding more police hard to stomach.

The debate will likely linger for the rest of the session, scheduled to end April 27.

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Controversial permit-to-purchase gun bill clears Washington House

By Jake Goldstein-Street branch of the U.S. armed forces. Rep. Jim Walsh, R-Aberdeen,

OLYMPIA - Democrats in the Washington state House on Saturday approved an overhaul of the state's system for buying guns.

House Bill 1163 would require a state permit to purchase firearms. Majority Democrats pushed the bill through without any Republican votes. It's a big step forward for the idea, which didn't advance out of committee last year. The bill has attracted stiff opposition from gun owners and others who argue their constitutional right shouldn't require a permit.

But supporters say that the permit system — which about a dozen other states have on the books — would make Washington safer.

"We know that this policy works," Rep. Liz Berry, D-Seattle, the bill's sponsor, said on the House floor ahead of the 58-38 vote. It will make sure guns don't get into the wrong hands and diverted into the black market where they could be used in crimes, she said.

Rep. Darya Farivar, D-Seattle, said the new requirements will bring a greater sense of safety to neighborhoods like hers, Lake City, where gunshots can be heard nightly.

"They keep us up. They confine us to our homes as an unofficial curfew," she said. "This legislation will lift that unofficial curfew and let us sleep."

This policy, she said, "will ensure that everyone who decides to purchase a firearm understands the capabilities of the machinery. It will ensure people understand that this machinery can rob people of their safety, their freedom and their lives."

In a roughly four-hour debate

that ran into the overnight hours Friday and resumed midday Saturday, Republican lawmakers proposed 27 amendments, all but one of which were rejected. Among those defeated by Democrats was a proposed exemption for veterans who received an honorable discharge from any

Rep. Jim Walsh, R-Aberdeen, said the bill violates provisions of the state constitution that

protect a person's right to due

process, privacy and ability to

defend themself with a firearm.

"This may be the worst bad bill we've seen so far this session," said Walsh, who is also chair of the state

Republican Party.

The legislation goes beyond the 10-day waiting period and background checks already enshrined in state law.

Under the legislation, prospective gun buyers would need to first apply for a five-year permit from the Washington State Patrol. To get the permit, applicants must have completed a certified firearms safety training program within the past five years, with exceptions for police officers and active military servicemembers.

The state patrol's Firearms Background Check Program would issue the permit within 30 days, or 60 days if the applicant doesn't have a state ID.

If the applicant has completed the safety course, the state would have to issue the permit unless the person is barred from having guns, out of custody on bond awaiting trial or sentencing on felony charges, or the subject of an arrest warrant.

The bill also requires those seeking a concealed pistol license to similarly take firearms safety training.

Prospective buyers can challenge denied applications in court. And the state can revoke a permit if the person no longer meets the conditions. The state patrol would recheck eligibility for existing permit holders each year.

The agency estimates it would receive about 100,000 permit applications annually. Previously, the agency had projected double that.

In 2024, the state patrol got about 250,000 requests for firearm background checks. Of those, troopers denied about 3,400. Approximately half were appealed. Two-thirds of those appeals were successful. The state patrol says it will

cost \$13.7 million in the next

state budget to handle the new program. The amount rises to nearly \$20 million in the 2027-29 budget. Fees collected for fingerprinting and background checks would offset the cost of the new permit-to-purchase program, according to a fiscal

analysis.

Rep. Cyndy Jacobsen, R-Puyallup, offered an amendment Friday night to delay the permit system until the state patrol has implemented a program to certify firearm safety courses.

Washington's bill now heads to the state Senate.

The legislation is the centerpiece in a suite of bills this year aimed at curbing gun violence. On Wednesday, lawmakers in the Senate moved to expand the list of places where Washingtonians can't carry guns.

Under that bill, which the House will now take up, it would be illegal to carry a gun or other weapon in parks "where children are likely to be present," state or local public buildings and county fairgrounds. The measure also got no Republican votes.

Other proposals include limiting bulk purchases of firearms and ammunition, requiring gun owners to lock up their weapons in their cars and homes and adding new requirements for gun dealers.

A proposed excise tax on the sale of guns and ammo has stalled.

On a bipartisan note, senators unanimously voted this week to require a year of community custody, a status similar to probation or parole, for unlawful firearm possession convictions.

This story was updated to correct the headline to say the legislation was passed by the state House.

Reporter Jerry Cornfield

contributed to this report.

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Yoga for Better Balance and Healthy Aging



PHOTOS COURTESY OF WWW.JOANNADUNN.COM

By Joanna Dunn

Balance is an essential life skill.

If your balance has ever been compromised, you know how debilitating it can be. As we age, our ability to balance begins to decline. But balance is a skill you can improve no matter your age. Our bodies are very efficient -- they prioritize the movements and skills we use and let go of those that we use less frequently. If there is a skill you wish to retain as you age - including balance - you must continue to use it.

Yoga has many benefits, including improving balance.

Yoga provides many benefits as we age. As these benefits are becoming more widely known and supported by science, doctors are now recommending that patients in their second half of life begin a regular yoga practice. In addition to gains in flexibility, yoga also teaches mindful movement, which is a helpful skill to have as we age. Practicing yoga also builds strength in the core, legs and hips, which is essential for longevity.

How your balance system works.

Yoga is also very beneficial for training our balance mechanisms. nervous system. It puts the information together so we can move smoothly from one position to the next, from one place to the next.

If one of these signals is faulty, it can have far reaching consequences in terms of our ability to move easily through the world. Throughout life but especially as we age, we need to challenge our balance system to keep these signals strong and healthy. While in some unique cases it may be necessary to work with a physical therapist, often we

can simply begin training challenging ourselves to improve our balance system.

How yoga works to improve balance.

Any active yoga

class will include poses that strengthen muscles proprioceptors involved in balance. In a typical yoga class, we also work in a variety of positions relative to gravity - such as in the pose downward dog in which we are essentially upside down. This exercises the vestibular system. We also often change what we are looking at while we remain still in a pose, which challenges the visual

How to get started with yoga

Quad City Herald March 12, 2025

If you're not already practicing yoga regularly, first check in with your doctor to make sure that yoga is right for you. When first getting started with yoga, I recommend finding a slower paced, yet active class. This is essential, especially for those of us in the second half of life or later. When it comes to strengthening our balance mechanism, it is important that we feel safe but adequately challenged. A class that moves quickly or offers complex, advanced poses might lead to injury. While many find the energy of a group class beneficial, others might prefer one-on-one work with a skilled instructor. No matter how you get started with yoga, your future self will thank you as you begin to see the benefits in your physical health.

Joanna Dunn is a yoga teacher with over two decades of experience. Based in Leavenworth, she specializes in working with older adults ages 60+. Joanna leads weekend and weeklong Yoga retreats (beginner friendly) as well as individual and group yoga and meditation sessions online via zoom. For more information: JoannaDunn.

Aging Well: Resources & Tips for Maintaining Independence

independence becomes a priority for many. With the right resources and lifestyle choices, older adults can continue to live active, fulfilling lives while staying safe and self-sufficient.

Staying Active and Healthy

Regular physical activity plays a key role in maintaining strength, flexibility, and mobility. Low-impact exercises such as walking, swimming, and stretching help improve balance and reduce the risk of falls. A well-balanced diet rich in fruits, vegetables, lean proteins, and whole

and energy levels. Staying hydrated and managing portion sizes can also contribute to long-term well-being.

Routine health checkups are essential for monitoring conditions like high blood pressure, diabetes, osteoporosis. Preventive care, including vaccinations and screenings, can help detect potential health issues early.

Home Modifications

Simple adjustments at home can make daily activities easier and reduce the risk of accidents. Installing grab bars in bathrooms, improving

As people age, maintaining grains supports overall health lighting in hallways, and removing tripping hazards such as loose rugs can enhance safety. Smart home technology, including voice-activated assistants and medical alert systems, can provide additional support for those living alone.

Staying Connected

Social engagement is vital for mental and emotional wellbeing. Community centers, senior organizations, and virtual programs offer opportunities to stay connected. Engaging in hobbies, volunteering, or participating in local events helps prevent isolation and supports a positive outlook on

Accessing Support Services

Joanna Dunn

Balance is like our "Neural

GPS," helping us to navigate

through the world. Our brain

takes in information from

the vestibular system (inner

ear), from the eyes, and from

proprioceptors in our joints

and throughout the body. The

brain receives these signals at

lightning speed through the

Many local and national programs provide assistance for seniors looking to maintain independence. Meal delivery services, transportation programs, and in-home caregiving support can help with daily tasks while allowing individuals to stay in their own homes longer. Planning for the future is also important. Legal and financial considerations, such as power of attorney, advance directives, and longterm care options, ensure that personal wishes are honored.

By making informed choices and utilizing available resources, aging adults can maintain their independence and continue to lead active, fulfilling lives well into their later years.



Healthy Smiles, Healthy Lives: The Importance of Regular Dental Checkups

Maintaining good oral health is essential to overall well-being, yet many people neglect routine dental checkups. Regular visits to the dentist play a critical role in preventing serious dental issues and ensuring a healthy smile for years to come.

Professional cleanings and examinations help remove plaque buildup, detect cavities

early, and identify potential gum disease before it becomes severe. These visits also provide an opportunity for dentists to screen for oral cancer and other health concerns that may go unnoticed.

Beyond aesthetics, poor oral health has been linked to a variety of systemic health conditions. Studies have shown

that gum disease can increase the risk of heart disease, diabetes, and other chronic illnesses. Infections in the mouth can spread to other parts of the body, emphasizing the importance of preventive care.

Routine checkups also serve as an educational tool. Dental professionals can provide guidance on proper brushing

and flossing techniques, recommend products suited to individual needs, and address any concerns about diet and oral hygiene habits.

For children, regular dental visits help establish a strong foundation for lifelong oral health. Early intervention can prevent tooth decay, promote proper jaw development, and encourage positive dental habits from an early age.

While daily brushing and flossing are essential, they cannot replace professional cleanings and examinations. Dentists have the tools and expertise to detect issues that may not be visible or cause immediate discomfort. By scheduling regular checkupstypically every six monthspatients can prevent costly and painful procedures in the

future. Prioritizing oral health is a simple yet impactful way to support overall wellness. By staying proactive with dental care, individuals can enjoy the benefits of a healthy smile and a healthier life.



Lake Chelan Museum of Wildlife, **Natural History & Art Gallery**

An Enchanting Destination



"The mission of the non-profit museum serves as an education center for wildlife conservation and to increase knowledge and appreciation for the wildlife of the world. Learn the role art and wildlife management play in conserving these valuable resources."

Open to the public Wednesday through Sunday from April to October, the museum is also available for private functions, special events, meetings and receptions. As an education center, Nature's Window is excellent for hunter-safety lessons, scout meetings, field trips, and art classes.



21285 Highway 97A, Chelan, WA 98816, north of the Knapp's Hill Tunnel 509-670-8081, email: info@nwwildlife,com or natureswindowmuseum.com A registered 501(c)3 non-profit organization. ©2025 All rights reserved

The non-surgical beauty boost your skin will love

world of beauty and wellness, we are constantly on the lookout for innovative treatments that provide real, visible results.

Enter endermologie®, developed by the scientists at LPG®, based in the south of France. This novel technology has been a staple for savvy women and men who are looking for effective treatments that address their goals, without discomfort or downtime.

The patented motorized roller, flap and suction technology gently stimulate the skin and underlying tissues. This mechanical massage enhances circulation, lymphatic encourages drainage, and boosts collagen and elastin production. The result is smoother, firmer, healthier skin, and a more

contoured physique. "Our clients are looking for state-of-the-art options that deliver visible results for the face and body," says Nicole Contos, owner of Smooth Synergy Medical Spa

City. "They keep coming back to experience the unique technology we offer that makes a real difference for their health and well-being. endermologie® by LPG® is a perennial favorite because they can achieve the visible results they are looking for."

endermologie® is FDA-cleared for the temporary reduction in the appearance of cellulite and is known for its ability to sculpt and tone the body without surgery or downtime. By stimulating the skin naturally, it offers a non-invasive alternative to traditional cosmetic procedures, making it an attractive choice for those seeking a holistic approach to beauty and wellness.

The application is not just limited to body contouring; it is also widely used for agedefying facial treatments for all skin types. The gentle suction and rolling technique improve circulation, reduce puffiness, and enhance skin elasticity, giving the face a more youthful, radiant glow.

to combat signs of aging without injections or invasive procedures, endermologie® provides a safe and effective

Aleksandra Turlure and Rola Titizian, partners at The Contour RoomTM, in Los Angeles, Sherman Oaks, and Agoura Hills, have been longtime proponents of the value of endermologie® for their clients.

"We receive many heartwarming testimonials from our cherished clients who share their positive experiences with endermologie®. Our clients report feeling lighter and rejuvenated with improved lymphatic drainage. It's very rewarding to deliver results that make a difference for them," says Aleksandra.

"Many clients see significant reduction in cellulite and dimpling on their legs after a series of treatments, which greatly boosts their self-confidence," says Rola. "These results reflect their satisfaction and happiness following endermologie®. It is immensely gratifying to witness the positive impact we are making for our clients with this best-in-class technology."

Beyond the aesthetic benefits, endermologie® is also a favorite choice for therapeutic effects. It can be used to help alleviate muscle tension, reduce water retention, and promote postworkout recovery. Athletes and wellness enthusiasts appreciate the deep-tissue stimulation that helps improve flexibility and overall physical well-being.

endermologie® continues to be a favorite treatment among high-end gyms and spas, as well as plastic surgeons and dermatologists whose patients are seeking visible, natural results with no downtime. As more people are turning to non-invasive beauty solutions, this best-in-class, tried-and-true

technology is a go-to for achieving a more youthful and healthier appearance. To learn more about endermologie® and find an LPG® provider, visit lpggroup.com/en. Follow us on: Instagram -@lpgendermologie_ america Facebook - LPGendermologie LinkedIn – LPG® AmericaYouTube-LPGendermologie America

The Power of Touch: The Science Behind Massage Therapy's Health Benefits

been recognized for its ability to promote relaxation, but its benefits extend far beyond simple stress relief. Research has shown that massage can aid in recovery, improve circulation, reduce pain, and support overall well-being. Whether used for relaxation, rehabilitation, or chronic pain management, massage therapy is a valuable tool for maintaining health.

Stress and Reducing Enhancing Mental Well-Being

One of the most immediate and well-documented effects of massage is its ability to reduce stress. Studies have found that massage therapy lowers cortisol, the body's primary stress hormone, while increasing serotonin and dopamine levels, which help regulate mood. This combination can promote a sense of relaxation, improve sleep quality, and even alleviate symptoms of anxiety and depression.

Aiding Recovery and Reducing Pain

Massage therapy is widely used in physical rehabilitation

Massage therapy has long and sports medicine to aid recovery from injuries and manage chronic pain. By improving blood circulation, massage helps deliver oxygen and nutrients to muscles and tissues, speeding up the healing process. It also reduces inflammation, breaks down scar tissue, and improves flexibility, which can prevent

future injuries. For those with chronic pain conditions such as arthritis,

fibromyalgia, or lower back

pain, regular massage can be an effective complementary therapy. By reducing muscle tension and enhancing joint mobility, massage therapy can help alleviate discomfort and improve overall function. Boosting Circulation and

Supporting the Immune System massage is its ability to enhance circulation. The rhythmic pressure applied

Another key benefit of during a massage helps move blood and lymphatic fluid through the body more efficiently, delivering essential nutrients while flushing out toxins. This process can boost immune function and promote better overall health.

drainage Lymphatic massage, in particular, is designed to stimulate the lymphatic system, which plays a critical role in the body's ability to fight infections and remove waste. By promoting lymph flow, this type of massage may help reduce swelling, support

detoxification, and improve immune response.

Improving Sleep and Enhancing Relaxation

Massage therapy has been shown to positively impact sleep quality. The relaxation response triggered by massage can help regulate the nervous system, making it easier to fall asleep and stay asleep. This effect is particularly beneficial for individuals who suffer from insomnia or disrupted sleep due to stress, anxiety, or chronic pain.

Choosing the Right Type of Massage

There are several types of massage therapy, each offering unique benefits:

- Swedish Massage Focuses on relaxation and gentle muscle tension
- Deep Tissue Massage -Targets deeper layers of muscle and connective tissue to address chronic pain and tightness.
- Massage Sports Designed for athletes to aid recovery, enhance flexibility, and prevent injuries.

Helps release tight knots in muscles that cause pain and stiffness.

Trigger Point Therapy -

Lymphatic Drainage Massage Supports immune function and reduces fluid retention.

Incorporating Massage into a Wellness Routine

For those looking to improve their overall well-being, massage therapy can be an excellent addition to a selfcare routine. Whether used for relaxation, stress management, pain relief, or recovery, regular massage sessions can provide long-term health benefits.

While professional massage is the most effective option, self-massage techniques, foam rolling, and stretching can also help maintain muscle health between appointments. By incorporating massage therapy into a wellness plan, individuals can experience both immediate relief and longterm improvements in physical and mental health.

As awareness of the science behind massage continues to grow, more people are recognizing its role in holistic health care. Whether seeking relief from stress, managing chronic pain, or enhancing overall well-being, massage therapy remains a powerful and accessible tool for a healthier life.





Schedule your appointment today 509-548-5815



cascademedical.org



Mention this ad for a special discount!



Classifieds

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

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimina-tion based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777 The number for hearing impaired is 1-800-927-9275.

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



Announcements

Miscellaneous

ELIMINATE GUTTER CLEANING FOREVER!

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

Prepare for power outages with **Briggs & Stratton**; PowerProtect(TM)

standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty 7 years (\$849 value.) Proudly made in the U.S.A. Call **Briggs & Stratton** 1-888-358-4047.

We Buy Houses for Cash AS IS!

No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-888-720-3848

DIRECTV-

All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+. Showtime. Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-888-492-3055

We buy 8,000 cars a week.

Sell your old, busted or junk car with no hoops. haggles or headaches. Sell your car to Peddle. Easy three step process. Instant offer. Free pickup. Fast payment. Call 1-888-684-5494

WNPA Releases RFP for New Website **Development:**

The Washington

Newspaper Publishers Association is accepting proposals for development of a new website. Email execdirector@wnpa.com for the RFP requirements

General Interest



Resolve Conflict Now! 509-521-6441 NCWMediation.net

Employment

Help Wanted

Road Supervisor Full-time Organization: Okanogan **County Transit** Authority (TranGO)

TranGO is hiring a full-time Supervisor. This position is hourly non-exempt. Compensation is \$30.73 33.24 per hour - DOE Benefits include health, dental, vision, life insurance (see website benefit details) retirement, sick leave, vacation. This position assists overseeing the bus drivers, the maintenance of our transit system, and ensuring the safe and efficient transportation of passengers. Bilingual, . English/Spanish preferred. Please visit www.

okanogantransit.com required qualifications, application, and job description. A application complete including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to

financehr@ okanogantransit.com or mail to TranGO, PO Box 507. Okanogan WA

Application Deadline: Open until filled. Okanogan County Transit Authority is an **Equal Opportunity** Employer.



WE ARE HIRING

Learn more online at cityofleavenworth.com/ employment

The City of Leavenworth is an equal opportunity employer (EOE)



PUD No. 1 of Okanogan County is seeking to fill the Director of Finance, Accounting and Administration position headquartered in our Okanogan office.

Please see www.okanoganpud.org for job description. requirements and submit application with resume. Okanogan PUD is an equal opportunity provider and employer.



Help Wanted



School District is seeking qualified applicants for the following position:

Bus Drivers

Paid Training Benefits and PTO Please call Lori Duncan @ (509) 548-6039 for more information.

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Administrative **Assistant Full-time** Organization: Okanogan **County Transit** Authority (TranGO)

TranGO is looking for a full-time Administrative Assistant. This position is non-exempt. hourly Compensation is \$20.33 - 21.99 per hour – DOE. Benefits include health. dental. vision, life insurance. (see website for benefit details) retirement, sick leave, vacation. Responsible to perform a variety of front desk. clerical. administrative office support functions and customer service Bilingual duties. English/Spanish preferred. Please visit

www. okanogantransit.com required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to

financehr@ okanogantransit.com or mail to TranGO, PO Box 507. Okanogan WA

Application Deadline: Open until filled. Okanogan County Transit Authority is an **Equal Opportunity** Employer.

Help Wanted

Finance/ HR Assistant **Full Time** Organization: Okanogan **County Transit** Authority (TranGO)

TranGO is looking for a full-time Finance/HR Assistant. This position is hourly non-exempt. Compensation is \$26.20 per hour. Benefits include health, dental, vision, life insurance (see website benefit details). retirement, sick leave, vacation. Responsible for assisting in operations in the areas of accounting, finance, procurement. budget, and contracts. Assists in human the agency's resources programs including recruitment, labor relations. compensation benefit administration, staff development, drug testing program keeping record accordance with state, federal, and local laws. Bilingual, English/ Spanish preferred.

Please visit

okanogantransit.com required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail completed application to

okanogantransit.com or mail to TranGO, PO Box 507, Okanogan WA

financehr@

Application Deadline: Open until filled. Okanogan County Transit Authority is an **Equal Opportunity** Employer.



Douglas PUD has an opening for: Journeyman Lineman Details at

www.douglaspud.org<htt p://www.douglaspud.org

Fun By The

Like puzzles?

mind-bending

puzzle will have

you hooked from

the moment you

square off, so

pencil and put

savvy to the test!

sharpen your

your sudoku

Then you'll love

Legals

Public Notices

PUBLIC NOTICE OF APPLICATION TO CHANGE A WATER RIGHT **TAKE NOTICE:**

That Gebbers Farms and Cascade Holdings Group LP of Brewster, WA on January 27, 2025, filed Water Right Application CG4-33054@1, change groundwater permit G4-33054 with a priority date of March 12, 2012. Permitted quantities are year-round use from 7 wells in the amount of 440 gallons per minute (gpm) and 84 acre-feet per year (ac-ft/yr) for municipal supply. The proposed change under Water Application CG4-33054@1 includes: Add point of withdrawal: The

permitted points of withdrawal are located within the SW quarter of the SW quarter and the N half of the SW guarter of Section 34, T. 31 N., R. 25 E.W.M., and the NE quarter of the SE quarter of Section 9, T. 30 N., R. 25 E.W.M. The proposed, additional point of withdrawal is located within the SW quarter of the NW quarter of Section 34, T. 31 N., R. 25 E.W.M., within Okanogan County.

Change place of use: The permitted place of use is located within the W half of the SE quarter and the SE quarter of the SW guarter of Section 9, T. 30 N., R. 25 E.W.M., and the N half of the SW quarter and the SW quarter of the SW quarter of Section 34, T. 31 N., R. 25 E.W.M., within Okanogan County. The proposed place of use is located within the W half of the SE quarter and the SE quarter of the SW quarter of Section 9, T. 30 N., R. 25 E.W.M., the N half of the SW quarter, the SW quarter of the SW quarter, and the W half of the NW quarter of Section 34, T. 31 N., R. 25 E.W.M., within Okanogan County.

To view this application as well as underlying documentation, visit our Water Right Search application and web map search here: https://appswr.ecology.wa.gov/wat

errighttrackingsystem/WaterRights/ default.aspx

Protests to this application must include a detailed statement of the basis for the objections. Protests must be accompanied with a fifty dollar (\$50.00) non-refundable recording fee. We accept check or money order only. Do not send cash. Send your protest with the \$50.00 fee to the Department of Ecology at the address below within 30 days from:

March 19, 2025 Department of Ecology Cashiering Office PO Box 47611 Olympia, WA 98504-7611 March 12 and 19, 2025. #9563

Public Notices

Legal Notice LOGIC AND ACCURACY TEST

accordance with RCW 29A.12.130 and WAC 434-335, a Logic and Accuracy test will be conducted on the Okanogan County vote counting equipment. The test will be held in the Okanogan County Auditors Office at 11:00 AM, Tuesday, March 18,

At that time a "test deck" of ballots will be run through the vote The test is tabulating equipment. designed to check the ballot tabulating programming.

A test deck will be scanned and resolved at the time of the Logic and Accuracy Test.

The test is open to the public. Published in the Quad City Herald March 12, 2025. #9569

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

ncw.news/

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

Public Notices

PATEROS IRRIGATION DISTRICT

Meeting at 8:30 a.m. on March 27, 2025 at 149 Pateros Mall, Pateros Published in the Quad City Herald March 12 and 19, 2025. # 9558

Public Notices

CITY OF PATEROS REQUEST FOR QUALIFICATIONS City of Pateros is inviting

statements of qualifications from consulting firms to provide professional engineering and/or survey services related to drinking water, wastewater, stormwater, and streets/transportation utilities and related work. Services may engineering planning, include environmental reviews, reports. applications fundina assistance, project designs, survey services, permitting, construction administration and inspection, rate and other work as studies. directed. Projects may be funded by agencies and programs such as the United States Environmental Protection Agency Community Development Block Grant (CDBG) Program with federal funds provided by the US Department of Housing and Urban Development, the Drinking Water State Revolving Fund (DWSRF). Development, Washington

USDA-Rural Washington State Department of Ecology, Transportation Improvement Board (TIB), FEMA, Washington State Recreation and Conservation Office, and other State and Federal funding programs. As a result, a number of state and federal equal opportunity and affirmative action requirements will apply. The City of Pateros is an Equal Opportunity and Affirmative Action Employer and encourages minority and women owned firms to submit statements of qualification, SOQs will be evaluated and a consultant selected based on expertise and familiarity with Pateros's utility infrastructure systems.

A digital copy of the SOQ must be submitted to the City of Pateros no later than: 6:00 PM, Thursday, April 14, 2025. Statements of Qualifications should be emailed to: City of Pateros Attn: Jord Wilson,

jwilson@pateros.us or mailed to PO Box 8, Pateros, WA 98846. Published in the Quad City Herald on March 5, 12, 2025. #9491

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE **COUNTY OF DOUGLAS** In the Matter of the Estate of ORBIT A. ROE, Deceased. No. 25-4-00011-09 PROBATE NOTICE TO

CREDITORS The Administrator named below has been appointed as the Administrator of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to Administrator at the address stated below, a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the provided creditor RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. claim is not presented within this time frame, the claim is forever except as provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate non-probate assets. Date of First Publication:

Administrator: Dustin R. Roe Attorney for the Administrator: Steven Wee, Esa. Address for Mailing or Service: 708 N. Argonne Road, Suite 1B Spokane Valley, WA 99212 Steven Wee, WSBA # 30620 Attorney for the Administrator Published in the Quad City Herald March 12, 19, 26, 2025. #9567

March 12, 2025

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NCW News Network

Leavenworth **Echo**

Cashmere Valley Record

Lake Chelan Mirror

Quad City Herald

SUDOKU

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						Leve	el: Inter	mediate

Here's How It Works:

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

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REDUCE REUSE RECYCLE