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DOUGLAS PUD

Investing in hydrogen power production

By **MIKE MALTAIS**
Ward Media Staff Reporter

BRIDGEPORT – Douglas County PUD is involved in a hydrogen production — a project for future power — to help meet long-term community energy needs and to create more energy efficiency at Wells Dam. That was one of the topics General Manager Gary Ivory addressed in an update before the Bridgeport city council at its regular monthly meeting on Oct. 18.

“There are inefficiencies in creating energy at Wells Dam,” said Ivory. “We are going to take some of those inefficiencies and run them through our hydrogen plant and produce hydrogen for the community.”

While there are a variety of applications for hydrogen, Ivory said its principal use in the Northwest is for the creation of solar panels, and computer chips for companies like Intel.

“The region recently got a

billion dollars from the federal government to promote hydrogen,” said Ivory. “We can call our hydrogen green because it’s produced at Wells Dam.”

Ivory said one of the purposes of the PUD producing hydrogen is to sell it to those who want to drive around in hydrogen-powered cars.

“We are going to try to sell this hydrogen out of the county and if there is any use inside the county we will offer it at a discounted price, similar to what we do with our

electricity,” Ivory said.

PUD power-users pay about a third of the actual cost to produce it, Ivory noted.

“The reason we can keep your rates so low is because we have all this excess energy we can sell outside the county,” said Ivory. “We plan to do that with hydrogen also.”

The new \$45 million PUD hydrogen plant is being built near Rocky Reach Dam and Lincoln Rock State Park. Plans call for hydrogen production to begin early in 2024. It will be

used mainly to provide backup power in place of fossil fuel generators.

“In the future as we run out of the Wells power resource, we are going to have to develop other sources of power,” said Ivory.

Ivory said large trucks fueled by hydrogen are ideal candidates for the energy source. He said it takes 1,000 pounds of batteries to power a large truck, plus the long distances they must travel make the time required for electrical

charging an obstacle.

“You can fill up with hydrogen as quickly as you can with gasoline or diesel,” said Ivory. “And the exhaust is water vapor.”

Wells Dam

“Wells Dam is the power resource for the whole county,” said Ivory, “and it is the reason we have low rates.”

Ivory said both sides of the dam have earth embank-

SEE **HYDROGEN** ON PAGE A3

HEALTHCARE



COURTESY OF THREE RIVERS HOSPITAL

This exterior rendering shows what the existing Three Rivers Hospital building will look like following a two-phase rebuild on its existing footprint.

New hospital hangs on Nov. ballot issue

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER – Just two weeks prior to one of the most consequential votes in its 75-year history, the Three Rivers Hospital (TRH) Board of Commissioners dealt with business as usual at its regular monthly meeting on Oct. 25.

That agenda included the 2024 budget, the 1 percent levy increase, and an application to participate in the Washington State health insurance plans.

Following no comment in the public hearing on next year’s projected budget, the board voted to adopt it as presented.

The board also approved a

maximum allowable 1 percent increase of \$18,596.06 to be collected in 2024 on \$1,859,605.80, the 2023 amount of the property tax for the hospital maintenance and operations levy.

Following a review of the medical, dental, life, and long-term disability coverage by the Health Care Authorities (HCA) for State of Washington

employees, the board voted to request approval by the HCA for participation of Three Rivers employees.

To build or not to build

Earlier this year the board authorized a Nov. 7 ballot measure asking voters to approve a \$72 million bond to

SEE **HOSPITAL** ON PAGE A3

TECHNOLOGY

Broadband group talks funding, digital equity

By **MIKE MALTAIS**
Ward Media Staff Reporter

OKANOGAN – The Broadband Action Team (BAT) — formed in 2019 to expand Internet services to all of Okanogan County — held its final meeting of the year on Oct. 26.

Among updates and topics discussed:

- The Okanogan County Electric Cooperative (OCEC) is transacting a contract with the county for its American Rescue Plan Act (ARPA) for \$500,000 in matching funds for the Washington State Broadband Office (WSBO) grant to bring Internet services to the upper Methow Valley.

- BAT representative Kayla Wells-Yoakum of WSU Extension and the Okanogan County PUD met with the Board of Okanogan County Commissioners (BOCC) on Oct. 23 to discuss the self-funded Conconully project. Conconully did not receive grant funds so ARPA dollars may be allocated for that. Wells-Yoakum said she requested that BOCC approve \$500,000 in ARPA

funds apiece for OCEC and Okanogan PUD.

- Economic Alliance Executive Director Roni Holder-Diefenbach reported on her recent attendance at the Oct. 24 Infrastructure Assistance Coordinating Council (IACC) in Wenatchee. Holder-Diefenbach asked the WSBO director if it makes economic sense to invest \$30 million in infrastructure to serve a very limited number of remote homes or consider other broadband options such as satellite. The ongoing discussion about how to best serve remote households is relevant to Okanogan County since it is one of the state’s largest such areas.

- Stafford Strong of Charter Communications said his company stands ready to help get affordable fiber into some of the county’s remote areas but agreed there are a few areas where other technologies might be more appropriate.

“Of all the 15 rural counties we serve, Okanogan County probably has the most economical costing

SEE **DIGITAL** ON PAGE A3

Childers runs for election

By **MIKE MALTAIS**
Ward Media Staff Reporter

BREWSTER – Lifelong resident Don Childers, appointed to fill unexpired city council Position 5 held by the late Tim Reib, is seeking election to that seat on the Nov. 7 ballot.

In a prepared statement about his candidacy, Childers said he is passionate about the community he has been asked to serve and enjoys being part of what he calls “an amazing team that is moving forward with economic developments and improvements that will both grow and maintain our beautiful town for all citizens.”

A military veteran, Childers served with the U.S. Army in Vietnam following his graduation from Brewster High School. He was a radio teletype operator with a helicopter unit in Cu Chi, famous for the “tunnel rats” who fought there.

“I returned to my hometown, raised two amazing kids – daughter Nikki and son, Chris – and worked for Omak Wood Products,” said Childers. “I retired after 30 years of service and continued to work after retirement as a commercial bus driver.”

SEE **CHILDERS** ON PAGE A3



COURTESY OF DON CHILDERS
Councilmember Don Childers poses with granddaughter Brandy.

Hurtado seeks former seat

By **MIKE MALTAIS**
Ward Media Staff Reporter

Brewster – Former one-term city councilman Emmanuel “Manny” Hurtado is once again running for Position 5 on the council now occupied by Don Childers.

Childers was appointed earlier this year to fill the unexpired term of the late Tim Reib.

Hurtado served from 2017-2020. Speaking with The Quad on Oct. 23, Hurtado said his primary reason for re-seeking a council seat is to promote communication with Brewster residents and the city.

“I know there is a disconnect in the community,” said Hurtado. “There’s a big percentage of the community that is Spanish-speaking and nobody seems to cater to them.”

Hurtado said he wants residents to know that their opinion matters.

“There’s this concept that the city has a lot of this power, and they do whatever they want,” said Hurtado, “when the truth is the people have the power, but they just don’t know how to use that power.”

Hurtado said he gained a new perspective of his town

SEE **HURTADO** ON PAGE A3



MIKE MALTAIS/WARD MEDIA
Emmanuel “Manny” Hurtado poses with son Cristian, left, wife Teresa, son, Isaac, and twin 12-year-old daughters Isabella and Camilla.

Inside the Quad City Herald this week

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QUAD CITY
HERALD
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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!

The Company Band

The 12 Tribes Omak Casino Hotel will host The Company Band on Saturday, Nov. 4 from 9:30 p.m. to 12 a.m. Get together and dance the night away at Loggers Pub this Saturday night for an unforgettable evening of tunes and fun. For more information visit colvillecasinos.com.

Storytime

The Omak Public Library will host storytime on Thursday, Nov. 2 from 10-10:30 a.m. Storytime is held on the first and third Thursdays of the month. Stop by to hear great stories and to do an activity after. For more information visit ncwlibraries.org.

Open Mic Night at Sigillo Cellars

Sigillo Cellars in Chelan will host Open Mic night on Wednesday, Nov. 1 from 6-8 p.m. All are welcome to attend and listen to local musicians or get up on stage and perform. Happy hour prices are available during Open Mic every Wednesday. For more information visit sigillocellars.com.

Storytime

The Pateros Public Library will host Storytime on Tuesday, Nov. 7 from 10:30-11 a.m. Join for an hour of stories, songs, rhyming, crafts, and fun. The program will be geared towards preschool ages, but all are welcome to attend. For more information visit ncwlibraries.org.



5 THINGS TO DO This Week

At the library after school

The Pateros Public Library will host At the Library After School or ATLAS on Thursday, Nov. 9 from 4-5 p.m. Join for a weekly after-school activity, cycling through crafts, STEM, board games, and more. For more information visit ncwlibraries.org.

LOCAL ELECTIONS

Your chance to shape North Central Washington's future

As the autumn leaves begin to fall and the days grow shorter, we find ourselves on the cusp of a critical event that affects every one of us: the general election. While the spotlight often shines on the grand stages of presidential and congressional races, it's essential not to overlook the significance of local elections. These contests are the backbone of our communities, shaping the daily life and future of North Central Washington.



Terry Ward

From the Publisher

Historically, voter turnout in non-presidential and non-congressional voting years has been disappointingly low in our great state of Washington. It's time to recognize the importance of local elections and reverse this trend. In 2021, only 39.38% of eligible voters in Washington State participated, underscoring the need for greater engagement. Over the past decade, Washington's voter turnout has seen its fair share of ups and downs, but our state can do better. In 2017, for instance, a mere 37.10% of eligible voters made their

voices heard, leaving important decisions in the hands of a few. We must strive for greater participation.

While we've seen some improvement, our goal should be to consistently engage a majority of eligible voters in the decision-making process.

So, why should we care about local elections? The answer is simple: because they affect our daily lives in profound ways. Local leaders determine how our tax

dollars are spent, the quality of our schools, the state of our roads, and much more. Decisions made at the local level can directly impact our communities, and it's crucial that we have a say in shaping our future.

As we approach the upcoming election on Tuesday, Nov. 7, it's essential to understand the deadlines for casting your vote. To ensure your voice is heard, ballots must be placed in a ballot dropbox or post-marked by 8 p.m. on that day. This is your opportunity to make a difference in North Central Washington, so don't let it slip away.

Let's break the cycle of low voter turnout and take charge of our future. Local elections matter, and every vote counts. By participating in these crucial decisions, we can build a stronger and more vibrant community. So, mark your calendars, fill out those ballots, and be the change you want to see. Let's ensure that North Central Washington's future is bright and promising, as it should be.

Chelan County Fair to crown first rodeo queen

By QUINN PROPST
Ward Media Staff Reporter

The Chelan County Fair and Rodeo is gearing up for an exciting change in 2024 as they prepare to crown their very first Rodeo Queen in November.

Applicants will compete in the Nov. 12 pageant at the Tillicum Riders Club House in Cashmere.

Organizers hope to make the pageant an annual event, showcasing and honoring local young women with an enthusiasm to compete for the title.

"Our rodeo is now sanctioned with the Professional Rodeo Cowboy Association or PRCA, so we are hopeful that having a rodeo queen out promoting our rodeo at other events will draw more attention to the Chelan County Fair and Rodeo," said Kristen Mattson, a member of the Chelan County Fair Board and the Chelan County Rodeo Queen Committee.

To be considered, applicants must be between the

ages of 17 and 23, attending high school or recently graduated, a resident of either Chelan, Douglas, Okanogan, or Grant counties, have riding and horsemanship skills, and have attended a mandatory orientation on Oct. 30.

Prospective queens will compete in several segments including personal interviews, horsemanship skills, modeling presentations, speech delivery, and impromptu questions.

A panel of three judges will evaluate contestants in these categories.

Mattson said the judges are looking for someone who is proud to represent the Chelan Fair and Rodeo.

The 2024 queen will be presented with a variety of awards, sponsored items, and royalty accessories to be worn during the year of her reign. She will participate in a year of community events, public speaking, parades, luncheons, and rodeos while serving as a goodwill ambassador for the Chelan County Fair and Rodeo.

In the past, the Chelan County Fair had two local young people, known as Ambassadors, who represented the fair at speaking engagements before and during the annual fair. However, in 2024, the Ambassador positions will be reduced from two to one.

The Rodeo Queen and Ambassador will work together to promote the fair and rodeo.

Mattson hopes the new queen shares her knowledge with the community to help people better understand the sport of rodeo and can serve as a good role model for little girls.

"Rodeo has always felt like family to me," she said. "Everyone who I've met through rodeo have become good friends; they are always willing to lend a helping hand when needed. My hope is the rodeo queen is a conduit for sharing that rodeo family and experience with our community."

The 2024 Chelan County Fair is scheduled for Sept. 5-8.

Quinn Propst: 509-731-3590

Election night coverage: Stay informed on key races

Ward Media/Quad City Herald

BREWSTER — As the much-anticipated election night approaches, the Quad City Herald invites our readers to stay connected and informed through our digital platforms. You can count on us for comprehensive coverage of the election results right after the ballot boxes are collected.

Where to Find Us

To follow the latest updates and election results, simply visit our website at www.qcerald.com and like our Facebook page at www.facebook.com/northcentralwash.

Our dedicated team will be working diligently to provide you with the most accurate and up-to-the-minute information as the counts are released.

What to Expect

Our election night coverage will kick off with the initial ballot count, giving you a glimpse of who's leading in the crucial races across North Central Washington. But we won't stop there. We are committed to providing you with continuous updates after each subsequent count, ensuring you're always in the know about the evolving election

landscape. At the Quad City Herald, we understand the importance of keeping our community well-informed, especially during pivotal moments like election night. Trust us to bring you the news you need in a timely and accurate manner.

Remember, for live updates and in-depth analysis, visit www.qcerald.com and follow us on Facebook at www.facebook.com/northcentral-washington. We look forward to sharing this significant evening with you as we watch the future of our region unfold.

“It's tough and the work load can seem like a lot, but school truly challenges us to improve our skills and allow us to develop important mindsets.”

Rosalinda Hernandez, Grade 12
Bridgeport High School

This month we **Focus on Education** because we ❤️ our schools! Our communities are stronger when our schools are stronger, and we thank you for supporting your local school districts.

#ncwschools

Follow us on Facebook at

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CHILDERS

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Childers served the county as a driver transporting citizens between Omak and Ellensburg before retiring a second time.

"I met so many wonderful people during my tenure,"

Childers said.

Speaking with The Quad on Oct. 25, Childers said that two important projects he supports include a renovating of the Rec Center building that currently houses the Brewster Boys and Girls Club. As the only club of its kind in the area Childers said the BBGC serves an important need for

the areas' youngsters.

A second anticipated project is a new restroom in Columbia Cove Park by the Douglas County PUD. The current facility falls short when events like the annual salmon derby overwhelm its limited capacity.

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

HURTADO

CONTINUED FROM PAGE A1

once he became a council member.

"Now when I see the city spending money, I know there

are a lot of positive reasons for it that people don't know about," Hurtado said.

Hurtado and his brother, Martin, own The Armory on Sixth and Main Street in downtown Brewster and the Monse General Store in Monse. He

first came to Brewster in 1992 from California and worked off-and-on here until 2000. He moved here permanently with his family in 2016.

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

DIGITAL

CONTINUED FROM PAGE A1

with the most opportunities for us to expand in," Strong said.

• Holder-Diefenbach said she is working with the NW Digital Equity Coalition to educate people on how to utilize the technologies being

provided. That includes the library system, employers provided with refurbished Chromebook laptop computers, conference spaces, and Zoom meetings.

"It's one thing to put the infrastructure in" said Holder-Diefenbach, "but if nobody knows how to access or utilize it then that's a problem."

• Rob Ogburn of Central

Washington University delivered a presentation about a tech hub project for the six-county region of Okanogan, Douglas, Chelan, Grant, Yakima, and Kittitas. The principal focus is disaster communications and advanced materials.

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HOSPITAL

CONTINUED FROM PAGE A1

build a "new but modest public facility" — according to a TRH media release — at the same location and on the same footprint as the existing building at 507 Hospital Way.

The bond will be repaid over 30 years and the cost breakdown — based on current data — is \$1.39 per \$1,000 of assessed property value. The average home value in the hospital district is \$180,000. To estimate the tax amount, multiply 1.39 by your home's assessed value. On \$180,000 the tax is \$250.20 per year, or \$21 per month.

"An engineering review completed last year determined that renovating the existing hospital would be more costly than building new, and structural limitations wouldn't allow it," TRH CEO Scott Graham said.

The existing hospital was built before computers were in use. Electrical, heating, and modern equipment requirements pose a challenge for the antiquated facility. The infrastructure is well past the end of its useful life. Manufacturers no longer make some

needed parts. The electrical system, for example, cannot keep up with 21st Century healthcare technology.

"We are not doing old time rural medicine here," said Chief Medical Officer Dr. Ty Witt. "We're doing modern medicine here, the same as they do in the big cities."

If approved, the design phase would begin in late 2024. Construction scheduled to begin in 2025 would be completed in two phases. Phase one is the oldest part of the building and would include the emergency department, laboratory and radiology services, expanded surgical and recovery suites, and supporting departments.

Phase two in the current single floor hospital and patient care department would become the family practice and specialty clinic, Three Rivers Family Medicine - currently located at 415 Hospital Way - and a designated area for physical therapy and other therapy services. The result:

- 24/7 emergency care in a modern environment.
- State-of-the-art laboratory and imaging.
- Expanded surgical services that provide more of what the community needs.

• Family practice and specialty services in a comfortable clinic setting.

• The ability to grow services in a modern building more appealing to providers and other skilled healthcare workers.

TRH accounting controller Jennifer Bach said TRH does about \$22 million in annual revenue and about 80 percent of that comes from the local area. The hospital employs about 144 people, at least half of whom live locally.

TRH serves about 4,500 patients a year in its clinic, and about 3,500 annually in the emergency room.

"That's saving lives every day, locally, right here," Witt said at a recent city council meeting. "We don't claim to do everything...but we can stabilize people and get them to the right place."

TRH averages about one surgery a day.

"That's not a huge number," said Witt, "but when we do them, we do them right; our complication rates are basically zero and our infection rates are zero; our nurses are top notch."

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

HYDROGEN

CONTINUED FROM PAGE A1

ments and the utility is checking them for any sink holes that may have occurred over the years. Different layers of material were engineered and compacted to make the embankments, but they are heavily saturated with water.

"Water does flow through the embankment," said Ivory. "The key is when water flows through we don't want it taking little particles or little pieces of rock because that means we are losing material."

Ivory said an extensive and expensive study is underway to analyze what is going on with the condition of the embankments and to make sure they can withstand a future seismic event.

"Around the nation there have been a lot of dam failures because the dams are getting



MIKE MALTAIS/WARD MEDIA

Gary Ivory is Douglas County PUD General Manager.

old," said Ivory. "The federal government is really pushing dam owners to take better care of the structures."

Ivory said the PUD is working through a \$300 million-plus refurbishment plan on the 50-year-old dam to keep it at a high level of maintenance for the future. Related to the refurbishment the PUD is holding strategy sessions to

address future rate increases necessary to cover some of the infrastructure costs and to keep those increases as reasonable and incremental as possible.

Ivory added that Wells Dam has the best fish passage records on the river.

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A week in the life of the Quad Cities

A week in the life of folks around the Quad Cities is never dull. Everywhere one goes or one looks there always seems to be something interesting going on. Here are snapshots of the last week.



MIKE MALTAIS/WARD MEDIA
Angel to the outcasts, Brewster resident Kim Thompson feeds the feral cats who survive the seasons as best they can along the city's river walk. Thompson has done this daily for the past four years, and gained the trust to approach all, pet most, and cuddle some like Riot, her favorite pictured here.



MIKE MALTAIS/WARD MEDIA
Andreas Collum, left, and son Wyatt Kennedy, age two years, 10 months, bust some tunes during Karaoke Night at Sweet River Bakery in Pateros on Saturday, Oct. 21.



MIKE MALTAIS/WARD MEDIA
A couple of Bears fans sign the senior posters set out on tables in the commons area during the Brewster-Manson volleyball game Oct. 24.



MIKE MALTAIS/WARD MEDIA



MIKE MALTAIS/WARD MEDIA

A truck bed full of pumpkins for sale like this one near the entrance to the City of Bridgeport is always a sure sign that October is on the mind.

HAPPY BIRTHDAY Happy Birthday HAPPY BIRTHDAY

Happy birthday to Herb Curtis who turned 95 on October 21!

Herb at 95 on the left and Herb at 18 on the right as a Marine serving in Guam.

Herb was born in Garfield, WA and lived most of his life in Colville, WA. He graduated from Colville high school at age 17 and joined the Marines, serving in the Pacific on the island of Guam. He worked as an engineer on the building of dams—Grand Coulee, Yale, Noxon Rapids, Chief Joe, Wanapum and Wells. He worked as Project Engineer at Wells Dam for 34 years. In his retirement years, he and his son, Mark, developed 40 acres in Addy, WA into a ranch where they raise registered red Angus cattle. Herb and his wife, Yvonne (age 91) continue to live in Addy and enjoy their time at the ranch.

HAPPY BIRTHDAY Happy Birthday HAPPY BIRTHDAY

QUAD CITY CHURCH GUIDE

Brewster • Methow • Bridgeport • Pateros

BREWSTER



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

METHOW

Methow Calvary Chapel Fellowship

1107 HWY. 153 • Methow, WA 98834

Pastor Jason Getzin • 509-923-2782

Visit us at Youtube

@Through the Bible with Pastor Jason

Please see our facebook for special guest speakers!

www.facebook.com/methowcc

"With men this is impossible; but with God all things are possible."

- Matthew 19:26



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

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.

- Your Community News will appear in print and online at qcherald.com
- Garage and Yard Sale Ads are paid events. Please emails those to classifieds@ward.media
- For more info call the Quad City Herald at 509-689-2507
- Email your Community News Item to ruth@ward.media

COMMUNITY BULLETIN BOARD

**Nov. 1, 3, 7-8
Senior meals served Tuesday, Wednesday, Friday at Senior Center and home delivery**

BREWSTER – The Senior Center is now serving meals at noon at the center on Tuesdays, Wednesdays and Fridays. Home delivered meals are delivered those same days. Please call 509-689-2815 to reserve meals. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Nov. 1: Baked Fish Fillet
Pesto Pasta, Caribbean Veggies, Spinach Salad, Pudding/Berry Parfait; Nov. 3: Ham, Au Gratin Potatoes, Green Beans, Pineapple, WW Roll, Apple Crisp; Nov. 7: Cheese Stuffed Shells with Marinara Sauce, Peas, Spinach Salad, Tropical Fruit, Breadstick, Dessert; Nov. 8: Ham & Au Gratin Potato Caserole, Glazed Carrots, Spiced Salad, Waldorf Salad, WW Roll, Dessert.

**Nov. 1-4, 6-11
Senior Center Thrift Store**

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Check out their great kids section. Donations accepted when they are open. They are also the Brewster Visitor

Information Center and the Brewster Chamber of Commerce meeting room.

**Nov. 1-2, 6-9
Chelan Valley Hope**
Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat
CHELAN - As we enter Native American Heritage Month (November), Chelan Valley Hope wants to highlight that supporting Indigenous people and culture is more than a month-long effort. It is an ongoing commitment to acknowledge the resilience and contributions of Indigenous communities and work towards a more equal society for all. At Hope, we strive to maintain a safe, supportive, and equal space for all. We also recognize that Chelan Valley Hope sits on the original homelands of the ščəłálməxəw (Chelan) people. We raise our hands to honor the Indigenous people who have inhabited this land before us.

**Nov. 2
Bingo**
BREWSTER - Brewster American Legion Bingo every Thursday night at 6 p.m. Open to the public. Progressive blackout game pot up to over \$700.

**Nov. 8, 22
Okanogan County PUD meeting**
OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners is at

3 p.m. For more information okanoganpud.org

**Nov. 8
Brewster Chamber to meet**
BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Oct. 11, 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.

**Nov. 9, 16
Brewster bus trips**
BREWSTER – OCTN takes Brewster area resident to Wenatchee, second Thursday of the month. That next trip is Nov. 9 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, Nov. 16 riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

**Nov. 11
Flag retirement ceremony**
BROWSER - On Veterans Day,

Nov. 11, at noon, at the Brewster Legion there will be a flag burning/retirement ceremony. Bring your old American flags. Membership Drive spaghetti dinner and drinks 3-7 p.m. Free appreciation spaghetti dinner for every member with their dues paid up. For more information: Commander Greg Wagg, gregwagg@yahoo.com

**Nov. 11
Method Calvary Chapel special speaker**
METHOW - "Aliens and What The Bible Has To Say". Join Methow Calvary Chapel for presentations by Will Marron from the "Peshastin Creation Museum" on Nov. 11 at 11 a.m. Aliens and the Bible; then at 11 a.m.; Session 2:12:30 p.m. "After The Tower of Babel, Ancient peoples, and Their Amazing Technologies"; Q & A Session afterwards. For more information contact Pastor Jason at 509-733-4195. Methow Calvary Chapel, 1107 Highway 153, meets Sunday at 9:30 a.m. and Wednesday at 6 p.m. They study the bible verse by verse and Chapter by chapter making God's word understandable and applicable to all. All are welcome.

**Nov. 13
Okanogan County Fair Advisory Committee**
OKANOGAN – The Okanogan

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

**Nov. 14, 28
Douglas County PUD meetings**
EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is at 1:30 p.m. in the East Wenatchee office.

**Nov. 14
Survivors of Suicide Loss Support Group**
WENATCHEE - 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

**Nov. 15
American Legion meeting**
BREWSTER – American Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. For information call Greg Wagg at 206-550-6474.

**Nov. 19
NAMI virtual Family to Family series**
NCW - NAMI (National Alliance on Mental Illness) Chelan Douglas will be putting on a VIRTUAL, free of charge, Family to Family series of eight classes for friends and family members of people with a mental health conditions. The course is designed to increase understanding and advocacy skills while helping participants maintain their own wellbeing. The classes will begin on Sundays, starting November 19, 1-3:30 p.m. for eight weeks. You must have a tablet or computer to attend and wifi. To register contact Jacquie @namidprograms@gmail.com or at 509 679-8266.

**Nov. 20
Family and friends Support Group**
WENATCHEE - Family and friends Support Group meets the 3rd Monday of every month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street, Wenatchee. For information, call 509-860-3620 or visit their website at: tcfwenatcheevalley.org

**Dec. 6
American Legion Auxiliary to meet**
BREWSTER – The American Legion Auxiliary #97 meets the first Wednesday of each month, at the American Legion Hall at 6 p.m.



Obituary & Memorial Policies

Ward Media LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald: An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-682-2213 or 509-689-2507 for more information Or email ruth@ward.media



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PLAYOFF SPOT STILL POSSIBLE

Bears soccer falls to Okanogan, 4-2



MIKE MALTAIS/WARD MEDIA

Pepper Bosel closely follows a goal attempt against Okanogan in the second half with the game tied, 1-1.

By MIKE MALTAIS
Ward Media Staff Reporter

OKANOGAN – The Brewster varsity girls soccer team kept its state soccer playoffs alive with a semifinal rematch despite losing to the league-leading Bulldogs at Okanogan last Saturday, Oct. 28.

The Bears defeated Bridgeport, 6-1, in a loser out game on Thursday, Oct. 26, for the opportunity to take on the Bulldogs again. In their only other meeting this season on Tuesday, Oct. 24, Okanogan squeezed out a 3-2 win making Tonasket the only CW2B opponent to beat them in the regular season.

Brewster scored in the first half to take a 1-0 lead into halftime, but Okanogan rallied in the second half with three goals to the Bears' 1 and led 3-2 as time ran down. The Bulldogs added an insurance score with a final penalty shot



MIKE MALTAIS/WARD REPORTER

Okanogan barely saves a shot by Pepper Boesel.

just before the game ended to win 4-2.

Okanogan advances to the league championship game. Brewster was scheduled to host Liberty Bell on Tuesday,

Oct. 31, for the third and final spot in the district 6/7 cross-over games.

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

SOCCER

Fillies end season with 6-0 loss to Brewster

By MIKE MALTAIS
Ward Media Staff writer

BREWSTER – The Bridgeport Fillies varsity girls' soccer team saw its playoff hopes vanish along with a 6-0 loser-out decision to the second-ranked Brewster Bears last Thursday.

The team had its hands full against some solid opponents in CW2B leader and defending state champion Okanogan and second-place Brewster. Tonasket and Liberty Bell were also formidable rivals.

The Fillies did turn away conference rival Manson on both occasions when the teams played this season. Bridgeport defeated the Trojans, 7-3, on the road, Sept. 19, and 4-1 a month later on the Fillies' home field.

Bridgeport opened its regular season with a 5-3 road loss on Lake Roosevelt on Sept. 7, but defeated the Raiders, 3-1,



MIKE MALTAIS/WARD MEDIA

Brewster's Pepper Boesel, in red, maneuvers against Bridgeport's Keysha Nava, 5, and Anahi Ruiz, 22, near the Fillies' goal as Millie Xhurape, 26, stands ready to defend. The Bears defeated the visitors, 6-0, in the loser-out playoff to end Bridgeport's season.

when they hosted them on Oct. 10.

The Fillies are a young team with seven sophomores and six freshmen on the roster. They lose senior team leaders Rosa Hernandez, Keysha

Nava, Lizbeth Riveria, and Angie Valdovinos to graduation. Juniors on this season's team are Evelyn Jimenez and Joaquina Torres.

DEFEAT TONASKET IN SEMIS, 3-1

Bears fall to Manson, face Lake Roosevelt

By MIKE MALTAIS
Ward Media Staff Reporter

OMAK – The Brewster High School varsity volleyball team, ranked fourth in the Central Washington 2B coming into last Saturday's league tournament, advanced to the league championship after defeating Tonasket in four sets in the Omak High School gym on Oct. 28.

All sets were close with the largest margin just seven points. Brewster won the first hard-fought set, 26-24, before losing the second to the Tigers, 18-25. The Bears rallied to take the next two, 25-19, and 25-20.

Brewster beat Tonasket twice in the regular season, winning a 3-2 match on Oct. 16, and repeating the following day in three consecutive sets. Saturday's match was a back-and-forth affair with strong kills and good blocking on both sides of the net.

Later the same day Brewster met Manson for the league championship. The Trojans defeated the Bears in both of their regular season matches and stayed true to form, win-



MIKE MALTAIS/WARD MEDIA

Brewster freshman Ximena Chavez drives a ball over the attempted block of two Tonasket opponents.

ning the playoff match. Brewster will face Lake Roosevelt on Saturday, Nov. 4, for third place in league and a shot at

state seeding.

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

SOCCER

Pateros win streak, season ends in playoff



MIKE MALTAIS/WARD MEDIA

The Nannies' Stevie Simmons, 7, left, and Alexandra Ruiz, 9, race Liberty Bell's Clara Ramsay-George for the ball during soccer district loser-out playoff competition at Pateros last Thursday. Pateros won its Oct. 19 game against the Mountain Lions, 4-0, but lost this one, 3-1, to end their season.

By MIKE MALTAIS
Ward Media Staff Reporter

PATEROS – The Nannies varsity soccer team linked together a chain of seven wins in its last eight games to qualify for the CW2B district playoff game that Pateros hosted against Liberty Bell last Thursday.

The latest wins were against Manson, 5-0, on Oct. 21, followed by Lake Roosevelt two days later.

“We beat Lake Roosevelt on Oct. 24 by a score of 4-3,” said head coach Olivia Cronin. “Coco Cronin had three goals and Stevie Simmons also scored.” In the 5-0 win against the Trojans five different players each scored goals for the Nannies, Jenessa Scroggie (assisted by Cronin), Wrandie Bowen, Cronin,

Stevie Simmons (assisted by Scroggie), and Dulce Vicente (assisted by Cronin).

The Nannies were ready for Liberty Bell who they shut out 4-0, in an earlier meeting on Oct. 19. However the Mountain Lions came to play and delivered a 3-1 turnaround that ended further playoff hopes for Pateros.

Pateros, Bridgeport volleyball seasons come to close

By MIKE MALTAIS
Ward Media Staff Reporter

BRIDGEPORT – It was a tough season for the Bridgeport varsity volleyball team who faced a challenging competition in the CW2B conference.

Also, the Fillies had to play every game on the road due to ongoing construction work in the school gym.

Bridgeport lost its final regular season game on Oct. 24 against 2022 state quarter-finalist Okanogan.

Pateros

The Nannies varsity volleyball team opened its season with a win over non-conference Bridgeport but managed to pull out only two conference wins in its 13-game CW1B schedule. Those were over Easton, 3-0, and Thorp, 3-2. The Nannies last game of the season was against the same - but improved - Thorp team that turned the 3-2 outcome in its favor.

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

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Winter Car Care

Preparing your vehicle for winter: A comprehensive guide to winterizing your car

Ward Media

As the chill of winter descends upon North Central Washington, it's time for residents to start thinking about winterizing their vehicles. With the snow and ice that often blanket our region during the colder months, ensuring your car is prepared for winter is not just advisable; it's essential for safety and peace of mind. To help you get started, here's a comprehensive guide on the key steps to winterize your car.



COURTESY OF METRO

Tire Maintenance:

- Begin with a thorough inspection of your tires. Check the tread depth and look for signs of wear and tear. If the tread is low, consider replacing your tires to ensure better traction on snowy and icy roads.
- Ensure your tires are properly inflated. Cold temperatures can cause tire pressure to drop, so keep them at the manufacturer-recommended level for optimal performance.

Battery Health:

- Cold weather can put extra strain on your car's battery. Have it tested to ensure it's in good condition. If it's old or showing signs of weakness, consider replacing it before winter hits.

Fluid Check:

- Inspect all essential fluids, including engine oil, transmission fluid, and coolant. Make sure they are at the recommended levels and in good condition.
- Consider switching to a winter-grade oil to improve engine performance in colder temperatures.

Brake Inspection:

- Your brakes are crucial for safe winter driving. Have them inspected for wear and tear, and replace brake pads or rotors if needed.

Heater and Defroster:

- Check your car's heater and defroster to ensure they are working correctly. A functioning defroster is vital for maintaining visibility during snowy conditions.

Wiper Blades:

- Replace worn-out wiper blades to ensure clear visibility. Consider installing winter-specific wiper blades designed to handle snow and ice.

Emergency Kit:

- Assemble a winter emergency kit for your vehicle. This should include items like a flashlight, extra warm clothing, a blanket, non-perishable snacks, and a shovel.

Antifreeze:

- Ensure your car's antifreeze is at the right concentration to prevent freezing. Check your owner's manual for guidance on the ideal mixture for your region.

Check Lights:

- Make sure all exterior lights, including headlights, taillights, and turn signals, are functioning correctly. Winter days are shorter, and visibility is essential.

4WD or AWD Systems:

- If your vehicle has four-wheel drive (4WD) or all-wheel drive (AWD), familiarize yourself with how these systems work. They can provide added traction in slippery conditions.

By taking these essential steps to winterize your car, you'll not only enhance your safety on the road but also extend the life of your vehicle. Remember that preventive maintenance is key to a trouble-free winter driving experience.

Winter driving safety tips: Navigating snow and ice safely

Ward Media

The cold season often brings challenging driving conditions, including snow and ice, which can make travel hazardous. To help you stay safe during the winter months, we've compiled a list of essential, safe winter driving tips.

- **Check Your Vehicle:** Before hitting the road, ensure your vehicle is in good condition. Check the brakes, tires, lights, and battery. It's crucial to have a reliable vehicle during winter.
- **Winter Tires:** Consider investing in winter tires, especially if you live in an area prone to heavy snowfall. Winter tires provide better traction on icy and snowy roads.
- **Keep Emergency Supplies:** Carry an emergency kit in your vehicle. This kit should include items like blankets, flash-

lights, a first-aid kit, and non-perishable food and water. You never know when you might get stuck in a snowstorm.

- **Clear Snow and Ice:** Before driving, remove all snow and ice from your vehicle. This includes clearing your windshield, side mirrors, and headlights. Snow and ice obstruct your vision and can be dangerous.
- **Drive Slowly:** In snowy or icy conditions, reduce your speed. Driving at slower speeds allows for better control and response time in case of unexpected situations.
- **Increase Following Distance:** Maintain a safe distance from the vehicle in front of you. This extra space gives you more time to react to sudden stops or skids.
- **Use Brakes Wisely:** Avoid sudden braking in icy conditions, which can

lead to skidding. Instead, gently apply the brakes and start braking early when approaching intersections or turns.

- **Steer Smoothly:** When steering, make smooth and gradual movements. Jerky or abrupt steering can cause your vehicle to lose traction.
- **Stay Informed:** Check weather and road conditions before starting your journey. If conditions are severe, consider postponing your trip if possible.
- **Stay Home:** If conditions are extremely treacherous, the best choice might be to stay home. Safety should always be the top priority.

These safe winter driving tips will help you navigate the challenges of winter weather with confidence. Remember, it's crucial to adapt your driving to the current conditions and exercise caution.

Eco-friendly winter car care: Sustainable solutions for a greener drive

Ward Media

North Central Washington residents are gearing up to protect their vehicles from the harsh elements. However, this year, many are shifting their focus towards eco-friendly alternatives and practices for winter car care. Ward Media explores the sustainable solutions that are gaining traction in the region.

Salt and chemical deicers have long been the go-to choice for keeping roads safe in winter, but they come at a cost to the environment. Runoff from these chemicals can harm local waterways and ecosystems. To combat this, environmentally-conscious drivers are turning to greener options.

One such alternative is the use of eco-friendly deicers. These products are typically composed of natural materials like calcium magnesium acetate, which is less harmful to the environment. They effectively melt ice without the detrimental environmental effects associated with traditional deicers.

Additionally, many residents are adopting preventative measures to reduce their reliance on deicers altogether. This includes investing in snow tires designed for better traction in snowy conditions. Properly inflated tires can also help improve fuel efficiency, reducing the overall carbon footprint of winter driving.

Electric vehicle (EV) owners are finding unique solutions to maintain their green credentials during the winter months. Preconditioning an EV while still plugged in allows drivers to heat the cabin using electricity from the grid rather than draining the battery. This not only saves energy but also ensures a comfortable ride on frosty mornings.

As winter descends upon North Central Washington, it's clear that a shift towards eco-friendly winter car care is gaining momentum. By adopting these practices and embracing sustainable alternatives, residents are not only safeguarding their vehicles but also the environment they call home.



COURTESY OF METRO

Winter battery maintenance: Ensuring your vehicle starts in freezing temperatures

Ward Media

Ensuring your vehicle's battery is prepared to withstand freezing temperatures is essential. Cold weather can be particularly harsh on car batteries, often leading to unexpected breakdowns. To help you avoid these inconveniences, here are some tips for effective battery maintenance during the winter months.

Regularly Check Battery Health

Before the cold weather hits, it's crucial to have your vehicle's battery tested. Many auto repair shops and battery retailers offer free battery checks. This diagnostic test can assess your battery's health and determine if it's time for a replacement. It's better to address any issues before they become severe.

Keep Terminals Clean

Corrosion can build up on your battery terminals over time, affecting the connection between the battery and your vehicle's electrical system. To prevent this, regularly inspect

the terminals for white or greenish deposits. If you spot corrosion, clean it off using a battery terminal brush or a mixture of baking soda and water. Remember to disconnect the battery cables before cleaning and reconnect them securely afterward.

Park in a Garage or Use a Battery Blanket

Cold temperatures can significantly reduce your battery's efficiency. Park your vehicle in a garage or a covered area to shield it from extreme cold. Alternatively, consider using a battery blanket or heater. These devices can help maintain the battery's temperature and prevent it from freezing.

Limit Power Usage

During winter, your vehicle's electrical system works harder to power essentials like lights, heaters, and defrosters. To reduce strain on the battery, limit the use of these accessories when the engine is off. Additionally, turn off all lights and accessories before turning off the engine to pre-

serve battery power for the next start-up.

Invest in a Quality Battery

If your battery is approaching the end of its lifespan, consider investing in a high-quality replacement. Look for a battery designed to perform well in cold weather conditions. Opting for a reliable battery can be a wise investment to ensure your vehicle starts reliably in freezing temperatures.

Keep Jumper Cables Handy

Despite your best efforts, sometimes unexpected battery issues can occur. It's a good idea to keep a set of jumper cables in your vehicle in case you or a fellow driver needs assistance jump-starting a battery. Make sure you know how to use them safely.

By following these tips, you can help ensure your car's battery remains in top condition throughout the winter months. Regular maintenance and preparedness are key to keeping your vehicle running smoothly when the temperatures drop. Stay safe on the road this winter season.



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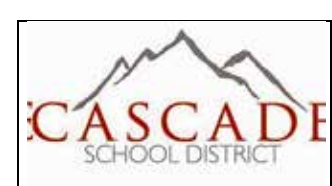
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The application, resume and letter of intent must be returned to the Chelan County Human Resource Department 400 Douglas Street #201, Wenatchee, WA 98801 or email to human.resources@co.chelan.wa.us no later than Thursday, November 2, 2023 at 5:00 p.m.

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- Cascade High School Head Track & Field Coach
- Cascade High School Fastpitch Coach

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

Looking for a great local employee? Place your ad today

Call 509-682-2213 Lake Chelan Mirror Quad City Herald Brewster or email classifieds@ward.media

Leavenworth Echo Cashmere Record 509-548-5286 or email classifieds@ward.media

Deadline is Friday at Noon for the following Wednesday issues of all newspapers

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds. Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email classifieds@ward.media or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@ward.media **Deadline: Noon on Friday for all papers.**

Garage & Yard Sale

Fill your pockets with **CASH \$\$**

Let others know what items you are selling! Deadline Friday at Noon for all papers
Lake Chelan Mirror Quad City Herald 509-682-2213 classifieds@ward.media
Leavenworth Echo Cashmere Valley Record 509-548-5286 classifieds@ward.media
Four newspapers for one low price!

Legals

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL
NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing for a 2023 budget amendment for the General Fund, Street Fund, Sewer Fund and Capital Debt Fund sources for the City of Pateros. Said public hearing shall be held on Monday November 20, 2023, at 6:00 p.m. in council chambers, 113 Lakeshore Drive. Send written comments to the Clerk-Treasurer, PO Box 8, Pateros, WA 98846. Published in the Quad City Herald on November 1, 8, 2023. #6629

Public Notices

NOTICE OF EQUALIZATION

Notice is hereby given that the rates book of Wells Ranch Irrigation District, in Okanogan County, Washington for the year 2024, has been completed. Assessment book can be viewed at 94A Mountain View Dr, Brewster, WA. Board of Directors will meet as a Board of Equalization to equalize said rates on Friday, November 10, 2023 at the hour of 12:30 p.m. of said day at the restaurant: Los Comperos, which is at 301 E. Main Street, Brewster WA, at which time and place all persons objecting to said rates may be heard. Published in the Quad City Herald on November 1, 8, 2023. #6614

Public Notices

NOTICE OF BUDGET HEARING

A final budget hearing for the Town of Mansfield will be held Tuesday, November 14, 2023 at the Mansfield Town Hall at 6:00 PM to afford citizens the opportunity to provide written or oral comments on the 2024 budget. Published in the Quad City Herald on November 1, 8, 2023. #6556

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing on amending Chapter 13.04 Pateros Municipal Code regarding termination and reinstatement of water service. Said public hearing shall be held on Monday, November 20, 2023, at 6:00 p.m. in the Council chambers, Pateros City Hall, 113 Lakeshore Drive, Pateros, Washington, at which time and place all interested persons may appear and be heard. Published in the Quad City Herald on November 1, 8, 2023. #6631

Public Notices

NOTICE OF PUBLIC HEARING PATEROS CITY COUNCIL

NOTICE IS HEREBY GIVEN that the City Council of the City of Pateros shall hold a public hearing on the 2024 Budget, EMS, Property Tax levies and Fee Schedule for the City of Pateros. Said public hearing shall be held Monday November 20, at 6:00 p.m. in council chambers at 113 Lakeshore Drive, Pateros, WA. Send written comments to the Clerk-Treasurer, PO Box 8, Pateros, WA 98846. Published in the Quad City Herald on November 1, 8, 2023. #6630



Upgrading your 'ride'? we can help you sell your old one

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Public Notices

Notice of Decision

The City of Pateros is hereby providing a notice of decision by the City Council following a public hearing on October 16, 2023 to amend Sections 17.08.010, 17.04.105, 17.12.105, 17.12.040, 17.12.050, 17.12.060, 17.12.095, and 17.22.101 of the Pateros Municipal Code to address short-term vacation rentals. The action contains a new definition, modified regulations for short-term vacation rentals and changes the use from allowed to prohibited in the R2 and R3 zoning districts. Any person with standing may appeal this decision in accordance with 18.24.050 PMC and Chapter 36.70C RCW. Published in the Quad City Herald on November 1, 2023. #6626

Public Notices

NOTICE OF MEETING

Wells Ranch Irrigation District will have a board meeting Friday, November 10 th. Board meeting will be held at the hour of 12:00 p.m. of said day at the restaurant Los Comperos, which is at 301 E. Main Street, Brewster WA. Published in the Quad City Herald on November 1, 2023. #6616

Public Notices

NOTICE OF EQUALIZATION

Notice is hereby given that the assessment book of Brewster Flat Irrigation District, in Okanogan County, Washington for the year 2024, has been completed and delivered to the Board of Directors. Assessment book will remain for the inspection of all parties interested and that the Board of Directors will meet as a Board of Equalization Monday, November 13, 2023 at the hour of 5:30 p.m. of said day at the office of said District, which is at 94A Mountain View Dr. Brewster, at which time and place all persons objecting to said assessments may be heard. Published in the Quad City Herald on November 1, 8, 2023. #6620

Junk today. Treasure tomorrow.

Need some **CASH?**

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HUNTER'S MOON HOMECOMING

Eagles snatch 58-6 gridiron win at Pateros



MIKE MALTAIS/WARD MEDIA

Homecoming royalty lines the field at halftime.

By MIKE MALTAIS Ward Media Staff Reporter

PATEROS - Beneath a full Hunter's Moon and in 30-degree weather, the Billygoats' varsity football team welcomed Soap Lake to its last home field game of the season on Homecoming Night on Oct. 27.

Pateros wasted little time getting on the scoreboard early in the first quarter with a 70-yard touchdown run by senior Ishmael Mireles

to lead 6-0. Soap Lake soon found its range and tacked on a pair of TDs with two-point conversions to take a 16-6 first quarter lead. By halftime the Eagles led 36-6, getting their last score on a midfield pass/hand-off play that caught the Billygoats' defenders by surprise to make the end zone with no time left on the clock.

In the second half, Soap Lake took up where it left off. The Eagles controlled the air and ground game and added

22 more points for a 58-6 final, a close resemblance to their earlier 50-7 win over the Billygoats on Oct. 20. The loss brings a close to the Pateros regular season that was 0-5 in conference play.

"We will have a crossover football game on Friday, Nov. 3," said Pateros Athletic Director Marcus Stennes.

At halftime the fancy rides pulled onto the field and off-loaded the Homecoming royalty at the 50-yard line. Pateros makes its winning

Homecoming class earn its title through a week of competitive events.

Those events and the winners included:

Event	Won by
Obstacle Course	Sophomores
Catch a Falling Star	Juniors
Pumpkin Decorating	Seniors
Co-Ed Volleyball	Juniors
The Amazing Race	Seniors
Halfway Decorations	Juniors

The senior class won the 2023 Homecoming title. Sports honorees are: Lexi Vargas - Miss Volleyball, Estrella Vincente - Miss Soccer, Diego Mota - Mr. Football



MIKE MALTAIS/WARD MEDIA

Miss Volleyball - Lexi Vargas, Mr. Football - Diego Mota, and Miss Soccer - Estrella Vincente take their bows.

How to relieve vaginal dryness

Q: Since menopause, I've noticed dryness and itching "down there." Is there anything besides hormone pills that can help?

Vaginal dryness and discomfort affect over 75% of postmenopausal women. These symptoms also commonly affect women taking anti-estrogen medicines for breast cancer.

Without estrogen, the vagina and birth canal cells shrink or atrophy. They lose elasticity and secrete less lubricating fluid. This leads to vaginal



dryness, itching, and burning. When a woman loses the lubrication of vaginal secretions, sexual activity can become quite painful.

Vaginal secretions are crucial to a healthy vaginal environment. They help create and maintain an optimal level of acidity in the vagina. This vaginal acidity supports the

growth of "friendly" bacteria like lactobacillus and discourages yeast and certain bacterial infections.

The distress of vaginal discomfort and dryness can be relieved in several ways. You can apply a long-acting moisturizer, use a personal lubricant, or add estrogen to your vaginal tissue.

Replens® is a long-acting moisturizing gel that works for up to 3 days at a time. It's available without a prescription in 2 different forms. You can choose

premeasured doses inside individual plastic applicators or one tube with a reusable applicator.

Vaginal moisturizers can relieve dryness and burning and make sexual intercourse more comfortable. However, a moisturizer alone won't reverse the changes in your vaginal cells, optimize the acidity of your vagina, or restore helpful lactobacillus.

Newer vaginal moisturizers contain hyaluronic acid for long-lasting moisture, plus a mild acid to support vaginal acidity. Hyaluronic acid is as effective as low-dose estrogen vaginal cream in relieving dryness, burning, and painful sexual activity.

Vaginal lubricants differ from moisturizers and often contain silicones, oils, fragrances, and flavors. Lubricants ease symptoms of dryness and increase the comfort of sexual activity but do not optimize vaginal acid balance or encourage lactobacillus.

Applying a small amount of estrogen directly to vaginal cells restores their elasticity, acidity, and ability to secrete a lubricating fluid. This encourages beneficial lactobacillus while reducing dryness and burning.

Can breast cancer survivors safely use a low dose of vaginal estrogen to relieve vaginal discomfort? The evidence suggests YES. When applied directly to vaginal cells, a little estrogen can make a big difference in comfort. When used at appropriate doses, vaginal estrogen doesn't create detectable levels in the bloodstream. It is unlikely to affect endometrial and breast tissue.

There are several forms of local estrogen: vaginal creams used with an applicator (Premarin®, Estrace® or generic estradiol), vaginal tablets with individual applicators (Vagifem®), and a gelatin ring that slowly releases estrogen (Estring®). The starting dose for estrogen creams and vaginal tablets is once daily at bedtime for 1-2 weeks, then twice weekly. Estring® is a flexible estrogen ring inserted vaginally and replaced every 90 days.

Other prescription-only options for vaginal discomfort include Ospheña® and Intrarosa®, Ospheña® tablets mimic the effects of estrogen in vaginal tissue but block estrogen's action in breast tissue.

Intrarosa® is a prescription medicine that contains DHEA (dehydroepiandrosterone). One tablet is inserted vaginally at bedtime. Intrarosa® is more effective at relieving vaginal dryness than other supplements containing DHEA.

Contact your doctor if you suffer from vaginal discomfort. If infection or another condition is not the cause, ask whether low-dose vaginal estrogen or another medicine is an option for you.

Here Are 6 Tips to Help Relieve Vaginal Discomfort:

1. Be consistent. For best results, reapply vaginal moisturizers and estrogen frequently. Many vaginal estrogen products are applied twice weekly, and long-acting vaginal moisturizers can last up to 3 days.
2. Shop online if needed. Although Replens® and Vagisil® moisturizers are available in most grocery stores and

pharmacies, vaginal moisturizers containing hyaluronic acids like Good Clean Love's Bionourish® and Revaree® manufactured by Bonafide are harder to find.

3. More can be better. You can use a vaginal moisturizer in addition to locally applied estrogen to get more relief. For best results, apply moisturizer and estrogen on alternating days.

4. Add a personal lubricant.

Try a personal lubricant if sexual contact is uncomfortable despite using a vaginal moisturizer with or without low-dose estrogen. There are many choices available today besides the old standby, K-Y Jelly®.

5. Know your options. Discuss your options for vaginal estrogen and other medicines to relieve vaginal dryness with your doctor.

6. Shop around. Even with insurance, prescription options for relieving vaginal discomfort are often expensive. A 90-day prescription of generic estradiol vaginal cream can be \$60 in cash. A 3-month supply of other estrogen products like Premarin® cream, vaginal tablets, Estring® vaginal ring, Intrarosa®, and Ospheña® can cost over \$400.

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. ©2023 Louise Achey

Help us honor and show support to our Veterans Veterans Day - Nov. 11

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Send us your Photo & Information by Nov. 2 | Publishes Nov. 8



Veterans Information ___ Active ___ Retired ___ Deceased

Veterans Name: _____

Medals & Commendations: _____ Service Branch: _____

_____ Service Location: _____

_____ Years of Service: _____

Your Name: _____ PH# _____

Full Address: _____

Email: lindsay@ward.media or bring in. Must be received by Nov. 2

We will use the 2022 veterans names again this year and will revise where necessary.



131 S. Apple Blossom Drive, #109 PO Box 1922, Chelan, WA 98816 509-682-2213

CROSSWORD PUZZLE

THEME: ANIMAL WORLD ACROSS

DOWN



1. Canned meat
8. First prime number
11. Itty bit
12. Deity, in Sanskrit
13. Adams of "Summer Of '69" fame
15. Wild plum in gin fizz
16. *Type of mountain goat
17. *Nest for an eagle
18. *Plant and animal lover
20. *Dapple animal mark
21. *Conform, according to Darwin
22. Battleship game success
23. Summer shoe
26. Famous Roman historian
30. Don McLean: "A long, long time ..."
31. Diaphragm spasm
34. Reluctant
35. Whatchamacallit
37. "Days of ___ Lives" soap opera
38. Like Halloween
39. On a deck, perhaps
40. Assembly of all members
42. Card with single pip
43. Hindered
45. Unfortunate outcome
47. Business master
48. Soil for cultivation
50. Highlands hillside
52. *Host's unwelcome guest
55. Dough
56. Biblical birthright seller
57. Volcanic rock
59. Rainbow-producing device
60. *Badger's den
61. Newspaper piece
62. Hair controller
63. Miner's bounty
64. *Deer group
5. Like low relief
3. Minute bit
4. Dionysus' follower
5. Yardbird's jazz style
6. Deflect
7. Original home of the Saxons
8. Pro's opposite
9. Hang around
10. Bit of binary code
12. Festival of Lights
13. Fundamental
14. *Snake or lizard
15. Montana's neighbor
22. Accident
23. Long stories
24. To take in and feed livestock for payment
25. Like Curious George
26. Zig or zag
27. Synagogue scroll
28. Carthage's ancient neighbor
29. *First animal clone
32. * ___-blooded, like a snake
33. Prompter's line
36. *Orca and elephant, but not crow or fish
38. Gives off
40. Princess tester?
41. Two dots above a letter
44. Letter-shaped girder
46. Civil War battle
48. Policeman's shocker
49. About to explode
50. Not the life of the party
51. Agitate
52. 100 centavos in Mexico
53. Measuring roll
54. "Happy ___ after"
55. Frugal driver's acronym
58. Put together

SUDOKU PUZZLE

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