

Chickens to Go



Volunteers at the Brewster Food Bank were a busy bunch on Thursday morning, Nov. 17, handing out whole chickens to customers queued up in their vehicles at the 9 a.m. start time.

Driver hits patrol car, arrested after fleeing accident

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT – Douglas County Sheriff's deputies responded to a hit and run accident after a car struck a deputy's vehicle while the deputy was conducting a traffic stop on another driver.

The incident occurred at approximately 7:33 p.m., Nov. 21, near milemarker 8 on State Route 173 on Bridgeport Bar. Deputies were speaking with the driver of a stopped vehicle when they observed a

vehicle approaching them on the highway.

"The vehicle traveled over the fog line and struck the patrol car, causing significant damage to both vehicles," a Douglas County Sheriff press release said. "The deputies were able to move out of the way and were uninjured. After striking the patrol car, the suspect vehicle proceeded to travel southbound on SR 173 towards Bridgeport."

During the accident the hit and run vehicle lost a front tire which caused it to emit

sparks on the roadway. Another deputy located and stopped the vehicle near milemarker 4 on SR 173.

"With the assistance of the Brewster Police Department the driver, identified as Hendrika Isensee, a 76-year-old Bridgeport resident, was detained without further incident," the release said. "Washington State Patrol responded, placed her under arrest for suspicion of DUI and Hit and Run, and booked her into the Okanogan County Jail."

Budrow leads Hawley at the wire for sheriff

By MIKE MALTAIS STAFF WRITER

OKANOGAN – The latest vote count of Nov. 8 general election results from the website vote.wa.gov shows challenger and former Twisp Police Chief Paul Budrow with a comfortable 675-vote lead over incumbent Anthony Hawley in the race for Okanogan County Sheriff. As of Saturday, Nov. 26, Budrow had 7,754 votes and Hawley 7,079. With certification scheduled for Tuesday, Nov. 29, Quad readers will already know the outcome and apparent victory by the

challenger by the time they see this article.

The race for sheriff was the only close contest when results first began coming in following the close of voting. Earlier vote counts showed Budrow narrowly trailing Hawley first by 23 votes and then only nine as the count continued.

The next closest race was between the candidates competing for the Okanogan County Commissioner District 3 seat vacated by Jim DeTro. Jon R. Neal leads Lloyd E. Catton by 594 votes, 6,904 to 6,310 as of Nov. 26.



Courtesy budrow4okanogansheriff.com Challenger Paul Budrow

City wearing Christmas colors

Pateros approves 2023 EMS, property taxes, and operating budget



Mike Maltais/QCH

This Lemon Plain tree, one of the more recent plantings near the multi-use pavilion sustained heavy damage from heavy, wet snow earlier this month.

By MIKE MALTAIS STAFF WRITER

PATEROS – The Pateros City Council passed a pile of resolutions and ordinances among other business at its regular monthly meeting on Monday, Nov. 21.

Following public hearings on a 2022 budget amendment, the 2023 fee schedules, and the 2023 EMS, property taxes, and 2023 operating budget, the council approved each topic in turn with a resolution for the fee schedule and four ordinances for the budget amendment, EMS tax, property tax, and operating budget.

Water and sewer rates will increase by nine percent in 2023 in proportion to the CPI (Consumer Price Index) rate. Zippy Disposal rates will be adjusted in May 2023. The only new entry under fees is a \$40 per hour for Movie Equipment Rental to cover costs of a city employee to monitor proper use.

Council member Megan Sherrard delivered a review of the 2022 Community Movie Night summer showings (see

"Pateros Movie Nights are family friendly hits" on this page).

City Administrator Jord Wilson reported on a variety of city projects including the 2022 street chip seal/crack seal project closeout.

"We were able to use \$10,220 in employee labor as our required match and was reimbursed \$5,410 for employee labor and paint," said Wilson. "Total project cost was \$102,197.89. Total amount paved was 2.79 miles or about seven football fields."

The city just completed winterizing projects by the end of October and just in time to beat the snow and freezing weather earlier this month. Downtown Christmas lights are all up.

The reservoir solar project is 90 percent done but the city is waiting on parts to complete its reservoir solar project with no known arrival time for those parts.

"We made a good start on the Winter Barn," said Wilson. "The crew got the kinks worked out, but weather shut us down until spring."

The grant application to fund the city's stormwater master plan was submitted on Oct. 10. The mark up draft was expected this month for review in December.

Awards for funding the Highway 97 Pedestrian Crossing and Pathway Project are expected on May 23, 2023. Wilson said he is cautiously optimistic because Pateros is in the top tier for consideration.

There is movement on the city's vehicle charging stations as the contractor has contacted the city about building permits for them.

Wilson explained that one of the big projects that occupied the city crew last October was the state Labor and Industries inspection of all city facilities and review the health and safety program. The list of remedial actions L&I compiled included 24 items ranging from missing exit signs to eye wash stations with required completion dates. As of the council meeting city crews had completed all but two of the L&I findings.

Pateros Movie Nights are family friendly hits

By MIKE MALTAIS STAFF WRITER

PATEROS – A few years back Pateros City Council member Megan Sherrard had a reel good idea – movie reel good, to be more precise. Sherrard proposed that the city host a family movie night as an added attraction to the monthly Pateros Pop-up Market, another new idea to bring vendors and visitors together in Lakeshore Park during the summer season.

The Pateros school loaned its large inflatable screen and sound system that was set up in front of the multi-purpose pavilion; the public library provided the family-oriented film; families were encouraged to bring chairs and blankets to the premier outdoor showing, and the rest, as the saying goes, is history. In the fall of 2020 Sherrard proposed that the city purchase its own movie system.

"The City of Pateros partners with the Pateros Public Library to bring these showings to the community," said Sherrard. "Librarian Ana Trejo has been a huge part of the summer movie program and the activities and events within the community."



Mike Maltais/QCH

Pateros City Council member Megan Sherrard

Sherrard delivered a review of the 2022 summer movie night project to the city council meeting on Nov. 21. She used a combination of social media feedback, survey results, and on-site data gathering to compile her analysis.

The clear message that emerges from both numbers and responses is that movie nights are a popular family event and respondents want to see them continue. For example:

• Attendance at three of the four showings from May

through August drew 100 or more viewers.

"These are great numbers for us, especially in Pateros," Sherrard said.

• Asked to rate the movie experience on a scale of 1-5, 5 being excellent, 92 percent of patrons rated the experience as excellent.

• In 24 surveys taken 84 percent of audiences were Pateros residents with the remaining 16 percent from outside the city.

This year Sherrard added activities including a photo booth before each movie. The activities were coordinated with the movie theme and geared toward the younger set.

"Both the activities and photo booth were well-attended," said Sherrard. "The real hit was the photo booth; it kind of brought everything together."

The Pateros School District Booster Club was invited to each movie to sell popcorn and concessions.

"With the public library and the City of Pateros in partnership it's super-positive and we hope to continue forward with it," Sherrard said of the summer movie program.

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Employee benefits see big increase

# County Commissioners discuss Noxious Weed Control Board budget

OKANOGAN – Following are summaries of the Board of Commissioners of Okanogan County (BOCC) meetings as provided by County Watch (countywatch.org).

- Monday, Nov 14, 2022 a.m.**
- Commissioners corrected an error on the county zoning map.
  - Commissioners discussed the 2023 budget for the Treasurer's Office and decided to continue the discussion later.
  - Commissioners discussed the budget for the Noxious Weed Control Board. A constituent contacted Commissioner Hover, stating

that the salaries paid are too high.

- Tuesday, Nov. 15, 2022 a.m.**
- Granting of Title 3 funds for 2023 to Okanogan County Conservation District and Search & Rescue.
  - Finance Committee meeting working on 2023 budget.
  - Bid opening for Chip Spreader for Public Works – 1 bid \$481,622.

- Tuesday, Nov. 15, 2022 p.m.**
- Inflation reflected in the form of big increases in employee dental and health insurance premiums and salary hikes; possible savings on rates by consulting with unions, on salaries by

switching some positions from overtime exempt to non-exempt.

- Public hearing on financing of Current Expense and Road Fund budgets through property tax collection, projected to be lower this year; Assessor says 5 percent increase needed to compensate drop in levy tax rate from \$1.35 to \$1.20 per thousand; state levy should be lower.

The Commissioners meet each week on Mondays, Tuesdays, and Wednesdays beginning at 9 a.m. in the Commissioners' hearing room located at 1235th Avenue N., Okanogan.

# Okanogan PUD approves 2023 budget, considers new rates

By MIKE MALTAIS  
STAFF WRITER

OKANOGAN – The county PUD commissioners approved the 2023 budget at their Nov. 14 meeting. The budget includes revenues of \$69.5 million, expenditures of \$55.8 million and capital of \$16.2 million. The board also discussed possible ways to adjust rates for an average 3.75 percent increase overall, although new rates have not yet been approved.

Among the big capital projects for next year, the largest is focused on rebuilding the Tonasket substation, estimated around \$5 million in 2023. Designing a new Loup-Loup transmission line (\$350,000)

and replacing infrastructure in Aeneas Valley (\$357,000) are also on the list. The final budget is posted on the PUD's website, www.okanoganpud.org/budget.

The board also reviewed a first look at possible new rates, including a new rate for commercially operated electric vehicle fast-charging stations. Following the ongoing equity management plan, the proposed rates are adjusted differently to reflect the actual cost of service to each customer type. The overall 3.75% increase is proposed to be applied:

- Residential, 5.1% (also continuing to merge the two-tiered rate into a single rate)

- Small general service, 3.25%
- Large general service, 1.25%
- Industrial, 1.25%
- Irrigation, 2.5%
- Frost control, 5%
- Area lighting, 1.25%
- Street lighting, 1.25%

Commissioners will continue rate discussions at future meetings. The new rates would not go into effect until April 1, 2023.

In other business, the board approved its five-year strategic guidance, identifying five priorities for the PUD:

1. Safety First
2. Ensure electrical and broadband system reliability
3. Ensure financial stability
4. Value its employees
5. Serve the community

## DOUGLAS COUNTY PUBLIC UTILITY DISTRICT

SUBMITTED BY MEAGHAN VIBBERT,  
DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Aaron J. Viebrock, Molly Simpson and Ronald E. Skagen executed the following actions during the November 14, Commission meeting held at the District's East Wenatchee office:

- Continued the budget hearing for the Distribution System and Wells Hydroelectric Project for calendar year 2023. The hearing will remain open until Monday, December 12.
- Reviewed bid opening results for bid documents 22-22-D, Douglas to Rapids Intertie Steel Transmission Poles and 22-60-D, Douglas to Urban Industrial Transmission Wire. All bids are evaluated prior to a recommendation for contract award.
- Approved amendment No. 11 to professional service agreement 12-17-W, consulting engineering services for the Wells Hydroelectric Project with Jacobs Engineering Group Inc. Necessary to complete four outstanding tasks. This will extend the termination date to no later than December 31, 2023.
- Authorized acceptance of work and final payment to Magnum power under contract 21-36-D, install power conduits and vaults. All work is complete and determined to meet bid specifications.

• Approved award of contract 22-22-D, Douglas to Rapids Intertie steel transmission poles to TransAmerican Power Products, Inc. the lowest responsive bidder.

• Authorized award of contract 22-60-D, Douglas to Urban Industrial Transmission Wire to Border States Industries, Inc. the lowest responsive bidder.

• Approved land use permit 86-01, Mac and Franco Orchards, LP. The permit is for use of Project lands for existing road and orchard.

• Authorized land use permit 1134-01, Mark and Diana Henderson. The permit is for use of Project lands for existing road and walkway.

• Declared 2002 Kubota Tractor surplus and authorized trade-in of vehicle. It has reached the end of its service life and is eligible for replacement in accordance with District policy.

• Renewed aviation insurance for unmanned aircraft systems with Global Aerospace.

• Approved underground utility easement with Chelan County PUD. Necessary to restore power to the emergency siren at the Carpenter Island Boat Launch.

• Authorized change order Nos. 96 and 97 to contract 06-41-W, generator rebuild for unit refurbishment for the Wells Hydroelectric Project. These

changes incorporate incentive payment for reduced unit outage duration and import charges associated with the spare runner. This will increase the contract \$929,719 and bring the total not-to-exceed amount to \$244,781,114.

• Approved amendment No. 1 to professional service agreement with RH2 Engineering under contract 20-31-D. Additional work related to the hydrogen facility as well as the need for future civil engineering services will be required before this contract expires on December 31, 2023. This will increase the contract \$100,000 for a total not-to-exceed cost of \$350,000.

• Authorized amendment No. 2 to professional service agreement 21-20-W with Jacobs Engineering, Inc. This will modify several tasks, add four new tasks and increase the contract agreement by \$913,000 for a total not-to-exceed cost of \$2,000,000.

• Approved a professional services agreement with Bioanalysts, Inc., for the services of Dr. Tracy Hillman as Chairperson of the Wells Habitat Conservation Plan Tributary Committee. This three-year contract is not to exceed \$165,000.

• Authorized professional service agreement with An-

SEE DOUGLAS ON PAGE A4

# Keeping Up with People: Karl Ruether Rotary 5060 District Governor

SUBMITTED BY KEN KOHNHORST  
AND KARL RUETHER

LEAVENWORTH - Karl Ruether was born and raised in Germany and came to North America in 1986. He has three grown sons and is married to Denise, they currently live in Peshastin.

Karl started his career in the Hospitality Industry with a Restaurant Apprenticeship in 1976 at the Sport Hotel, Droste, Germany. As is mandatory in Germany, the required Military Service came next followed by achieving the Serviermeister (Master of Service) Certification in 1984.

In preparation to go to the United States, Karl worked as restaurant manager in Southampton, England after which he went to Cornell University in New York for a summer program. At the completion of this program, he worked at one of the hotels at JFK Airport, followed by moving to Tucson, Arizona to open a new All Suite Property.

In 1987, Karl obtained the CFBE (Certified Food and Beverage Executive) designation. From Tucson it was on to Portland, Oregon and then Banff, Canada managing various types of hotels. From there



Karl Ruether, Rotary District 5060 Governor

he went to San Bernardino, California and then Leavenworth Washington's Bavarian Village where being from Germany was not a pre-requisite, but it helped. In Leavenworth he and his partners opened the Best Western Icicle Inn in 1992 which is now known as the Icicle Village Resort where he is the General Manager/ Partner. In 1995 he obtained the CHA (Certified Hotel Administrator Designation) and after a successful career spanning 40 plus years and four countries, Karl retired from Hotel/Resort operations in December of 2019.

Along the way came various volunteer/appointed positions

with Best Western International as a Regional Governor, a board position on the Washington State Hotel and Lodging Association board, serving as Chair in 2005-2006.

A Board member and President of Leavenworth Lodging Association, a founding board member of The Leavenworth Summer Theater serving over 10 years. A Rotarian since 1994 and member of the Leavenworth Rotary Club, President of the Leavenworth Club in 2000. (Presidential Citation Achieved). PDG Jim Adamson Sr., was his mentor and friend and sponsored Karl into Rotary. Karl served as Board member of the Leavenworth Chamber of Commerce since 1992 and was Chamber Board President for three years.

In July of 2000 he was selected to serve a one-year term on the newly formed Washington State Tourism Advisory Committee. He was the recipient of the 'Outstanding General Manager of the Year Award' from the Washington Lodging Association in 2005, as well as the 'All Star Governor Award' in 2003 from Best Western International. Karl accepted several Committee assignments in his role as a Best Western Governor that included the Chair of the Education and Training Advisory Committee, a few years back, and then Chairman of the Quality Assurance Advisory Committee (2015).

On July 1, 2019, Karl was appointed Assistant District Governor for Rotary District 5060, and now he is serving as the DG. District Governor for the Rotary year 2022-2023.

Fellow Rotarians, thank you for the confidence you have placed in me for this important role. I am really looking forward to meeting many if not all of you in this exciting continuation of my Rotary Journey. PDG Marvin Monroe used to say, "Rotary is a journey not a Destination" and it is an honor to serve in this role and work closely with many of you.

Editor's Note: Rotary District 5060 has 56 clubs and stretches from Prosser to Kamloops, B.C.

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Bringing the community to your door



## THE WASHINGTON OUTDOOR REPORT



Courtesy John Kruse

Dave Kilhefner caught this nice trout on a snowy day.

### Outdoors roundup

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

#### TROUT FISHING

In recent years, the Washington Department of Fish and Wildlife has urged anglers to celebrate “Black Friday” after Thanksgiving not in the stores, but out on the water catching some of the jumbo trout they plant this time of year around the state.

The vast majority of these fish are stocked in Western Washington but Central and Eastern Washington get some jumbo trout too. This year, 140 huge trout, weighing between five and ten pounds, were stocked in Yakima’s Rotary Lake in mid-November. Nearby Myron Lake also received 125 similar size rainbows.

Heading further east several lakes got big fish planted in them on Halloween to include:

Jump Off Joe Lake in Stevens County with 350 brown trout averaging 2 pounds; Waitts Lake in Stevens County with 402 brown trout weighing 2 pound each; Deer Lake in Stevens County with 600 eastern brook trout weighing just over a pound each; and Sacheen Lake in Pend Oreille County with 215 eastern brook trout also averaging a pound each.

In addition to this Roses Lake near Manson was stocked with over 10,000 catchable size rainbows in early November. Are many of these fish still swimming around these lakes? With most outdoors enthusiasts focused on hunting there likely are and all of these waters would be worth fishing in the days ahead.

#### HOLIDAY GIFT IDEAS FOR THE ANGLER – UNIQUE NETS

Frabill has come out with an ingenious folding net that is perfect for anglers fishing out of kayaks or small boats. It’s their Kwik Stow Folding Trout Net where the net section itself collapses together and the telescoping handle can go from its extended length of 40 inches down to 20”. The net is 14 inches deep with tangle-free micro mesh that works well for releasing fish without harming them. When fully collapsed, the net is only 25” long. It is available in stores now with an MSRP of \$37.99.

Frabill also won a “Best of Category” award at ICAST, the huge fishing trade show held each year in Florida where manufacturers roll out new products. The award was for their Witness Weigh Net. This unique net is made for catch and release anglers. It has a digital scale on the handle next to the hoop of the net. You can literally scoop your fish out of the water and weigh it and release it without ever handling it. If you do want to measure the fish simply take it out of the mesh net and use the 30’ ruler on the handle of the net to do so. Frabill was hoping to roll this new net out this fall but so far, it’s not available for sale and it may or may not make it under your Christmas tree this year. You can check for availability at [www.frabill.com](http://www.frabill.com).

#### DUCK HUNTING ACCIDENT

The Washington Department of Fish and Wildlife reports a 53-year-old male was seriously injured after being shot while duck hunting on November 20. The man was hunting with a friend in a small boat on Elochoman Slough in Southwest Washington’s Wahkiakum County that morning. They were in the act of retrieving ducks from the water. The shooter’s shotgun in the boat was propped up and fell over. As the shooter tried to retrieve the firearm, he fired the weapon, striking the victim.

The shooter immediately called 911 and took the victim to the Cathlamet Marina where emergency service personnel transported him to the hospital. The victim is currently in stable condition at Vancouver SW Medical Center recovering from his injuries.

The lessons learned here? Have the safety on your firearm on at all times unless you are ready to pull the trigger and shoot. Also, if you are done with your hunt and retrieving birds before you head home, unload your firearms. Finally, stow your firearms in places where they not only are pointed in a safe direction, but also secured so they don’t fall like this one did, with the barrel pointing towards the victim. It’s fortunate this accident didn’t turn out worse.

John Kruse – [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

## Goal is 50 over five years

# The missing lynx: Canadian cats caught, then released on CCT lands

BY MIKE MALTAIS  
STAFF WRITER

INCHELIUM – Missing lynx are making a comeback on the Colville Reservation thanks to a cooperative trap and release project between Canadian and Colville Confederated Tribes (CCT) wildlife staff.

Ten Canada lynx were recently trapped in British Columbia, Canada, and relocated to their new home on the Colville Indian Reservation (CIR). Nine of the cats were released last year when the project began.

“The trapping went well this year, and the team was able to catch and relocate 10 adult lynx in about one month,” said Corey Peone, Incheilium CCT District wildlife biologist. “The trapping efforts started in early October and ended in early November. Our goal was to catch them before the big snowfall arrived and the final lynx was caught the day after the first big snowstorm.”

Lynx is not a listed species in Canada so it is legal to trap them there. In Washington state, Canada lynx are listed as a federally threatened species so multiple permits are required to transport these animals across the border.

“When I was in Canada we caught three lynx in one day, so I got to work with these three toms from the trap to the release site,” said Elizabeth Odell, Incheilium assistant district wildlife biologist for CCT.

The trapped lynx are placed in a kennel, transported to a less stressful dark, quiet space for processing and evaluation.

“We let the lynx calm down and once they are drugged, we proceed to monitor their vitals including respiratory rate, temperature, gum color, and heart rate,” said Odell. “We take their weight, secure a GPS collar, place an ear tag, and note the body condition and overall health.”

Once a veterinarian confirms that the lynx is healthy the cat is monitored every few minutes until the animal is awake and alert. Once awake, the lynx is offered raw chicken to provide some calories for the upcoming trip. Transport

from Kelowna, B.C., to the border takes two hours and once through customs, another 2.5 to 3 hours to drive to the release site on the CIR.

“Every lynx that is released is fitted with a GPS satellite collar that tracks its movement on a daily basis,” said Rose Piccinini, Sanpoil district wildlife biologist for CCT. “The first year of monitoring showed us so much and it’s amazing to document how they are utilizing the landscape.”

The majority of the lynx were dispersed along the backbone of the Kettle Crest with the majority of those staying south of Boulder Pass. “Over the course of the year,



Courtesy Colville Tribes Fish and Wildlife

CCT wildlife biologists, from left, Sam Rushing, Os Laspa, and Elizabeth Odell perform an overall checkup on a captured lynx.



A captured lynx is released in the Kettle Range on the Colville Tribes Reservation.

we had two males and two females return to Canada,” said Piccinini. “One of the females traveled south again and has returned to the North Half. During summer monitoring, we were able to confirm that one female reproduced. We have camera sets out to verify the survival of the kittens and we will continue to monitor her this winter.”

The CCT teamed up with Conservation Northwest, Upper Columbia United Tribes (UCUT), Okanagan Nation Alliance (ONA), and others to capture and relocate these large cats to the CIR. The goal of the project is to relocate at

least 50 Canada lynx to the reservation in the next five years.

“It was an amazing year,” said Dave Werntz, science and conservation director for Conservation Northwest. “The Tribe’s wildlife staff, trappers, ONA, UCUT, and other partners showed us strong for another successful year supporting lynx recovery. We made some changes based on last years’ experience to improve trap performance, surmount weather and mechanical obstacles, simplify

logistics, and ensure efficient and humane lynx care. And it worked.”

Lynx numbers have been low in the Kettle Range due to historic overharvesting (fur trapping), According to Werntz. The vast majority of lynx documented in Washington between 1964 and 1984 occurred in northeast Washington, mostly in the Kettle Range. Werntz believes moving lynx to the Kettle Range from a robust lynx population from the north will work.

“We commissioned a scientific analysis that showed a substantial amount of suitable habitat for lynx in the Kettle Range that could support 12-40 lynx depending on their home range size,” said Werntz.

The Kettle Range was identified by federal biologists as one of six core areas essential to the continued persistence of lynx due to its extent of suitable habitat, connection to British Columbia, and quality snow and prey conditions.

Colville Tribes Fish and Wildlife received support and funding from the Bureau of Indian Affairs, the U.S. Fish and Wildlife Service, Conservation Northwest, the National Fish and Wildlife Foundation, Conservation Research and Education Opportunities International (CREOI), and the Volgenau Foundation.

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# QUAD CITY CHURCH GUIDE

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### BREWSTER



[www.cbcbrewster.com](http://www.cbcbrewster.com)  
Sunday Worship 9:30 a.m.



#### HOPE LUTHERAN CHURCH

Sunday Worship 11:00 a.m.  
Holy Communion 1st, 3rd, & 5th Sunday  
Bible Study & Sunday School 10:00 a.m.  
509-689-3106 • 1520 Sunset Dr.



#### COMMUNITY LOG CHURCH

Sunday Worship 10 a.m.  
509-689-2224 • 501 W. Indian Avenue  
[www.communitylogchurch.com](http://www.communitylogchurch.com)  
Pastor Gordon Wright



#### NEW TESTAMENT BAPTIST

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Wednesday 7 p.m.  
Adult Prayer & Bible Study and King’s Kids  
509-689-2420 • 412 W. Hanson



“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: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)



## COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email those to heraldads@qcherald.com or NCWMARKET.COM
- For more info call: Quad City Herald at 509-689-2507
- Email to: ruthk@lakechelanmirror.com

## COMMUNITY BULLETIN BOARD

### Addresses Wanted For Those Who Are Deployed

NCW - The Cashmere American Legion Auxiliary #64 is looking for addresses of deployed soldiers to send holiday care boxes. If anyone has a loved one deployed or knows of one who would appreciate a care package from home and would like to share their address, please leave at the Cashmere Post Office, or call Linda Ingraham, 509-679-0243. A collection box for donations of snack and personal items will be at the post office through the first week in December.

Nov. 30, Dec. 2, 6-7, 9

### 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, Wednesday and Fridays. Home delivered meals are delivered those same days. Call 509-826-7979 to reserve or cancel your meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. Menu: Dec. 2:

Chicken Enchiladas, Spanish Rice, Baja Vegetables, Fresh Salsa, Mandarin Oranges, Dessert; Dec. 6: Mac & Cheese with Ham, Peas & Carrots, Tossed Green Salad, Mixed Berries, Angel Food, Cake; Dec. 7: Chef's Salad, Potato Soup, Cinnamon, Applesauce, WW Roll, Cereal Bar; Dec. 9: Lemon Pepper Fish, Roasted Red Potatoes, Trio Vegetables, Coleslaw, Chilled, Peaches, Garlic Bread, and Dessert.

Nov. 30, Dec. 1-3, 5-10

### Senior Center Thrift Store, Tuesdays: Coffee, conversation

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Everyone is welcome to come to the center on Tuesdays from 9:30-11 a.m. for coffee and conversation, plus sweets. Check out our 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. 30, Dec. 1, 5-8

### Chelan Valley Hope chosen for fundraising campaign

Serving Bridgeport, Mansfield, Orondo, Chelan, Manson,

Chelan Falls, Waterville, and Entiat

CHELAN - The Community Foundation of NCW has chosen Chelan Valley Hope as one of the GiveNCW nonprofits for their 2022 fundraising campaign. They are raising funds for "Raising Hope, Helping Families Out of Crisis". Chelan Valley Hope's Raising Hope fund offers a safety net for the extraordinary needs of low-income families. This includes assistance with housing, homelessness prevention, medical, food, clothing, hygiene, coats, and more. The campaign is from November 24 through December 31. The minimum donation is \$10 and Give NCW takes care of the credit card fees, so 100% of your donation goes directly towards Raising Hope. Watch for giving incentives such as Funday Monday. Each time you donate on a "Funday Monday" your name will be entered to win \$500 or more to use on Give NCW any way you choose. To learn more visit [cfncw.org/GiveNCW](http://cfncw.org/GiveNCW) or contact CVH at [info@chelanvalleyhope.org](mailto:info@chelanvalleyhope.org).

Dec. 8, 15

### Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. That next trip is Dec. 8. 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. 17, 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.

Dec. 1

### Bingo every Thursday

BREWSTER - Bingo is held at the Brewster American Legion, every Thursday night at 6 p.m. It is open to public. Come early to purchase game packets and markers. Check out their Facebook page at American Legion Columbia Post 97 for more events.

Dec. 2-3

### Pateros

#### Holiday Market

PATEROS - Pateros Holiday Market to be held Friday, Dec. 2 and Saturday, Dec. 3. For a vendor application: Email [pateroswamarket@gmail.com](mailto:pateroswamarket@gmail.com)

or FB/IG @paterosmarket. The Market will be held at the Pateros Brewster Community Resource Center, Friday, Dec. 2, 5:30-8:30 p.m. and Saturday, Dec. 3, 9:30 a.m.-5 p.m.

Dec. 7, 21

### American Legion meetings

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.

Dec. 12

### 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](http://okanoganpud.org)

Dec. 12

### 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.

Dec. 12

### 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.

Dec. 13

### 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](http://tcfwenatcheevalley.org)

Dec. 14

### Brewster

#### Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, December 14, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For information [brewsterwachamber@gmail.com](mailto:brewsterwachamber@gmail.com) or Mike Mauk, 509-449-0605.

Dec. 19

### 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](http://tcfwenatcheevalley.org)

## Winter Reading Program begins December 1 at NCW Libraries

By MICHELLE MCNIEL,  
PUBLIC RELATIONS SPECIALIST  
NCW LIBRARIES

NCW - NCW Libraries wants to crank up the reading thermometer through the cold winter months. The library district's annual all-ages Winter Reading Program kicks off December 1 with a goal of collectively reading 1,000 books across North Central Washington through the end of January.

The winter program is designed to motivate people to read by setting goals, logging their completed books or minutes read, and getting ideas from library staff and other library patrons.

"Our winter program is all about reading for fun and

creating a culture of reading across our five-county library district," said Jessica Lynch, Teen Services Manager for NCW Libraries. "We want people to be excited about reading, share their love of books, and be inspired and encouraged by each other."

People can participate in the Winter Reading Program in two ways. 1: Set personal reading goals and track them on printed reading logs available from any of NCW Libraries' 30 branches in Chelan, Douglas, Grant, Okanogan and Ferry counties or the community bookmobiles. Logs that are completed and returned to the libraries will help meet reading goals set for each community. 2: Sign up online

using the Beanstack app and help the library district reach its system-wide goal of reading 1,000 books.

Children who meet their goals can choose from a selection of rubber duckies available at libraries and on the bookmobiles. People of all ages who participate online will earn digital raffle tickets for prize drawings. NCW Libraries will offer reading suggestions through library displays and social media posts, and library patrons will be encouraged to make book recommendations and write book reviews. Register for the Winter Reading Program starting December 1 at a community library, bookmobile, or online.

## Clothes dryer fire safety

SUBMITTED BY STATE FIRE MARSHAL CHAD CROSS

OLYMPIA - In a 2020 report published by the NFPA, clothes dryers caused 4% of home structure fires in 2014 through 2018. Last year in Washington State, there were a reported 352 fires caused by appliances which included clothes dryers. More home clothes dryer fires occur in the fall and winter months and peak in the month for January.

The Washington State Fire Marshal's Office reminds residents of clothes dryer fire safety by practicing these simple tips:

Do not use the dryer without a lint filter.

Clean the lint filter before and after each load of laundry. Don't forget to clean the back of the dryer where lint can build up. The leading cause of home clothes dryer fires is the failure to clean them.

Clean the lint filter with a nylon brush at least every six months or more often if it becomes clogged.

Clean lint out of the vent pipe every three months.

Have your dryer cleaned regularly by a professional, especially if it is taking longer than normal for clothes to dry. Have gas-powered dryers

inspected every year by a professional to ensure that the gas line and connection are together and free of leaks.

Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.

Don't overload your dryer. Turn the dryer off if you leave home or when you go to bed.

Doing laundry is often part of an everyday routine so keeping this important appliance in good working order will keep you and your family fire safe. For more information, call the State Fire Marshal's Office at 360-596-3929.

## DOUGLAS

CONTINUED FROM PAGE A2

chor QEA, LLC for HCP Policy and Coordinating Committees

Chairperson and administrative services and reporting for all HCP Committees including the HCP Annual Report. This three year contract is not-to-exceed \$315,000.

• Heard a report on the Douglas County Community Network. The network currently has 7,535 end users.

• The December 26 Commission Meeting has been cancelled.

## DOUGLAS & OKANOGAN COUNTY SHERIFF REPORTS

### Douglas County Sheriff

Nov. 18

No report available.

Nov. 19

20:47 Animal Problem, 405 W. Railroad Ave., Mansfield

Nov. 20

02:11 Parking/ Abandoned Vehicle, US Hwy. 2 and Rd. P NW, Waterville

21:11 Agency Assist, 2400 Tacoma Ave., Bridgeport

Nov. 21

14:19 Littering, 171 N. Shore Dr., Orondo

19:53 Non-injury Accident, SR 173 MP 8, Bridgeport Bar

19:45 Traffic Offense, 1900 Fisk Ave., Bridgeport

19:53 Harassment/ Threat, 929 Maple St., Bridgeport

22:28 Traffic Offense, US Hwy. 97 MP 214, Orondo

Nov. 22

10:14 911-call, 14 Charlotte Ln., Orondo

12:03 Trespassing, 1206 Columbia Ave., Bridgeport

13:37 Trespassing, 145 Osprey Dr., Bridgeport

14:47 911-call, 1025 Jefferson Ave., Bridgeport

19:09 Diversion, 417 Columbia Ave., Bridgeport

20:07 Juvenile Problem, 2331 Monroe Ave., Bridgeport

20:19 Agency Assist, SR 17 and SR 174, Mansfield

### Brewster Police Department

Nov. 18

16:40 A vicious animal was reported on S. Bridge St. in Brewster for a pitfall at the location damaging the caller's fence and harassing the caller's dogs.

Nov. 19

03:13 Loud music was reported on S. Bridge St. apartments as an ongoing problem every night.

16:43 A female Belgian Malinois and a male black and white Border Collie dog were reported missing from Keran Dr. in Brewster, both had collars with phone numbers on them.

Nov. 20

No local reports.

Nov. 21

19:39 An agency assist was requested on SR 173 in Bridgeport for a subject driving a 2006 maroon GMC Sierra that were involved with a hit and run.

Nov. 22

12:07 Harassment was reported on W. Main Ave. in Brewster.

12:25 A suspicious circumstance was reported on W. Hanson Ave. in Brewster.

19:54 A citizen assist was requested at Brewster Market for a caller that was stranded and unable to catch the bus.

### Okanogan County Sheriff

Nov. 18

14:30 An order violation was reported on Hwy. 97 in Brewster at Gebbers Farms.

16:47 Illegal burning was reported on Indian Dan Canyon Rd. in Brewster for large plastic bags of garbage.

Nov. 19-21

No local reports.

Nov. 22

18:53 A caller on W. Warren Ave. in Pateros reported receiving two burglary alarm codes.

## DEATH NOTICES

### Deloris G. Lindgren

Deloris G. Lindgren, 86, of Spokane, Washington, and formerly of Brewster, Washington, passed away on November 24, 2022.

Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

## Obituary & Memorial Policies

NCW Media, Inc.: 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 published 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 509-689-2507 for more information  
Or email [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

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## Brewster students recognized as Bears of the Quarter



Courtesy Todd Phillips, Brewster High School Principal

**The Bears of the Quarter** are students recognized by staff members at Brewster High School for their commitment to positively influence the culture at Brewster High School and the Brewster community. These students are accountable; demonstrate quality character, leadership, a growth mindset and are engaged in the school experience. This quarter's nominees are Abigail Pamatz-Garcia (Newspaper), Salvador Cardenas-Martinez (Physical Science), Alejandra Pacheco-Hidalgo (English 3D), Julissa Najera-Medina (Spanish I), Amizadai Mora-Ramirez (Computer Science, Senior Success, and Civics), Cristian Hurtado (Strength and Conditioning), Leslie Hernandez (World History), Antonia Hernandez (Algebra I), Lorenzo Garcia (English 9), Francisco Duran-Garcia (Principal's Nomination), Cynthia Chacon-Lopez (Animal Science), Kaydence Carrington (Wood Shop II), Karla Banda (Academic Math and Academic English), Miguel Aparicio-Martinez (Aerobics), Amy Alvarez-Garcia (English 10, Drawing & Painting, and Geometry), Karina Aguilar-Arce (Alternative), and Nancy Perez-Osorio (Choir).

# Bears runners land on All-League teams

By MIKE MALTAIS  
STAFF WRITER

**BREWSTER** – Senior Juan David Martinez and juniors Kaydence Carrington and Osvaldo Calderon are among seven Bears runners nominated to the 2022 Central Washington 2B All-League Cross Country Team. All three Bears are First Team selections. They are joined by seniors Kara Pulsifer and Enrique Campos and sophomore Cayden Milton-Bebler (Second Team), and senior Francisco Duran (Honorable Mention).

Martinez placed first in the District championships held Oct. 29 at Liberty Bell and helped the Bears win their first-ever District XC championship. Calderon finished fifth, Campos, seventh, Milton-Bebler ninth, and Duran 12th.

Carrington finished a strong second behind Liberty Bell in the girls' District championship and Pulsifer crossed the line in 13th place.

### 1st Team

Juan David Martinez	Brewster	12
Dexter Delaney	Liberty Bell	10
William Halpin	Liberty Bell	11
Aksel Thomson	Liberty Bell	11
Osvaldo Calderon	Brewster	11

### 2nd Team

Carlos Campos	Bridgeport	9
Enrique Campos	Brewster	12
Hyrum Lyles	Okanogan	9
Cayden Milton-Bebler	Brewster	10
Finlay Weston	Okanogan	9

### Honorable Mention

Simon Beery	Okanogan	10
Francisco Duran	Brewster	12
Landin Evans	Okanogan	9
Jesse Ash	Tonasket	11
Kyler Mitchell	Liberty Bell	11

### 1st Team

Leki Albright	Liberty Bell	11
Kaydence Carrington	Brewster	11
Araceli Esquivel	Oroville	11
Sandra Hernandez	Liberty Bell	11
Zoe Kaltenbach	Liberty Bell	10

### 2nd Team

Ingrid Venable	Liberty Bell	8
Eleena Zhuk	Manson	9
Allie Fredrickson	Oroville	10
Kara Pulsifer	Brewster	12
Juniper Dickson	Liberty Bell	8

### Honorable Mention

Yasmin Moore	Liberty Bell	8
Ella England	Manson	11
Karina Smith	Oroville	9
Kailah Leadingham	Lake Roosevelt	11
Kristalyn Costello	Tonasket	11



Courtesy Brewster School District  
**Osvaldo Calderon**



Courtesy Brewster School District  
**Juan David Martinez**



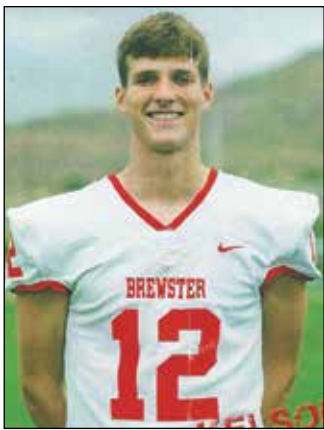
Courtesy brewstersportsfacebook  
**Kaydence Carrington, right, and Kara Pulsifer**

# Bears record-breakers named to football All-League First Team

By MIKE MALTAIS  
STAFF WRITER

**BREWSTER** – Bears record-breaking seniors Kelson Gebbers and Reese Vassar are among four players named to this year's Central Washington 2B All-League First Team. Between them Gebbers and Vassar set seven new marks for future gridiron stars to add to their high school sports career goals according to figures provided by head coach Travis Todd.

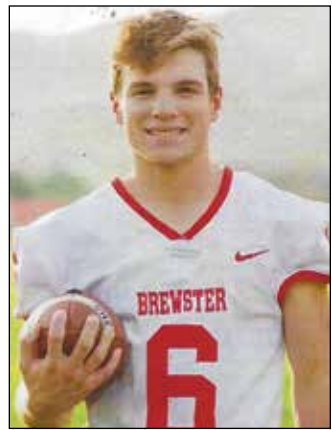
Gebbers, voted First Team quarterback, ended his Bears football highlights reel with 2,761 single season yards to eclipse the previous record of 2,369 set by Chase LaMoreaux in 2005. To reach that mark



Courtesy Brewster High School  
**Kelson Gebbers**

the six-foot, eight-inch passer set four additional Brewster school records:

- Single Season Pass Attempts: 316



Courtesy Brewster High School  
**Reese Vassar**

- Single Season Completions: 173
  - Career Completions: 274
  - Career Passing Yards: 4,437
- Vassar was named Of-

ensive Player of the Year as well as All-League First Team defensive back. His record-setting single season 81 pass receptions for 1,315 yards are 91 more than the 1,224 yards of previous 2005 record-holder Clay Gebbers. Vassar also set the BHS sin-

gle game reception mark of 16 catches against the state-finalist Okanogan Bulldogs this year.

Joining Gebbers and Vassar on the First Teams is senior Eric Ramirez as offensive lineman and defensive linebacker. Junior Cort Gebbers also

made both teams as offensive tight end and defensive down lineman.

In all, 10 Bears were named to the All-League First, Second, and Honorable Mention teams.

Following are the full rosters:

### 1st Team Offense

Quarterback	Kelson Gebbers	Brewster	12
Running Back	Johnny Swartzel	Okanogan	12
Running Back	Taggart Grooms	Okanogan	12
Running Back	Angel Lopez	Manson	11
Receiver	Carson Boesel	Okanogan	12
Receiver	Chase Marchand	Lake Roosevelt	11
Tight End	Cort Gebbers	Brewster	11
Receiver	Samuel Spangler	Tonasket	11
Linemen	Joseph Cates	Okanogan	12
Linemen	Jamal Nance	Okanogan	12
Linemen	Austin Nelson	Okanogan	12
Linemen	Eric Ramirez	Brewster	12
Linemen	Gage Olbricht	Lake Roosevelt	10
Kicker	Miguel Alvarez	Tonasket	12

### 1st Team Defense

Defensive Back	Taggart Grooms	Okanogan	12
Defensive Back	Reese Vassar	Brewster	12
Defensive Back	Chase Marchand	Lake Roosevelt	11
Defensive Back	Zahyr Sanchez	Manson	11
Linebacker	Carter Kuchenbuch	Okanogan	10
Linebacker	Manny Rodriguez	Okanogan	11
Linebacker	Eric Ramirez	Brewster	12
Linebacker	Brit Egbert	Lake Roosevelt	12
Down Linemen	Joseph Cates	Okanogan	12
Down Linemen	Braydon White	Okanogan	10
Down Linemen	Cort Gebbers	Brewster	11
Down Linemen	Nathan Donn	Lake Roosevelt	12
Punter	Tyler Duchow	Tonasket	12

### 2nd Team Offense

Quarterback	Brit Egbert	Lake Roosevelt	12
Running Back	Cris Rodriguez	Tonasket	12
Running Back	Chase Clark	Lake Roosevelt	12
Running Back	Braiden Howell	Okanogan	12
Receiver	Tanner Grooms	Okanogan	10
Receiver	Tyson Schertenleib	Brewster	12
Receiver	Rey Burton	Tonasket	12
Tight End	Jordy Gomez	Oroville	12
Linemen	Luis Anaya	Manson	9
Linemen	Marvin Valdez	Manson	12
Linemen	Nathan Donn	Lake Roosevelt	12
Linemen	Clayton Isensee	Brewster	12
Linemen	Jason Rosario	Brewster	12
Kicker	Gerardo Guerrero	Manson	12

### 2nd Team Defense

Defensive Back	Carson Boesel	Okanogan	12
Defensive Back	Tyson Schertenleib	Brewster	12
Defensive Back	Tanner Kiser	Lake Roosevelt	12
Defensive Back	Samuel Spangler	Tonasket	11
Linebacker	Clayton Isensee	Brewster	12
Linebacker	Cal Beazley	Manson	11
Linebacker	Angel Lopez	Manson	11
Linebacker	Chase Clark	Lake Roosevelt	12
Down Linemen	Kasey Erickson	Okanogan	11
Down Linemen	Granger Sutton	Tonasket	12
Down Linemen	Gerardo Guerrero	Manson	12
Down Linemen	Trace Fulwiler	Tonasket	11

### Honorable Mention

Defensive Back	Boston Hevener	Lake Roosevelt	12
Defensive Back	Ben Cullison	Manson	12
Defensive Back	Rey Burton	Tonasket	12
Defensive Back	Ivan Bulgarin	Oroville	10
Defensive Back	Braiden Howell	Okanogan	12
Linebacker	Blake Burgett	Brewster	11
Linebacker	Tanner Whitelaw	Lake Roosevelt	12
Linebacker	Jordy Gomez	Oroville	12
Linebacker	Cris Rodriguez	Tonasket	12
Linebacker	Trai Ovvit	Oroville	11
Linebacker	Jaydynn Flores	Brewster	11
Down Linemen	Braiden Westerdaahl	Brewster	10
Down Linemen	Brooks Pinski	Manson	11
Down Linemen	Michael Fulmer	Oroville	10

### Honorable Mention

Quarterback	Carter Kuchenbuch	Okanogan	10
Running Back	Ivan Alejandre	Lake Roosevelt	10
Running Back	Trai Ovvit	Oroville	11
Running Back	Cal Beazley	Manson	11
Receiver	Zahyr Sanchez	Manson	11
Receiver	Brady Wulf	Brewster	11
Receiver	Tanner Whitelaw	Lake Roosevelt	12
Linemen	Yonatan Casterjon	Oroville	11
Linemen	Tanner Beardsley	Oroville	9
Linemen	Jaime Leyva	Manson	10
Quarterback	Tyler Duchow	Tonasket	12

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**Administrative**

**Puzzle Solution**

1	9	5	4	8	2	6	7	3
3	8	2	9	7	6	4	5	1
6	4	7	3	5	1	2	8	9
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R	E	L	A	I	C	A	N	T	O	R	E
Y	E	L	L	E	M	S	S	N	O	R	T

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509-682-2213  
or  
**Quad City Herald**  
509-689-2507  
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**Cascade Pipe And Feed Supply is hiring for a Stihl sales and service Technician/ Snow plow sales and service.**

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\*Valid drivers license and clean driving record  
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\*Stihl service qualifications a plus but not mandatory  
Requirements  
\*To obtain Stihl Technician certifications  
\*To obtain Snow Plow certifications  
Job Description  
\*Sales and service on all Stihl power equipment  
\*Sales and service on all Boss Snow plow equipment  
\*Managing a service schedule on customer equipment  
\*Creating quotes, orders, and purchasing parts. Email resume to [cascadepipeandsupply@gmail.com](mailto:cascadepipeandsupply@gmail.com)

School District is seeking qualified applicants for the following position:

- Cascade High School Head Girls Basketball Coach

Fast Track application process and information can be found on our website at [www.cascadesd.org](http://www.cascadesd.org) EOE

School District is seeking qualified applicants for the following position:

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Fast Track application process and information can be found on our website at [www.cascadesd.org](http://www.cascadesd.org) EOE

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**Legals**

**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 2023, 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, December 9, 2022 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, at which time and place all persons objecting to said rates may be heard. Published in the Quad City Herald on November 23, 30, 2022. #4952

**Public Notices**

**PATEROS SCHOOL DISTRICT SURPLUS VEHICLES FOR SALE**

The Pateros School District has declared one 2006 Subaru Outback with about 136,000 Miles. The vehicle has a failing Transmission. Minimum Bid is \$1000.00. Please direct questions to Jason Getzin @ 509-733-2163. Sealed bids accepted in the District Office until 3:00 p.m., Thursday, Dec. 15, 2022. Please write the exact amount of your bid and place it in a sealed envelope titled, "Pateros School District Surplus Sale Bid": PO Box 98; Pateros, WA 98846. Bids will be opened in the Superintendent's office at 3:15 p.m. on Dec. 15, 2022. The board of directors reserves the right to review and award all bids during this process. Successful bidder will be notified and payment must be made by certified check. Published in the Quad City Herald November 30, 2022. #4972

**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 2023, 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 Friday, December 12, 2022 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 23, 30, 2022. #4948

Looking for a home for your Furry friend?  
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# What to know about health Insurance after turning 65

By MEGAN CAMPBELL,  
RAFFETTO HERMAN  
STRATEGIC COMMUNICATIONS

Medicare health insurance plans are now open for enrollment for the 1.4 million Medicare beneficiaries in Washington. Deciding what type of Medicare plan is best for you can be a confusing task when not informed of all the important coverage details. Learn more about the different Medicare options available for folks 65 and over in these guidelines.

## Different types of Medicare plans

Original Medicare

What does it cover? Original Medicare (OM) is available to most individuals over the age of 65, and those who are under 65 with certain disabilities. It does not include supplemental benefits like dental coverage or gym membership.

This plan is offered in three parts:

Part A, or hospital insurance, covers various kinds of inpatient medical care

Part B, or medical insurance, covers medically necessary and preventive medical care.

Part D insurance covers prescription drugs.

The three parts must be bought individually and are billed separately. OM does not have an out-of-pocket maximum, which means there is no limit to how much an individual could pay in medical expenses.

Who should get it?

People who are comfortable without an out-of-pocket maximum and want to shop for individual areas of health coverage such as dental, vision, and medication.

Medicare Advantage

What does it cover? Medicare Advantage (MA) performs similarly to the Original Medicare plan;

however, it has enhanced benefits, a single-member card, monthly premium, and an out-of-pocket maximum to ensure a yearly cap. Unlike the OM plan, MA is not divided into separate pieces.

This plan covers parts A and B of the Original Medicare plan in addition to:

- Prescription drug coverage
- Vision care
- Preventive and comprehensive dental coverage
- Enhanced benefits like fitness resources, meals delivered after hospital stays, rides to medical appointments,

and more

Who should get it? MA is available to anyone who qualifies for Original Medicare. Depending on income and health status, MA plans can be more cost-effective while covering a larger array of services.

Supplemental Plans, aka Medigap

What does it cover? Medigap is an optional supplement to OM. Individuals who have Medicare parts A and B can purchase this plan. Medigap covers instances that OM doesn't, such as medical coverage outside of the United States.

Who should get it? Those who have OM and want assistance paying for health care costs that it does not cover.

Zero Cost Plans

What does it cover? This is a type of MA plan that has a monthly premium of \$0. The coverage depends on the type of plan that the individual has. At Community Health Plan of Washington, the zero-cost plans of 2022 are Dual Plan, No Rx Plan, and Plan 1.

Who should get it? For an individual who does not get sick often, but still wants some type of coverage this could be a plan for you.

# Free at-home COVID-19 tests available through the end of the year

DOH encourages community to take advantage of free tests while supplies last

SUBMITTED BY WASHINGTON DEPT. OF HEALTH

OLYMPIA - Washington State Department of Health (DOH) will continue to provide free COVID-19 home test kits to residents at least through

the end of 2022, despite the end of federal financial support for testing programs. With upper respiratory season at a high peak, at-home tests offer a way for individuals to check their COVID status without needing to access the healthcare system.

Washingtonians can order up to 10 free at-home test kits per month through the "Say Yes! COVID Test" program. To order, visit [sayyescovid-hometest.org](https://sayyescovid-hometest.org). The kits are delivered to the requester's home or work address, free

of charge.

The antigen tests take 15 minutes to complete, offering users a convenient way to check whether they are infected with COVID-19. Users can follow up with a test from a medical provider or test site to verify results. Those testing positive can report their test result to Washington's COVID-19 hotline at 1-800-525-0127. More information and resources available here.

Testing is one of the key ways to prevent the spread of

COVID-19, along with staying current on vaccines, wearing a well-fitted mask in crowded or poorly ventilated indoor settings, frequent handwashing, and staying home when sick. DOH encourages everyone to get their flu shot and activate WA notify on their phones, which allows you to receive or send anonymous notification if you have come in contact with someone who tested positive.

These precautions are especially important now because hospitals and emer-

gency rooms are operating at a higher than usual capacity due to a surge in respiratory viruses. Consider taking a COVID-19 test prior to a gathering, especially if you are getting together with people who are older, immunocompromised, or at risk for severe disease.

DOH first started the program in January 2022, in a partnership with the National Institutes of Health, the Centers for Disease Control and Prevention, Care Evolution, Amazon, and other

community partners. Since then, DOH has received over 2.5 million orders, distributing 12.5 million test kits in Washington.

For more information on how to prevent the spread of COVID-19, visit <https://doh.wa.gov/emergencies/covid-19>

The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

# Who put the Epsom in Epsom Salts?

After two days of work digging a trench on our property, my husband Charlie's feet ached. He called out from our bathroom, "I'm going to soak my feet. Where is the Epsom Salt?"

Epsom Salt is another name for magnesium sulfate. In 1675, Dr. Nehemiah Grew obtained magnesium sulfate crystals from evaporating the mineral water of Epsom, England. The mineral water from the Seiditz Spring in Germany was nearly identical to the water from Epsom and also used as a source of magnesium. At first, Seiditz Salt and Epsom Salt were used interchangeably to refer to magnesium sulfate. Today, Epsom Salt is the only name that remains.

In Colonial America, magnesium sulfate was produced from rock veins near Baltimore and southern Pennsylvania. By the late 1880s, salt mines were replaced by evaporating seawater. After extracting sodium chloride (table salt) from seawater, the brine left over contains nearly pure magnesium sulfate, AKA Epsom Salt.

Often packaged in quart-sized milk cartons, Epsom Salt or magnesium sulfate is a white, odorless powder that



tastes salty and bitter. It is widely used today, externally as a solution for soaking sore feet and muscles and internally to relieve constipation.

In the 1800s, ensuring your bowels moved frequently was considered essential to your health. Bowel movements were widely believed to remove toxins from the body, and the way to stay healthy was to prevent toxins from building up. That meant making sure you and your loved ones emptied their bowels regularly.

To support this belief, many patent medicines, called cathartics, contained compounds that stimulated bowel movements. The least intense of these were called laxatives. The next powerful cathartics were called "purgatives," and the most potent cathartic compounds were "drastics." Epsom Salt is a salt-based laxative and can be either a laxative or a purgative, depending on the dose used.

Other magnesium products with stimulant action on your bowels include magnesium hydroxide and citrate. Magnesium

hydroxide is less potent than magnesium sulfate, with its milky white color inspiring the name "milk of magnesia." Some milky white liquid antacids, like Maalox® and Mylanta®, contain magnesium hydroxide.

Magnesium citrate is sold as a clear solution containing sodium bicarbonate and citric acid to make it carbonated. This liquid laxative is available in a glass bottle as "citrate of magnesia."

When you add magnesium sulfate (Epsom Salt) crystals to water and drink it, it pulls extra water into your intestines, making your stool more liquid. This watery stool moves more quickly through your intestine, colon, and rectum. The more concentrated the solution of magnesium sulfate, the more powerful its laxative effect.

Soaking in a saline solution like table salt or Epsom Salt can help shrink tissues by pulling fluid out of them. This can help decrease swelling and pain. Soaking in warm table salt or Epsom Salts also softens and shrinks the skin around embedded foreign bodies like splinters and insect stingers. This often makes them much easier to remove.

Like my husband, you can

add Epsom Salts to foot soaks or bath water for a therapeutic bath to relieve aches. The magnesium in Epsom Salt can be absorbed through the skin, helping to alleviate muscle cramps.

Epsom salt is safe when used externally for soaking, but be careful about taking it by mouth, as the amount of magnesium absorbed into your body can be unpredictable.

One woman died from gargling with Epsom Salts due to absorbing excessive magnesium, causing her heart to stop. Another woman almost died from heart block after using an enema made from 3 tablespoons of Epsom Salts dissolved in warm water. Two children went into cardiac arrest, and one died after consuming several doses of a mega-mineral supplement containing a large amount of magnesium.

If you use Milk of Magnesia or magnesium citrate for constipation, DO NOT exceed the doses recommended on the label.

## Here are 3 Key Facts About Epsom Salt:

1. Magnesium is absorbed through the skin.

Soaking in warm water with magnesium salt has a calming effect on muscles. This can help

relieve aching feet, restless legs, or nocturnal muscle cramps.

2. Salt soaks can prevent infection.

Soaking splinters in hot salt water (either Epsom Salt or table salt) for at least 20 minutes, 1-2 times daily, can discourage infection. Salt soaks help keep the top of the skin open. This makes the splinter easier to extract while preventing the development of an abscess.

3. Never exceed recommended doses.

Magnesium can be unpredictable when taken internally.

Taking too much can depress the action of your heart.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-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*. ©2022 Louise Achey



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SNOQUALMIE PASS Interstate 90 click here to see webcam

## CROSSWORD PUZZLE

THEME: HAPPY HOLIDAYS

ACROSS

- Pilgrim's destination
- Make a scene
- Hawaii environs
- Toothy fish
- Cone-shaped dwelling
- White Swan in "Swan Lake" ballerina
- ...Wan Kenobi
- "Decorate with wreaths and holly, e.g."
- Either dessert or source of heat (2 words)
- \*... Day, or second day of Christmastide
- Land parcel
- Strauss of denim fame
- Broadband access overseer, acr.
- Clarified butter
- Acute one and obtuse one
- Southeastern Asian country
- Jouster's breastplate
- Shrewdness
- Caspian basin river
- \*Pasadena's Tournament of ...
- Tel. \_\_\_\_, Israel
- Native American emblem
- "Why not?"
- Hitchhiker's quest
- Omits when speaking
- Hard to find
- Bear's winter quarters
- Hoodwink
- Scepter's partner
- \*Number of days in Christmastide
- \*\*"Ugly" holiday party garb?
- Prepare a letter
- "Bingo!"
- Hunger for
- Pass-the-baton race
- \*Cranberry sauce sometimes comes from it

DOWN

- Whiny and miserable
- Shade of beige
- Finish a ceiling, to a plasterer
- Marlboro alternative
- Not digital
- Not Uber
- Ghana monetary unit
- Second word of many fairytales
- Cause of Titanic's demise
- Poetic "even"
- Burdensome
- Not this or that
- Lab eggs
- Time off
- \*Champagne holder
- \*Wassailing composition
- Raccoon's South American cousin
- Feeling of superiority, pl.
- ... gum, food additive
- Furiously angry
- Exclude or omit
- \*Number of candles in kinara, Kwanzaa
- \*Troika vehicle
- "Will be," according to Doris
- Asian goat antelope
- Potpourri
- Chevy Suburban, e.g.
- Builds
- \*Popular holiday wish
- Munchausen's title
- \*Bedecked arbor
- Shakespeare, to his friends?
- And others, for short
- Minus
- Tropical edible root
- Anon's partner
- Take a load off
- Like some humor
- \*Traditional main holiday dish

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	6		2				1	

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



# US Handing Out ‘Very Boutique’ Status to Thousands of Migrants While Still in Mexico

CHARLOTTE CUTHBERTSON

U.S. Customs and Border Protection (CBP) officials are approving the entry of thousands of likely illegal aliens while they're still in Mexico, according to a new report.

For months now, CBP officials have shepherded in thousands of aliens who have submitted an application for temporary parole status, using a new online platform called CBP-ONE, according to a report by Todd Bensman, senior national security fellow with the Center for Immigration Studies (CIS).

Bensman visited three immigration shelters in Mexico that help select migrants for the program and help them obtain the requisite paperwork—often assisted by teams of U.S. legal students, psychologists, activists, and the U.N. International Organization for Migration.

To be accepted, the migrants require “just the right documented story of woe, a psychologist attesting to suffered traumas and fear of returning home, proof of citizenship and identity, a clear criminal background, need for urgent free American medical treatment, and a sponsor in the U.S. willing to financially support the applicant,” according to the report.

The authority under which these aliens are gaining entry is through a humanitarian parole exemption that The Epoch Times exclusively wrote about in May. Under the parole authority, tens of thousands of illegal aliens are being quickly released each month by Border Patrol after crossing the border illegally.

Under parole, the aliens are given work authorization for one year and often a cell phone to check in with Immigration and Customs Enforcement.

A spokesperson for CBP previously told The Epoch Times that parole has been used to speed up the processing of illegal aliens at overwhelmed Border Patrol stations.

“One thing you can do is you can parole somebody who is coming into the United States as an arriving alien, and you can parole them for a year, so that they can take care of whatever humanitarian issue or whatever issue that they have to deal with,” the spokesperson said.

Now, the same process is being undertaken south of the border.

Bensman called it “a highly unconventional idea far outside mainstream border management.”

## What Is Parole?

Through the 1952 Immigration and Nationality Act (INA), Congress mandated that all inadmissible and illegal aliens be detained until their status is determined, after which they're either deported or granted entry with a legal status.

Parole is an exception and, although it's not a legal status, it permits entry on “a case-by-case basis” for “urgent humanitarian reasons or significant



A Border Patrol agent apprehends a group of Cubans who just crossed the Rio Grande from Mexico into Eagle Pass, Texas, on April 19, 2022.



Two Nicaraguan nationals hold up the cell phones they received from Border Patrol before being released into the United States, in Kinney County, Texas, on April 29, 2022.

# 378K

▶ Illegal Aliens—During fiscal year 2022, Border Patrol processed and released more than 378,000 illegal aliens under the Biden administration's new “Parole+ATD” category, according to CBP data.

public benefit,” according to the INA.

The status allows foreign nationals “who may not otherwise be admissible to the country under the immigration laws” to live and work in the United States temporarily “without being formally admitted to the country and without having a set pathway to a permanent immigration status,” according to a 2020 Congressional Research Service report.

Andrew Arthur, CIS resident fellow in law and policy and a retired immigration judge, said in a previous interview that parole should be a “very, very boutique thing.”

It should be used, for example, when a family member needs entry into the United States to donate a kidney to his brother or if a witness to a criminal case is needed to testify, Arthur said. As associate general counsel in the former federal immigration agency, he said he would see a handful of parole cases each year.

The Department of Homeland Security granted parole to 24,000 Venezuelans in October.

One man who Bensman encountered in Mexicali had a doctor at the shelter attest to his need for medical treatment

for lung cancer. The man was approved to travel into the United States under parole authority for free cancer treatment the next day, Bensman said in his report.

“If applicants claim they're fleeing danger, university law professors and students help them file police reports over the phone to home countries after the fact, then get the police reports sent back as ‘evidence,’ three shelter managers confirmed,” he said.

Under this new parole program south of the border, he said it's impossible to estimate how many aliens had been processed in Mexico and brought to the United States because the process is almost “invisible,” but all the shelters he knows of are “swamped and expanding.”

The parole being used on the U.S. side of the border also has been ramping up.

During fiscal year 2022, which ended on Sept. 30, Border Patrol processed and released more than 378,000 illegal aliens under the Biden administration's new “Parole+ATD” category, according to CBP data. ATD is an Alternatives to Detention program, which is acting as a workaround of the legal requirement to detain illegal aliens.

In October, another 68,837 were released under parole and an additional 20,500 were released with an immigration court date.

By adding the parole system, Bensman said the United States is enticing more people to come.

“And I think that's the policy question. How many are you going to let in? There's 700 million people in the world living in extreme poverty. Will we stop when all of them are in?” he told The Epoch Times.

## In Mexico

Bensman relayed a conversation he had with a Mexicali city official, Aaron

Gomez, who said he was tapped to run the Mexican side of the operation partnered with Calexico, California.

“They needed to open a new entrance right here, and they needed someone to run it,” Gomez told Bensman. “It was a favor the Americans asked for with this program.”

Gomez said U.S. officials told them, “They're going to cross either way. This will keep them from getting hurt.”

Between Sept. 9 and Nov. 3, Gomez said he's sent more than 1,150 parolees into Calexico, and the program is ramping up. Many are Mexican nationals, as well as those from El Salvador, Honduras, Nicaragua, and other nations.

The Mexicali city shelter system—currently holding 3,000 migrants—is full, and the city is building an expansion to triple its capacity.

Bensman said the program is operating south of San Diego and Calexico in California, Douglas in Arizona, and El Paso, Laredo, McAllen, and Brownsville in Texas.

“Mexico also appears to have set up operations well south of the American border, in Cancun on Mexico's southern Caribbean coast and in Monterrey farther north, where pre-approved immigrants are flown into American airports,” he said.

That allows the Biden administration to avoid having to add these aliens to the illegal border crossing statistics.

Department of Homeland Security Secretary Alejandro Mayorkas has maintained his intent to create more legal pathways for hopeful migrants in a more “safe, orderly, and humane” system into the United States—which reflects the U.N.'s goals.

“This has to be what they're talking about,” Bensman said. “It does two things that are just utterly irresistible—it provides very fast work authorization and enables beneficiaries to avoid having to pay cartel fees to cross.”

However, there are already corruption issues.

Bensman said migrants have told a Tijuana-based pastor at a shelter that local officials are demanding bribes of 5,000 to 10,000 pesos (\$250 to \$500) for migrants to get on the government shelter lists for more guaranteed, faster border crossings.

CBP didn't respond to a request from The Epoch Times for the number and nationalities of aliens who have been paroled in and through which ports of entry under this program with Mexico.

As far as reining in the use of parole, Bensman said he thinks a current Florida lawsuit might have the best chance.

The state of Florida filed a lawsuit against the Department of Homeland Security in February, in part, against the agency's alleged “abuse of the parole authority.”

“I think that's the only hope—that they get an injunction, and this thing gets to the Supreme Court, fast,” he said.

# FDA Says Telling People Not to Take Ivermectin for COVID-19 Was Just a Recommendation

ZACHARY STIEBER

The U.S. Food and Drug Administration's (FDA) guidance for people to “stop” taking ivermectin for COVID-19 was informal and just a recommendation, government lawyers argued during a recent hearing.

“The cited statements were not directives. They were not mandatory. They were recommendations. They said what parties should do. They said, for example, why you should not take ivermectin to treat COVID-19. They did not say you may not do it, you must not do it. They did not say it's prohibited or it's unlawful. They also did not say that doctors may not prescribe ivermectin,” Isaac Belfer, one of the lawyers, said during a Nov. 1 hearing in federal court in Texas.

“They use informal language, that is true. It's conversational but not mandatory.”

The hearing was held in a case brought by three doctors who say the FDA illegally interfered with their ability to prescribe medicine to their

The government has moved to dismiss the complaint, asserting plaintiffs lack standing because the injuries can't be traced back to the FDA.

patients when it issued statements on ivermectin, an anti-parasitic that has shown positive results in some trials against COVID-19.

Ivermectin is approved by the FDA but not for COVID-19. Drugs are commonly used for nonapproved purposes in the United States; the practice is known as an off-label treatment.

The FDA created a webpage in 2021 titled “Why You Should Not Use Ivermectin to Treat or Prevent COVID-19” and later posted a link to the page on Twitter while writing: “You are not a horse. You are not a cow. Seriously, y'all. Stop it.”

Those actions interfered with the doctors' practice of medicine, violating the laws including the Federal Food, Drug, and Cosmetic Act, the lawsuit alleges.

It asked the court to rule the actions unlawful and bar the FDA from directing or opining as to whether ivermectin should be used to treat COVID-19.

Jared Kelson, an attorney representing the plaintiffs, told the court



A health worker shows a bottle of ivermectin in Cali, Colombia, on July 21, 2020.

during the hearing that that informal claim “doesn't explain the language they actually used: ‘Stop it. Stop it with the ivermectin.’”

The FDA's actions “clearly convey that this is not an acceptable way to treat these patients,” he argued.

Plaintiffs in the case include Dr. Paul Marik, who began utilizing ivermectin in his COVID-19 treatment protocol in 2020 while he was chief of pulmonary and critical care medicine at Eastern Virginia Medical School and director of the intensive care unit at Sentara Norfolk General Hospital.

After the FDA's statements, Marik was told to remove the protocol from the school's servers while Sentara issued a memorandum to hospitals telling them to stop using ivermectin against COVID-19, with a citation to the FDA.

Marik was forced to resign from his positions because he couldn't prescribe ivermectin because of the FDA's statements, the suit alleges.

The government has moved to dismiss the complaint, asserting plaintiffs lack standing because the injuries can't be traced back to the FDA.