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How you can be proactive

There is no doubt that our hospitals are being overrun with COVID patients. Hospital staff and resources are being challenged making it increasingly difficult to provide care to those most in need.

Politicians are using this crisis to push for mass vaccinations in an effort to stem the growing tide of cases. But many medical professionals, like Dr. Robert Malone a virologist and immunologist, is critical of the push to vaccinate everybody. Dr. Malone is considered one of the inventors of the Moderna Vaccine and says he is not an anti-vaxxer he simply points out that there are legitimate reasons for not forcing everyone to take this vaccine.

Dr. Malone, points out that this vaccine in like most flu vaccines. They are not always effective with the latest mutation of the virus. The best we can hope for with vaccines of this nature is to slow the spread of the virus while we find ways to treat and cure patients that have contracted the disease.

We already have evidence that the vaccine is not completely effective. The Center for Disease Control admits that there will be breakthrough cases. In other words, cases that occur in fully vaccinated patients. Some of these can be severe and some people may even die. According to



BILL FORHAN
PUBLISHER

NBC news, as of the end of July 125,000 fully vaccinated people have tested positive for Covid and 1,400 have died. As a percentage of the fully vaccinated population that number is miniscule at .08%. NBC notes that their data is incomplete because 11 states did not provide them with information and the Center for Disease Control stopped reporting in May.

The other problem when discussing vaccines is that they are not a cure. Vaccines are a prophylactic. They are meant to prevent getting the virus in the first place. Once someone contracts the disease, doctors are primarily concerned about treating it. There is widespread disagreement over protocols for treatment of COVID.

According to the Washington Department of Health, just over 52% of the population in Chelan, Douglas and Okanogan County are fully vaccinated. That means half of the residents in our area are still at risk for contracting the virus.

Central Washington Hospital is the primary hospital serving North Central Washington. There are other community hospitals serving the region including Cascade Medical Center in Leavenworth, Lake Chelan Health in Chelan, Three Rivers in Brewster. These hospitals all work together to address patient needs in our three county area of Chelan, Douglas and Okanogan County.

Central Washington has 198 beds. They currently have 60 COVID patients undergoing treatment. Cascade has no COVID patients in their 9 beds and Chelan has two COVID patients in their 22 beds.

Jamie Minnock, Chief Nursing Officer at Chelan Health, says they communicate almost daily with Central Washington and the other regional hospitals to co-ordinate and support each other in caring for patients. When patients come to their hospital with symptoms they cannot treat they are transported to Central Washington for acute care. If Central Washington gets overloaded then they send patients with milder symptoms out to other area hospitals like Chelan, Cascade or even Yakima.

There is significant disagreement among physicians about the proper treatment protocols for a person who is infected with the COVID-19 virus. Primarily, the disagreement is over the use of Ivermectin in the early stages of the virus. It is true that Ivermectin is a drug used to deworm horses. It is also true that Ivermectin is available for humans and has been used around the world since 1975. In most countries it is available over the counter. It is inexpensive and considered a miracle drug in many countries. It has not been approved by the FDA for use in treating COVID.

Recently, the Chelan-Douglas Health District has come out in opposition to the use of this drug. But Ivermectin is being used by some physicians in the U.S. and has been endorsed for use in other countries that have found it to be effective when used early.

I included a link to a pamphlet with the CDHD press release that offered advice from the American Association of Physicians and Surgeons (AAPR) a few weeks ago. That pamphlet titled, “A Guide to Home-Based COVID Treatment”, provides advice about what you should do to prepare in case you do get COVID. With the exception of the recommendation to consider using Ivermectin in the early stage of treatment; It seems to follow local protocols for treatment options.

The pamphlet includes a recommendation that you have a consultation with your local doctor about what you should do if you are diagnosed as having COVID.

The first step of course is to get tested if you think you are experiencing symptoms. There is a chart of the most common symptoms attached to this article. It takes 24 to 48 hours to get the results of your test. Our local hospitals do testing if you have symptoms. They ask that you not just walk in. Call and make an appointment. They will ask about your symptoms and schedule you for a test.

Typical Symptoms of COVID

Keep in mind, not everyone has all of them

- Runny nose, sneezing
- Sudden onset of marked fatigue
- Loss of energy, malaise
- Body aches, muscle aches, headaches
- Cough, though in COVID it is usually a dry cough. You may not produce mucus (sputum). Color of sputum is not necessarily a reliable indicator of severity or type of illness.
- If your cough is causing you to have increased shortness of breath or interfering with your sleep pattern, this could mean the disease is worsening.
- Feeling “feverish,” even if fever (defined as temperature >101 degrees) is not present.
- Chills at night
- Sudden onset of sweats during the day that are unrelated to exercise
- Loss of taste or smell (tends to occur after the other symptoms have been there 1-3 days, but can occur earlier or later)
- Loss of appetite, nausea, GI upset
- Diarrhea may occur, though is not common. It can quickly lead to dehydration and electrolyte imbalances when it does happen.
- After about day 5, when the inflammation gets worse, there is often chest heaviness or tightness, difficulty breathing, shortness of breath.
- Drop in blood oxygen concentration (measured with a finger oximeter you can purchase at your local pharmacy) indicates serious respiratory problems
- Rapid heart rate, palpitations
- Loss of focus, difficulty with concentration and memory



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2021 NCW District Fair 4-H Results

Results by category and local city

Clothing Construction

Junior Grand Champion: Etta Deason - Cashmere

Reserve Champion: Etta Deason - Cashmere

Knitting & Crocheting

Junior Grand Champion: Etta Deason - Cashmere

4-H Round Robin

Senior Reserve Champion: Greer Swoboda - Leavenworth

Goat-Utility Class

Intermediate Grand Champion: Ada Missal - Leavenworth

Market Sheep Market Lamb

Grand Champion: Isabel Fadenrecht - Cashmere

Horse Judging Contest Intermediate

Reserve Champion: Faith Smith - Cashmere

Senior Reserve Champion: Greer Swoboda - Leavenworth

Horse Fitting & Showing

Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Greer Swoboda - Leavenworth

Horse - English Equitation

Senior Grand Champion: Greer Swoboda - Leavenworth

Horse - English Pleasure

Senior Grand Champion: Greer Swoboda - Leavenworth

Horse - Bareback Equitation

Senior Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Greer Swoboda - Leavenworth

Senior Reserve Champion: Greer Swoboda - Leavenworth

Grand Champion: Greer Swoboda - Leavenworth

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Grand Champion: Greer Swoboda - Leavenworth

Reserve Champion: Greer Swoboda - Leavenworth

Senior Reserve Champion: Greer Swoboda



SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

Are You Getting Enough Vitamin B12?

One of my patients is a retired Marine. A few months ago he told me that he had been suffering from pains in his legs and feet for a couple of years. His doctor had tried several different pain medicines, but none of them really did much so he quit them all and just put up with it. Then he started taking a B vitamin with a lot of B12 in it, and to his amazement, within 3 days his feet and legs stopped hurting. It has been over 6 months and the pain has not come back. He decided to continue the vitamin, just to make sure.

Vitamin B12 is a water-soluble B vitamin that helps your body make new red blood cells, helps your nerves work, and prevents certain kinds of anemia. A deficiency in Vitamin B12 can show up as fatigue, weakness, depression or pain in your feet or hands.

Vitamin B12 deficiency becomes more common as you age. The Framingham

Study in Massachusetts found Vitamin B12 deficiency in 12% of the elderly who live in the community. The 3 main reasons contributing to B12 deficiency are age, diet and medicines.

The most common cause of Vitamin B12 deficiency is not being able to absorb it. This can be due to a condition called atrophic gastritis, which affects 10-30% of the elderly. Atrophic gastritis interferes with the ability to absorb Vitamin B12 from your food because it decreases secretion of digestive juices such as gastric acid.

Our bodies only absorb about half the Vitamin B12 we get in our diet, which is usually attached to animal based protein like ground beef or chicken. Without enough stomach acid, your body can't break down proteins and Vitamin B12 stays stuck to the protein.

Most healthy adults get enough Vitamin B12 in their

diet; those who don't have either or don't get much animal protein in their diet or are not able to absorb Vitamin B12 very well. According to the National Institutes of Health (NIH), Vitamin B12 is found mostly in animal proteins, such as fish, meat, poultry, eggs, milk, and milk products.

Strict vegetarians may not get enough animal protein in their diet to satisfy the recommendation of 1 to 2 mcg daily of Vitamin B12. Others become deficient because they cannot absorb it very well, like the elderly, those who have had gastric bypass surgery and people who take certain medicines.

Medicines that can contribute to poor absorption and deficiency of Vitamin B12 include acid-reducing medicines such as Prilosec® (also known as omeprazole), Prevacid® (also known as lansoprazole), Protonix® or Nexium®. Older acid-blocking

medicines which also impair absorption of Vitamin B12 include Zantac® (ranitidine), Pepcid® or Acid® Metformin, a common pill for diabetes can also interfere with absorption of Vitamin B12.

Those who do not absorb Vitamin B12 well may notice benefit from higher amounts of supplementation. Vitamin B12 contains cobalt and is available in several forms. The Vitamin B12 that is given as a shot is cyanocobalamin. Oral supplements are available as either cyanocobalamin, or methylcobalamin, and can be purchased without a prescription.

Most people who can absorb Vitamin B12 well only require 1 or 2 mcg daily. If you are over

70, take medicine for heartburn or an ulcer or have had gastric bypass surgery, you may need more than that. 1000-2000 mcg daily of Vitamin B12 as an oral or a sublingual tablet can overcome poor absorption. Be sure to avoid the timed-release or long-acting products, because they may not be as well absorbed as the immediate release forms.

Since Vitamin B12 is not found in plant foods, if you are vegetarian the National Institutes of Health suggests fortified breakfast cereals as an alternative source.

Vitamin B12 deficiency can be detected with a blood test. There are several ways to get more of the vitamin: monthly injections from your medical provider, tablets that you swallow and tablets that dissolve under your tongue.



Your doctor or medical provider can advise you which would be best for you to take, and how much. There is more information about Vitamin B12 at <http://ods.od.nih.gov/factsheets/VitaminB12-QuickFacts/>.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-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. ©2021 Louise Achey

Lost and Found: Tips for Managing Commonly Misplaced Items

(StatePoint) In the haste to break free from your pandemic routine, you may find your new schedule overwhelming and hectic. And with that, comes the inconvenience of misplacing commonly used items. According to a survey conducted by Bluetooth tracking company Pixie, Americans spend an average of 2.5 days out of each calendar year searching for lost items.

The most common reason we keep misplacing our items is absentmindedness. Psychologists have a phrase for this, "If you don't encode, you can't retrieve." This means that if you go through your day without consciously thinking about where you're placing your keys, your brain has no information stored about the item's whereabouts. Other factors, such as stress levels and overall mental health, can also play a role in how often you misplace items.

Here are a few tips on how to prevent your precious possessions from going missing:

1. Set digital reminders: If you regularly lose track of specific items, digital reminders might be for you. There are a variety of great productivity apps available on most smartphones to remind you to double check your wallet before leaving the house. Most calendar apps such as Google Calendar and Outlook have remind features that can help you organize your valuables.

There are also useful apps like To do list that specialize in creating reminders and daily lists.

2. Retrace your steps: "Retracing your steps" after losing an item can be a useful approach when activating your brain's context-dependent memory. With context-dependent memory, your memory is the strongest when you mentally or physically place yourself back in the environment in which the item was lost. Reconstructing these events visually can help trigger your memories and be an important step in rediscovering a misplaced item.

3. Try a Bluetooth tracker for smaller items: For smaller items like your phone, wallet and keys, Bluetooth trackers can provide much-needed tech relief. Trackers like these are designed for those times you lose an item within close proximity. Instead of wasting precious moments searching for your lost item, you can pull up an app to tell you where it is.

4. Use the power of GPS tracking devices for high-value items: When it comes to highly valuable items like photography equipment, luggage and even pets, you'll need more protection. Products like T-Mobile's SyncUP Tracker uses a combination of GPS technology and T-Mobile's reliable nationwide network to track an item at any moment from anywhere. Other devices that rely on Bluetooth technology often have tracking range limitations and shorter battery life. T-Mobile's SyncUP Tracker includes a rechargeable battery and virtual boundaries that alert you if an item leaves the designated location, all via your smartphone through an app available on both iOS and Android.

Just because you lost an item doesn't mean that you should lose hope or panic. With a few changes to your routine and even some tech upgrades, you'll find it much easier to cope during those forgetful moments.



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The Washington Outdoors Report



A big black bear in the North Cascades National Park Complex

PHOTO BY JOHN KRUSE.

Be Bear Aware

By JOHN KRUSE

As we enter early fall the forests are calling but it's very important to be bear aware this time of year because both black bears and grizzly bears are very active, fattening up for the winter ahead.

We have only had 14 reported bear attacks and one fatality in Washington State but with the Washington Department of Fish and Wildlife estimating a population of 20,000 to 25,000 black bears and grizzly bears gaining a foothold in the northeastern part of the state, bear attacks are a possibility.

So, what's an outdoors enthusiast to do if they want to stay safe in bear country? The big word to remember is "Deterrence". Here's a few tips from several western fish and wildlife experts and agencies that may prove helpful in that regard:

Make Some Noise: Travel in groups, talk to each other, and even clap from time to time. Bears generally don't want to be near humans and if they hear

you coming will usually retreat before you even see them. As for those bear bells you see sold in gift shops? The jury is still out on whether those work or not though there are a few funny jokes about those jingly little bells being more of an attractant than deterrent when found in bear scat.

Listen: It's an old Army patrol trick that works well in bear country. Stop every few hundred yards, be quiet, and listen. Bears can be noisy foraging for food and you may hear one or more of them some distance away if you do this, allowing you to avoid a bear encounter. In a similar vein, don't have those ear buds in bee-bopping to music as you shuffle down the trail. You may never hear that bear that's just a few yards away if you do.

Know Where The Bears Will Be: At this time of year, both black bears and grizzly bears are focused on getting as many calories into their bodies as possible. That's why bears will gravitate towards berry patches (especially huckleberry patches), stream

beds where spawning fish are present, or towards dead animals the bears may (or may not have) killed. Be hyper-aware of bears if you are in any of these areas.

Carcass Removal: Sometimes that dead animal is one you killed, especially if you are a deer or elk hunter. Bears have a keen sense of smell and will be attracted to that carcass sooner than later. If you have the ability to pack that animal out the same day you kill it do so and if you are with someone else, make sure they are standing guard while you field dress and quarter that animal. If you have to leave parts of the animal overnight hang them from a tree where bears can't get at them and be very cautious of bears when you come back the next day to pack that remaining meat out.

Bear Spray And Firearms: Bear spray is an essential, non-lethal tool to have in bear country whether you are a hiker, hunter, bicyclist or berry picker. A 2008 study by Dr. Tom Smith at Brigham Young University and several colleagues found bear

spray was 92 percent effective in deterring bear attacks from brown, black and polar bears in Alaska between 1985 and 2006. The same study also found 98 percent of people who carried bear spray that got into close encounters with bears came away uninjured.

Having bear spray is one thing, but knowing how to use it and keeping it readily accessible are the two keys to success. The same goes for firearms. They work too but they are a lethal means of stopping a bear attack and if you don't have the right caliber of ammunition and perfect shot placement you might not have the stopping power to prevent a mauling during a bear attack.

Having said all of this, don't let the fear of a bear attack keep you from our forests this fall. Just walk into them educated and prepared and you'll likely have a wonderful time without any negative encounters with bears.

John Kruse – www.northwesternoutdoors.com and www.americaoutdoorsradio.com

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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 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.

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Calendar Listings	Noon, Friday
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	Noon, Friday
Legal Notices:	Noon Friday
Classified Ads:	Noon Friday

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In Chelan County (yearly) - \$40
In State (yearly) - \$40
\$45 for print and online
Out of State (yearly) - \$52
Online E-edition - \$40

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Toll Free 1-509-293-6780

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Letters policy

The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to publisher@leavenworthecho.com.

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

News tips

Have an idea for a story?
Call the Record at 509-782-3781

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Classified ads can be placed during normal office hours by calling 509-548-5286, by emailing classifieds@leavenworthecho.com or online at NCWMARKET.COM

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Archive Research \$25 per hour

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Weekly rates:
\$15.00 for first 30 words
.10 for each additional word over 30 words
Borders, bold words, headlines, logos and photos subject to additional charges.



PHOTO BY BILL FORHAN
Cashmere Firefighters hoist the American flag attached to 2 cranes for the 9/11 Memorial service.



PHOTO BY MEGAN SOKOL
Ken Komro is the current Post 64 American Legion Commander and a Vietnam veteran.



PHOTO BY BILL FORHAN
Attending the ceremony were Jim Demetro, who is the sculpture of the Spirit of American bronze statues, and his daughter Christina.



PHOTO BY MEGAN SOKOL
Visitor Marsha Rivera, singing "Amazing Grace" along with the We B Men singing group.



PHOTO BY MEGAN SOKOL
Back, left to right: Spirit Founder John Jackson, Rev. Greg Asimakoupoulos, with the current Spirit of American President, Tom Green who presented a special Spirit plaque to the guest speaker David and his wife Peggy, whose son died in 9/11 attacks, flight 93.



PHOTO CAROL FORHAN
From left front are family members Deb Brownell, East Wenatchee, with her mother, Coleta Glenn along with her friend Beverly McElhaney both from Orange, California. Back row is Deb's son Jon Murray, from Everett, WA and Deb's husband Rob. Deb said many of their family have served in the military and they came watch this historic 9/11- 20th anniversary memorial event along with approximate 700 other visitors which took place at the Cashmere Memorial site at the Riverside Center.

Actual model may vary.

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Pastor Bob Bauer
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CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE UNITED METHODIST CHURCH
213 S. Division • 782-3811
Virtual Zoom Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana

CHRIST CENTER
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Worship Service Sundays 10:00 a.m., in-person, Conservatory @ Apple Annie's and on-line, christcentercashmere.com
Underground High School Sundays 6:00 p.m., In-person, Conservatory
Middle School Youth Thursdays 7-8:30 p.m., In-person, Conservatory
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregational Care Pastor, Joyce Williams
High School Director, Kelsie Folden
Community Outreach, Steffanie Haney

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509-860-0736 or
Deacon Carol, 670-1723 for more information.

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5837 Evergreen Drive • 782-1662
Sunday School - 9:45 a.m.
Morning Worship - 11 a.m.
Evening Service - 6 p.m.
Pastor John Smith
www.christforcashmere.org

DRYDEN

DRYDEN COMMUNITY CHURCH
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Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
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Worship Service
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CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
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For more info call: Leavenworth: 509-548-5286, Cashmere: 509-782-3781

Email to: editor@leavenworthecho.com or reporter@leavenworthecho.com

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Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 2:30 to 3:30 p.m.

For further information or to make a cash donation call Pam, 509-245-6464

Or you can write a check to: Cashmere Food Bank, PO Box 225, Cashmere, WA 98815

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Cashmere

West Cashmere Bridge Replacement Project

Will continue setting girders this week, with day work planned Monday through Thursday and night work scheduled for Thursday, Sept. 16. Day work will not have any traffic impacts. The new bridge will consist of 20 girders, or large beams that will support the new structure. On Sept. 16, the contractor will be working over Highway 2, which will be closed at the Hay Canyon area from 9:30 p.m. to 5:30 a.m. During those hours, motorists will be directed onto a one-lane bypass road just off the shoulder of the highway. Motorists should plan for one-lane, flagger-controlled traffic with a reduced speed limit in the work zone. Plan for up

to 20-minute delays, depending on traffic levels. Troopers with the Washington State Patrol will serve as flaggers. The nighttime work and closures on Highway 2 will continue the following week, Sept. 20-24. Businesses on Sunburst Lane and Vale Road and residents on Hay Canyon Road also should be aware that the stoplight at Hay Canyon Road will be turned off from 9:30 p.m. to 5:30 a.m. on Sept. 16 and then again Sept. 20-24. Motorists accessing Highway 2 from Hay Canyon Road will be directed by the flagger as well.

Christ Center Dedication

The scheduled dedication for the new Christ Center building which was to take place on September 19 has been moved to October 24th. For more information contact Pastor Tim 509-679-2100.

CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

September 3

10:37 Miscellaneous, 6390 Kimber Rd.
13:22 Harassment/Threat, 115 E. Pleasant Ave. #11.
18:17 Assist Agency, 5950 Sunburst Ln.
21:10 Domestic Dispute, 420 Elberta Ave.

September 4

03:21 Assist Agency, 112 W. Prospect St.
07:26 Suspicious Activity, 259 Corrigan Rd.
09:12 Malicious Mischief, 6828 Dryden Ave., U.S.P.S., Dryden.
09:58 Trespassing, 6038 Hazel Pl.
11:36 Civil, 3848 Warehouse Rd., Monitor.
13:08 Hazard, 6410 Flowery Divide Rd.
13:23 Suspicious Activity, 103 Aplets Way.
21:20 Disturbance, 103 Aplets Way.

September 5

20:26 Assist Agency, 817 Pioneer Ave.
20:37 Malicious Mischief, 5355 Binder Rd.

September 6

06:06 Parking/Abandon, N. Douglas St. and Norman Ave.
06:25 Parking/Abandon, Parkhill St. and Mission Ave.
09:08 Vehicle Prowl, Saunders Rd., Dryden.
13:37 Assist Public, 103 Valley St.
15:36 Welfare Check, 115 E. Pleasant Ave. #18.
16:21 Disturbance, 4904 Yaksum Canyon Rd.
16:29 Suspicious Activity, 100 North St.
16:38 Diversion, 7466 Stine Hill Rd.

September 7

07:27 Vehicle Prowl, 209 Washington St.
08:17 Traffic Offense, US Hwy. 2 MP 105 E.B., Dryden.
09:16 Suspicious Activity, Drunkard's Drop.
13:51 Property, 300 Aplets Way.
22:02 Fraud/Forgery, 817 Pioneer Ave.
22:38 Noise, 8746 School St., Dryden.

September 8

07:58 Diversion, 201 Riverside Dr.
08:07 Welfare Check, 300 Blk. River St.
08:39 Trespassing, 590 US Hwy. 2, Monitor.
08:40 Civil, 7435 Nahahum Canyon Rd.
11:32 Alarm, 2305 Easy St., Monitor.
14:08 Assist Agency, 5550 Locust Ln.
16:21 Civil, 6280 Hay Canyon Rd.
17:53 Diversion, 4900 Nahahum Canyon Rd.
19:09 Warrant, Nahahum Canyon Rd.
19:48 Malicious Mischief, 305 Independence Way.

September 9

02:37 Suspicious Activity, River Front Dr. and Cottage Ave.
05:51 Theft, 8734 School St., Dryden.
08:39 Hazard, US Hwy. 2 and Aplets Way.
09:08 Theft, 5607 Sunset Hwy.
13:14 Assist Public, 4900 Nahahum Canyon Rd.
19:59 Assist Public, 3700 Blk Bridge St., Monitor.
22:31 Civil, 5088 Mission Creek Rd.

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COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club: Zoom meetings Noon, Call President Glenn Johnson, 782-1922 for more information.
Cashmere Food Bank, open 2nd and 4th Wednesday from 2:30-3:30 p.m. Cashmere Food Distribution Center, 316 River St., for more information, call Pam, 509-245-6464

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
Cashmere Sportsman Assoc. (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m.. Private rentals by appointment. Call Brian James, 782-3099.
Cashmere American Legion Post 64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, August -June).
Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).

Friday NO MEETINGS

Saturday NO MEETINGS

Sunday

CHURCH: See the church page for local service times and events.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Mary, 782-2057. (4th Monday)
Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 782-3513. (3rd Mon.)
Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www.cashmere.wednet.edu
Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
Chelan Douglas Republican Women, Meetings at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage only is \$7 (no outside food please). Check-in begins at 11:30 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon.,monthly).

Tuesday

Icicle & Peshastin Irrigation Districts: 5 p.m., September, 8 a.m. future months at 5594 Wescott Drive. Call Anthony Jantzer, cell, 509-433-4064, 782-2561 or tony.iid. pid@nwi.net. (2nd Tues.)
Peshastin Water District, meets at 5:30 p.m. in the Park behind the Peshastin Library. Contact Steve Keene, 548-5266. (2nd Tues.)
Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.)

NCW Libraries

Cashmere Public Library: 782-3314
You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).
Monday to Thursday, 10 a.m.-7 p.m. Friday 10 a.m.-1 p.m. and 2 to 5 p.m., Sunday 1 to 5 p.m. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org
Cashmere Museum and Pioneer Village
Call for more information 782-3230
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call Nicky 782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Alanon Meetings, call 509-548-7939
Monday, 7 p.m., United Methodist Church, 418 Evans St.

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509- 596-1510.

19 Governors, 2 AGs Resist Biden’s Vaccine Mandates

MIMI NGUYEN LY

More than a dozen governors and two attorneys general late on Sept. 9 issued statements defying the Biden administration’s impending vaccine mandates for federal workers and private-sector workers.

President Joe Biden earlier in the day signed an executive order to require all federal workers to be vaccinated against COVID-19, the disease caused by the CCP (Chinese Communist Party) virus. There would be no option to opt out via COVID-19 testing. The mandate also applies to government contractors and their employees.

The president later announced he would direct the Department of Labor to create a rule to have companies with over 100 employees mandate vaccinations or weekly testing, a move that affects more than 80 million workers in the private sector.

At least 19 governors and two attorneys general immediately issued statements disagreeing with the administration’s move, with several vowing to defy it.

They include the governors of Arizona, Alabama, Alaska, Arkansas, Florida, Georgia, Idaho, Iowa, Missouri, Mississippi, Montana, Nebraska, North Dakota, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, and Wyoming.

They were joined by at least two state attorneys general as of that night—Sean Reyes from Utah and Todd Rokita from Indiana.

Arkansas Gov. Asa Hutchinson, the chair of the National Governors Association, said in a statement: “I fully support continued efforts to increase vaccination rates across our nation, but the federal government mandates on private businesses are not the right answer.

“I have been consistent in freedom of businesses to require their employees to be vaccinated, and I have opposed the government from saying businesses cannot exercise that freedom. The same principle should protect the private sector from government overreach that requires them to vaccinate all employees.”

Multiple Republican governors, including for Arizona, Georgia, and South Dakota, hinted or announced that they would seek legal avenues to resist the mandates.

“The COVID-19 vaccines are safe and effective tools to prevent the dis-



President Joe Biden speaks about combating the coronavirus pandemic at the White House, on Sept. 9, 2021.

ease, but getting the vaccine is and should be a choice,” Arizona Gov. Doug Ducey said in a statement. “These mandates are outrageous. They will never stand up in court. We must and will push back.”

Georgia Gov. Brian Kemp wrote on Twitter, “I will pursue every legal option available to the state of Georgia to stop this blatantly unlawful overreach by the Biden administration.”

South Dakota Gov. Kristi Noem wrote on Twitter, “South Dakota will stand up to defend freedom. @JoeBiden see you in court.” She later shared another Twitter post saying her legal team is prepared to stand up to the Biden administration’s mandates.

The Biden administration didn’t immediately respond to a request for comment.

Biden earlier in the day commented on the issue of vaccine mandates in schools, saying, “If these governors won’t help us beat the pandemic, I’ll use my power as president to get them out of the way.”

Biden said the matter of getting more shots into arms “is not about freedom or personal choice. It’s about protecting yourself and those around you—the people you work with, the people you care about, the people you love.”

Statements from the remaining governors and attorneys general as of late Sept. 9 are as follows:

- Alabama Gov. Kay Ivey (in part): “I support the science and encourage folks taking the vaccine. However, I am absolutely against a government mandate on the vaccine, which is why I signed the vaccine passport ban into law here in Alabama. This is not the role of the government.”
- Alaska Gov. Mike Dunleavy: “This is ridiculous and unenforceable. If there was ever a case for the 25th Amendment...”
- Florida Gov. Ron DeSantis (at a press conference): “I do not believe that people should lose their jobs over this issue, and we will fight that. If they try to do that through a rule like the Department of Labor, I don’t think they have the legal authority to do that, but we obviously would want to support protections for people who are just trying to earn a living.”
- Idaho Gov. Brad Little: “Today’s actions from President Biden amount to government overreach. Government should stay out of decisions involving employers and their employees as much as possible. I’ve advocated for and championed fewer government regulations and mandates on business.”
- Iowa Gov. Kim Reynolds: “President Biden is taking dangerous and unprecedented steps to insert the federal government even further into our lives while dismissing the ability of Iowans and Americans to make healthcare decisions for

themselves. Biden’s plan will only worsen our workforce shortage and further limit our economic recovery. As I’ve said all along, I believe and trust in Iowans to make the best health decisions for themselves and their families. It’s time for President Biden to do the same. Enough is enough.”

- Missouri Gov. Mike Parson (in part): “Vaccination protects us from serious illness, but the decision to get vaccinated is a private health care decision that should remain as such. My administration will always fight back against federal power grabs and government overreach that threatens to limit our freedoms.”
- Mississippi Gov. Tate Reeves: “The President has no authority to require that Americans inject themselves because of their employment at a private business. The vaccine itself is life-saving, but this unconstitutional move is terrifying. This is still America, and we still believe in freedom from tyrants.”
- Montana Gov. Greg Gianforte: “President Biden’s vaccination mandate is unlawful and un-American. We are committed to protecting Montanans’ freedoms and liberties against this gross federal overreach.”
- Nebraska Gov. Pete Ricketts: “President Biden’s announcement is a stunning violation of personal freedom and abuse of the federal

government’s power. This plan isn’t about public health—this is about government control and taking away personal liberties.”

- North Dakota Gov. Doug Burgum: “President Biden’s misguided plan steers our country down a dangerous path away from states’ rights and the freedom of private businesses to make their own decisions on vaccinations. We stand opposed to this blatant federal overreach.”
- Oklahoma Gov. Kevin Stitt: “It is not the government’s role to dictate to private businesses what to do. Once again President Biden is demonstrating his complete disregard for individual freedoms and states’ rights. As long as I am governor, there will be no government vaccine mandates in Oklahoma. My administration will continue to defend Oklahoma values and fight back against the Biden administration’s federal overreach.”
- South Carolina Gov. Henry McMaster: “The American Dream has turned into a nightmare under President Biden and the radical Democrats. They have declared war against capitalism, thumbed their noses at the Constitution, and empowered our enemies abroad. Rest assured, we will fight them to the gates of hell to protect the liberty and livelihood of every South Carolinian.”
- Tennessee Gov. Bill Lee: “‘This is not about freedom’ is a phrase that should never come out of a U.S. President’s mouth. For a fight that requires working together, a lot of cynical and divisive edicts came out of the White House today pitting the vaccinated against the unvaccinated, businesses against employees, and the federal government against states.”
- Texas Gov. Greg Abbott: “Biden’s vaccine mandate is an assault on private businesses. I issued an Executive Order protecting Texans’ right to choose whether they get the COVID vaccine & added it to the special session agenda. Texas is already working to halt this power grab.”
- Wyoming Gov. Mark Gordon (in part): “I have asked the Attorney General to stand prepared to take all actions to oppose this administration’s unconstitutional overreach of executive power. It has no place in America. Not now, and not ever.”

US Doubles Fines for Violators of Mask Mandate at Airports, on Trains

ZACHARY STIEBER

President Joe Biden’s administration on Sept. 9 doubled the fines for people who are caught violating the federal mask mandate in effect at airports and on some modes of public transportation.

The fees, previously ranging from \$250 for first-time offenders to up to \$1,500 for repeat offenders, will now be \$500 and up for people caught violating the mandate for the first time and up to \$3,000 for people caught violating it more than once.

The mask mandate is in effect at airports, on airplanes, and in other modes of public transportation, such as buses.

The boosted penalties took effect Sept. 10.

“Wearing a mask protects the traveling public and all of the personnel who make the travel experience safe, secure, and comfortable,” Secretary of Homeland Security Alejandro Mayorkas said in a statement. “We will continue to enforce the mask mandate as long as necessary to protect public health and safety.”

“We appreciate the majority of travelers each day who voluntarily follow the requirement, but find this action

necessary to maximize the protections for those who use and work within the transportation system, and to contain COVID-19,” added David Pekoske, administrator of the Transportation Security Administration. “By doubling the range of penalties, we seek to reinforce the importance of voluntary adherence.”

The mandate, imposed by the administration on Feb. 2, is currently in place until Jan. 18, 2022.

Biden directed the Department of Homeland Security, which includes the administration, to double the fines as part of a fresh plan to try to curb the Delta variant of the CCP (Chinese Communist Party) virus.

While campaigning last year, Biden promised he would stop the virus when he entered office. Instead, cases, hospitalizations, and deaths jumped over the summer, though they’re on the decline in some states.

Experts blame the Delta variant, which has been described as more transmissible than other variants, and which vaccines aren’t able to mitigate as well as previous strains.

Biden also announced new CCP virus vaccine mandates, including for companies that have more than 100 employees.

Judge Blocks Florida’s ‘Anti-Riot’ Law, Says It Violates First Amendment Rights

ISABEL VAN BRUGEN

A federal judge has temporarily blocked Florida’s new “anti-riot” law championed by Republican Gov. Ron DeSantis, saying it violates First Amendment rights.

U.S. District Judge Mark Walker on Sept. 9 didn’t rule the entire statute likely violated the U.S. Constitution, but found that the state legislature’s new definition of the word “riot” was too vague and confusing to satisfy free-speech rights guaranteed under the First Amendment.

“If this court does not enjoin the statute’s enforcement, the lawless actions of a few rogue individuals could effectively criminalize the protected speech of hundreds, if not thousands, of law-abiding Floridians,” the Obama-appointed judge wrote in a 90-page ruling that includes a three-page history of the civil rights movement in Florida dating back to 1956.

The so-called anti-riot measure, known as HB1, was signed into law by DeSantis on April 19. The Republican governor said at the time that it’s “the strongest anti-rioting, pro-law-enforcement piece of legislation in the country.”

The law increases criminal penalties for assault, defacing monuments, and vandalizing public property dur-

ing riots. Local governments that interfere with law enforcement trying to contain violent demonstrations will be penalized.

The bill changed the definition of what a “riot” is in the state of Florida. Under the law, a riot is defined as a violent public disturbance involving three or more people acting with a common intent that causes damage to public property or injuries—or can cause imminent injury or damage.

The law also creates a new second-degree felony—“aggravated riot”—for any riot involving more than 25 people and resulting in grievous bodily harm or more than \$5,000 in property damage. It would also apply if participants use or threaten to use a deadly weapon or block roadways by force or by the threat of force.

DeSantis said during the signing event in April that the left-wing idea of “defund the police” that echoed throughout Black Lives Matter demonstrations last year is an “insane theory” and is “not going to be allowed to ever carry the day in the state of Florida.”

Democrats and the American Civil Liberties Union (ACLU) have said that the law is designed to intimidate Black Lives Matter and related protesters. The ACLU and several other groups sued the governor, state

Attorney General Ashley Moody, and others over the measure earlier this year.

DeSantis in a written statement said that he “vehemently” disagrees with the judge’s decision.

“But this case was always going to be decided by the 11th Circuit Court of Appeals,” the governor said. “There is a difference between a peaceful protest and a riot, and Floridians do not want to see the mayhem and violence associated with riots in their communities.”

The ACLU of Florida welcomed the decision in a statement shortly after the ruling, saying that the law “appears designed to target those who protest police violence.”

“We are glad the court has agreed to suspend enforcement of this key provision while we continue to advocate to ensure that protesters in Florida can safely exercise their right to speak out against injustice,” it said.

Meanwhile, DeSantis said during a press briefing on Sept. 9 that Florida would be appealing the decision.

“That’s a foreordained conclusion from that court,” DeSantis said, The Washington Post reported. “I guarantee you, we’ll win that on appeal.”

Jack Phillips and Reuters contributed to this report.

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5	1	2	8	3	4	9	6	7
7	3	8	9	5	6	2	1	4
6	4	9	2	7	1	8	3	5
1	5	4	6	8	7	3	2	9
2	7	3	1	9	5	4	8	6
9	8	6	4	2	3	5	7	1
8	9	7	5	6	2	1	4	3
4	6	5	3	1	8	7	9	2
3	2	1	7	4	9	6	5	8

MOWER	CFC	KUDU
ERODE	ADO	FIRE
TENET	RAM	ALGAE
HOTMAIL	BURNER	
AID	SOLO	
CAR	LOCI	TUGRIK
IRES	LIDS	TEENY
GOBI	STEED	ERGO
AMEND	YARE	SALT
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Three Rivers Hospital is seeking a Certified Occupational Therapist Assistant (COTA) to provide therapeutic services to enhance the goals and objectives with patient care directed by the OT. The COTA will be responsible for implementing programs developed by the OT in compliance with all local, state, and federal regulations. Graduate of an accredited OT Assistant program. Certification as OT Assistant in the state of WA with valid license. Two years' work experience in a hospital setting and/ or swing bed program is preferred. Current BLS. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

Help Wanted

THREE RIVERS HOSPITAL

ER NURSE Full-time/ Nights
Three Rivers Hospital is seeking an ER Nurse to provide nursing assessment, treatment and evaluation of ER patients and outpatients. Current WA State RN license required. Current BLS / CPR, ACLS, TNCC and PALS certifications. Two years' Med/Surg experience or one-year ER experience preferred. Rotating days and includes some weekends. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

THREE RIVERS HOSPITAL

RADIOLOGY/ CT TECH Full-time
Three Rivers Hospital is seeking a Rad/ CT Tech to produce CT scans and assist the Radiologist with interventional procedures that require CT guidance and to provide the best diagnostic images possible for the providers. Registered by the ARRT and Certified WA State. Graduation from an AMA – approved school of Radiologic Technology. Minimum of one year CT experience. (Technical staff can be crossed trained). Current BLS certification. Prefer ARRT certification in CT. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

THREE RIVERS HOSPITAL

OR Manager Full-Time
Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/ GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Monday-Friday, 8-hour shifts. No call time. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

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THREE RIVERS HOSPITAL

Director of Quality Full-time
Three Rivers Hospital is seeking a Director of Quality to manage our quality program, including risk and compliance. Registered Nurse with a BSN degree is preferred; however, a minimum of a bachelor's degree in Business or related field may be considered. Three to five years healthcare experience is preferred. Strong skills required: organizational, interpersonal, communication, analytical, risk assessment, computer, statistics & math, and problem-solving. Attention to detail and a high moral integrity is crucial. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following position:

Food Service Cook

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

THREE RIVERS HOSPITAL

OCCUPATIONAL THERAPIST Full-time
Three Rivers Hospital is seeking a full-time Occupational Therapist. This position practices in the hospital and/ or clinic setting for inpatient and/or outpatient care. Includes oversight of the hospital swing bed program. A bachelor's degree in Occupational Therapy from an accredited/ AOTA approved OT program is required, and studies were accredited by the APTA. Current WA State OT license. Two years' work experience preferred. BLS required. Must have strong communication and interpersonal skills. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

Help Wanted

THREE RIVERS HOSPITAL

Certified Coder Full-time
Three Rivers Hospital is seeking a Certified Coder. This position is responsible for timely, accurate and comprehensive review of services. Abstracts, analyzes, and assigns ICD-10-CM, CPT, HCPCS codes and appropriate modifiers for evaluation and management (E/M), minor procedures, and diagnostic tests by using either computerized or manual systems. Required: Associate degree, bachelor's degree, or equivalent years of experience as coding specialist. Current professional coding credentials such as AAPC, (CPC), (CCA), (COC), PMI, (CMC), or AHIMA (CCS-P), (CCS), (RHIA), (RHIT) or be able to obtain credentials within 6 months of hire. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

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THREE RIVERS HOSPITAL

LAB TECHNICIAN/ TECHNOLOGIST Full-time
Three Rivers Hospital is seeking a Lab Tech to perform various technical, clerical and information systems related procedures in Chemistry, Hematology, Microbiology, Blood Bank. A.S Degree in Medical Laboratory Technology or related scientific field with a one-year internship or one year of clinical experience. Professional certification as a MLT (ASCP) or equivalent is highly recommended. Will include weekends and after-hours call-time. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

THREE RIVERS HOSPITAL

Med/ Surg RN Full-time/ Nights
Three Rivers Hospital is seeking a Med/ Surg RN to perform general nursing duties in an acute care setting with adequate supervision. Current WA State RN license and must have current BLS/ CPR & obtain ACLS certification within one year. Rotating days and includes some weekends. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE



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