

Douglas PUD tackles trail construction connecting Pateros parks

By MIKE MALTAIS
STAFF WRITER

PATEROS – Work began last month on a project that will add more walking trail and viewing area for park users along the Columbia River. A plan introduced by the Douglas County PUD last year is now underway to create a quarter-mile trail connecting Memorial Park with Ives Landing Park.

Douglas PUD Public Information Officer Meaghan Vibbert confirmed that a crew from KRCI, an East Wenatchee construction firm, is busy removing a few trees and other obstacles along the riverbank behind the city administration building and Pateros Motel east to the boundary of Ives Landing.

The work is part of the Wells Project Recreation Management Plan (RMP), a FERC (Federal Regulatory Energy Commission) license requirement for the Wells Hydroelectric Project (Wells Dam). Included with Pateros are similar projects for Brew-



Mike Maltais/QCH
Root wads and other obstacles are being removed along this stretch of the Columbia River from Memorial Park to Ives Landing Park.

ster, Bridgeport Bar, Cassimer Bar, and Bridgeport. Regarding the latter, Douglas PUD completed a riverwalk trail from the Conklin Landing RV Park along the Columbia to the Bridgeport Marina Park earlier this year.

The RMP specifies that Douglas PUD must install wildlife viewing enhancement facilities within the Wells Project boundary that includes Pateros, Brewster, and Bridgeport. The Wells Overlook Interpretative Center exhibits and trail completed at the dam in 2017, is also part of the RMP.

Douglas PUD consulted with wildlife managers and city officials to determine what measures will most effectively meet the ends specified by the RMP. Based on that feedback the utility designed a proposal to enhance wildlife viewing in conjunction with viewing trails. Signage such as wildlife kiosks are part of a later phase of the project.

The Pateros trail project is expected to be completed by the end of this month.

Mansfield Lions Club Auction drops the gavel Oct. 1



Mike Maltais/QCH
Add a pair of wings to it and this field sprayer would look like it could fly.



The practical-minded set in Mansfield finds a repurposed use for everything like this cable reel turned outdoor dining table.



A Mercury auctioneer stands beside a vintage stove and calls for bids.



Everything from combine headers to combined lots of items on pallets go on the block at Mansfield every October.

Several renovations already underway



Mike Maltais/QCH
Leslie Robb is the city's Planning Commission Chairperson and Kurt Danison is City Planner.



Courtesy City of Bridgeport
A planned event venue at the site of the Kitty Cat Car Wash is among the concept designs.

Workshop highlights coming, Community Revitalization Plan projects

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – Bridgeport City Council members received a comprehensive overview of the city's Community Revitalization Plan for the SR-173 corridor at a public

workshop presented by the Revitalization Committee on Monday, Sept. 26.

Revitalization Committee member and Planning Commission chairperson Leslie Robb opened the workshop with some background on the Revitalization Committee and

recited a list of its ongoing projects. City Planner Kurt Danison described each of the projects in detail, and city clerk/treasurer Judy Brown delivered a PowerPoint presentation on grant funding and the impressive Berryman Park planned renovation.

"I've worked with a lot of towns," said Danison, "and having this group in place has gotten a lot of stuff done in the last two years even with COVID in place: pretty amazing."

SEE PROJECTS ON PAGE B2

Lack of family housing cited

Pateros school student enrollment decline prompts budget freeze

By MIKE MALTAIS
STAFF WRITER

PATEROS – Student full time enrollment (FTE) in the Pateros school declined by almost 11.5 percent from this time last year, Superintendent Greg Goodnight told the regular monthly meeting of the Pateros School District Board of Directors on Sept. 26. The school has lost 33 students from 287 last year to 254 last month. The enrollment loss has resulted in a budget freeze



Courtesy Pateros School District
Pateros School Principal Susan James



Courtesy Pateros School District
Pateros School Superintendent Greg Goodnight

and the school could lose significant apportionment and levy equalization funding if enrollment numbers do not recover.

"Most enrollment loss is due to families moving their residences out of the area," Goodnight told The Quad in an email message last Friday, Sept. 30. "As everyone knows, housing availability in this region is an issue."

"If our enrollment doesn't

SEE STUDENT ON PAGE B2



Mercury Auctions from Chehalis provided the sales staff for this year's event.



Former city mayor Tom Snell was on hand to connect with old friends and watch the action.



The Mansfield Lions Club has been holding its annual October auction for more than 40 years and sells food and refreshments during the sale.

Can phytoestrogens relieve the physical, social discomfort of menopausal symptoms?

Years ago, while speaking to 120 pharmacy students in an auditorium in Pullman, Washington, I had my first hot flash. I noticed my scalp suddenly feeling hot and prickly. Two heartbeats later, a shower of sweat gushed down my neck and back. In less than 5 seconds, I was soaking wet!

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their night-time equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet.

A typical Asian diet contains much more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances act-



ing in your body in ways and places similar to estrogen.

But eating more soy is only part of the answer. Protection against hot flushes may also depend upon whether your body can change the basic phytoestrogens found in soy into equol, a powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol. Asian and Hispanic women can do this more easily.

Phytoestrogens work by attaching or binding to the same places in your body that other types of estrogens do. These binding sites are called estrogen receptors, or ERs. The two main types of ERs are ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, which can also stimulate breast and uterine cancer.

However, some phytoestrogens bind to ER-beta

receptors, which triggers the opposite effect. Binding to ER-beta receptors can BLOCK the action of estrogen on breast tissue. This is similar to how the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) help prevent certain types of breast cancer.

Unfortunately, studying the effects of any one phytoestrogen in the body is challenging. One reason is that foods and herbal sources of phytoestrogens contain different types of phytoestrogens. The 2 most common types of phytoestrogens are isoflavones and lignans. Soybeans contain isoflavones like genistein and daidzein, while lignans are found in flaxseed, fruits and vegetables, and other foods.

Another reason it's hard to predict the effects of phytoestrogens is that some attach to ER-alpha receptors, some to ER-beta receptors, and some to BOTH, which can create different outcomes. This may explain why

phytoestrogens have been shown to encourage weight loss in post-menopausal women in some studies yet weight gain in others.

Depending on their growing conditions, plants can also have variable concentrations of phytoestrogens. An additional complication is how much estrogen is already in place. Phytoestrogens can act differently in pre-menopausal women compared to post-menopausal women, whose bodies contain much less estrogen.

How much soy do you need to reduce hot flashes/hot flush symptoms? Most clinical studies have used between 40 and 80 mg of phytoestrogens from soy-based products daily. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soymilk.

Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes or hot flushes, you can stop it.

Can eating soy-based food cause breast cancer? If you're not a vegetarian, you're unlikely to get enough soy in your diet to increase your risk of breast cancer.

Be cautious about taking supplements that contain phytoestrogens and estrogen-like compounds. Soy concentrates and herbal products like black cohosh marketed for "menopause support," like Remifemin®, may increase breast cancer risk.

Here are 3 Tips for Taking Phytoestrogens Safely:

1. You CAN eat food containing soy, even if you have a history of breast cancer.

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day, and watch your consumption of soy milk.

2. Be cautious with supplements for menopausal symptoms.

If you have a family history or an increased risk of breast cancer, avoid taking supplements containing concentrated phytoestrogens, like soy concentrates or black cohosh, until more is known about their long-term effects.

3. Stick to phytoestrogens that have had their potency tested.

The exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize every batch to ensure consistent potency.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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

Breast Cancer Glossary

COMPILED BY CAROL FORHAN, 32-YEAR SURVIVOR

Educate yourself on these terms when your doctor talks to you about breast cancer

Adjuvant therapy: Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer.

Aspiration: The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.

Atypical lobular hyperplasia: Abnormally shaped cells multiplying excessively

in the normal tissue of a breast lobule.

Axillary: In the armpit.

Benign: Not cancerous.

Biopsy: Tissue or cells removed from the body and examined microscopically to determine whether cancer is present.

Calcifications: Small calcium deposits in breast tissue that can be seen by mammography.

Carcinoma: Cancer that arises from epithelial tissue (tissue that lines a cavity or surface); occurs often in the breast.

Chemo-prevention: The use of drugs or chemicals to

prevent cancer.

Chemotherapy: Treatment of cancer with powerful drugs that destroy cancer cells.

Core needle biopsy: Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination.

Cyst: A lump or swelling filled with fluid or semifluid material.

Duct: A channel in the

breast that carries milk from the lobule to the nipple during lactation.

Estrogen: A female sex hormone produced chiefly by the ovaries.

Estrogen receptor: A site on the surface of some cells to which estrogen molecules attach.

False negative: Test results that incorrectly indicate that the tested disease or substance is not present.

Fibroadenoma: A benign, fibrous tumor commonly found in the breast.

Free radicals: Toxic atoms produced by chemical reactions within a cell.

Hematoma: A swelling formed of blood. Infrequently occurs at the site of surgery, such as in a biopsy cavity after a lumpectomy.

Hyperplasia: Excessive cell growth.

Infiltrating cancer: A

cancer that has spread from its site of origin into surrounding tissue.

In situ: Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.

Lobules: Milk-producing glands of the breast.

Lymphedema: An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been removed or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.

Lymph nodes: Small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.

Malignant: Cancerous.

Metastasis: The spread of cancer cells from the site of origin to another part of the body.

Metastases: Secondary cancers that form after cancer cells spread to other parts of the body.

Neoadjuvant therapy: Therapy with anticancer drugs or radiation given before surgery in order to shrink a tumor.

Palpable: Able to be felt.

Progesterone: A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female reproductive system.

Radiation therapy: The use of x-rays at very high doses to treat or control disease.

Seroma: An accumulation of lymphatic fluid under an incision.

Content provided by MammoSite Breast Cancer Information. www.mammosite.com

Screening saves lives by helping find breast cancer early.

Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.

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Information from American Cancer Society



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The Self-Breast Exam

Because breast cancer is the most common cancer for women today, routine self-examination is an essential step in catching the disease early.

In fact, according to the National Breast Cancer Association, 40 percent of diagnosed breast cancers are detected by women through self-examination.

By examining yourself on a monthly basis, you will quickly become familiar with your breasts and the surrounding tissue and will easily be able to see or feel an abnormality, such as an unusual lump, changes in the skin or any sort of discharge.

HOW TO LOOK

While physically looking down at your breasts is a good start, it is not adequate for a full examination. To view each section of your breasts equally, you must stand in front of a mirror.

Check for dents, pulls and any sort of odd coloring. Be sure to check your breasts standing straight ahead with your arms resting at your sides, again straight ahead with your arms raised above your head, and again leaning slightly forward with your hands on your hips.

HOW TO FEEL

Just as you do with a visual examination, to properly feel your breasts for abnormalities, you must examine them in several positions.

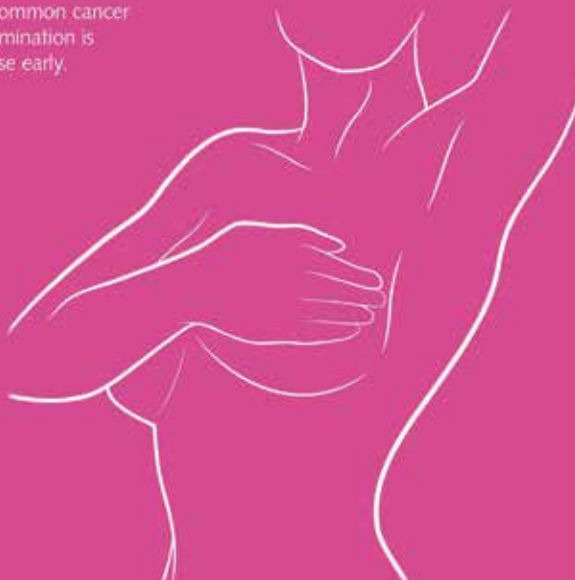
The shower is an excellent location for an exam, because the water helps your fingers glide over the tissue easily. Use the middle part of your first three fingers (rather than the finger tips) to gently move the breast.

Move your hand from the outside of the breast towards the nipple and then back out to the edge. Do not ignore the fleshy part of your armpit, as this is also technically breast tissue and should not be overlooked.

The other position you should perform a breast exam in is flat on your back. When you are lying down, the breast tissue lies evenly along the wall of your chest.

Lift the arm coinciding with the breast you are examining above your head (left arm with the left breast, right arm with the right breast), and perform the same movements as in the shower.

Use both light and firm pressure and be cognizant of any pain. Keeping a journal of any abnormalities and follow-up doctor visits is a great way to stay on top of your overall breast health.





Naziya Samreen, MD

Adrienne Hansen, MD

Brandon Stott, MD

BREAST CANCER

confluencehealth.org



Honoring Breast Cancer Survivors



Carol L. Forhan
Survivor: 32 years
Occupation: NCW Media, owner, publisher, ad manager, Ordained Episcopal Deacon, and Nutcracker Museum Board member.



Orlanna Keegan
Is a retired United States Postal Clerk, (Lake Chelan Post Office). Her interests include church, time with family, travel, and Disney. She is a 29 year, 10 month survivor.



Barbara Rist Blankenship
Is retired, She likes gardening, reading, yard work, her grandkids, and her new kitten. She is a 25 year, 1 month survivor.



Sandi Gruenberg
Is retired. Interests are family, playing with her grandchildren, Chelan Chase, and raising money for Breast Cancer Research. She is a 23 year, 2 month survivor.



Vicki Hoffman
Is a music assistant with the with Lake Chelan School District; and likes being with her family, especially her three granddaughters. She is a 22 year, 4 month survivor.



Nancy Baum
Is retired and loves kayaking, biking, golfing, boating and drinking wine. She is a 22 year, 10 month survivor



Joan Lester
Is retired and she is a 20 year survivor.



Anne Brooks
Is a school bus driver. Interest includes electric vehicles, being outside and quilting. She is a 17 year, 6 month survivor.



Nelda Monteleone
is 97 years old and has been cancer free for 16 years. She lives at Heritage Heights.



Kathy Whetstine
Is a retired deputy sheriff who loves horses, gardening, being a grandma, quilting and embroidery. She is a 10 year survivor.



Carolyn Cockrum
Is retired. Her interests include golf, gardening and her grandchildren. She is a 7 1/2 year survivor.



Connie Hedman
Is a retired educational administrator. Her interests are her family, water activities and sewing. She is a 3 year survivor.



Shirley A. Miller
Is retired. Her interests and hobbies are family, friends and church, and collecting rocks. She is a two time breast cancer survivor, 9 years and 7 months.

Local, National Support

LOCAL SUPPORT

- Cancer Care of NCW, Inc. Our House, Wenatchee: 509-663-6964 or Email: cancare@nwi.net
- Wellness Place, Wenatchee, 509-888-9933. Support groups, and other resources.
- Cascade Medical, Leavenworth, 509-548-5815.
- Confluence Health/ Wenatchee Valley Medical, 509-663-8711.
- Confluence Health, Breast, Cervical and Colon Cancer Health Program, 509-664-3415.
- EASE Cancer Founda-

- tion, Cashmere: 509-860-1322 or www.easecancer.org
- Lake Chelan Health Hospital, Chelan, 509-682-3300
- Columbia Valley Community Health, Chelan, 509-682-6000
- Lake Chelan Express Care Clinic, Chelan, 509-682-8511
- Three Rivers Hospital, Brewster, 509-689-2517
- Family Health Center, Brewster, 509-689-3455
- Seattle Cancer Alliance, 800-804-8824, www.seattlecca.org

NATIONAL SUPPORT:

- American Cancer Society, (ACS) 800ACS-2345, www.cancer.org. Programs include:
 - I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK
 - Reach to Recovery, a one-to-one survivors' help program.
 - New Birthday Campaign: Less Cancer, More birthdays. MoreBirthdays.com,
 - Facebook and blog Official-BirthdayBlog.com or Cancer.org/circleofsharing.
 - American Society for Therapeutic Radiology and Oncology. 1-800-962-7876,

- www.astro.org.
- American Society of Plastic Surgeons, 888-475-2784, www.plasticsurgery.org.
- AVON Foundation www.avonfoundation.org
- Blood & Marrow Transplant Information Network 1-888-597-7674, www/bm-tinfonet.org
- Become a member of Love/Avon www.armyofwomen.org or 866-569-0388
- Living Beyond Breast Cancer, 888-753-5222 www.lbbc.org.
- National Breast Cancer Coalition, 1-800-622-2838, www.stopbreastcancer.org

- or www.canceradvocacy.org
- National Coalition for Cancer Survivorship
- Online community Cancerservary.org use to create your own Web pages
- Susan G. Komen For the Cure, 1-877-GO-KOMEN, www.komen.org
- The Breast Cancer Alliance, 203-861-0014, www.breastcanceralliance.org

- National Lymphedema Network, 1-800-541-3259, www.lymphet.org.
- SHARE (Breast Cancer Hotline) 1-866-891-2392, www.sharecancersupport.org
- Vital Options International, 1-800-477-7666 www.vitaloptions.org
- Zero Breast Cancer: www.zerobreastcancer.org

Wellness Place Breast Cancer Awareness Month events

SUBMITTED BY JULIE LINDHOLM, EXECUTIVE DIRECTOR AT WELLNESS PLACE

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. To kick off this important month, Wellness Place has four events the first week of October to bring awareness and support their mission of providing free support to cancer patients in North Central Washington.

Taproom at Hellbent Brewery - Wednesday, October 5
It's "Warrior Wednesday with Wellness Place " at The Taproom by Hellbent Brewing at Pybus Public Market in honor of Breast Cancer Awareness month. All day long, they will donate \$1 for every Hellbent Pint and \$2 for every "Pint to Go" to Wellness Place (glassware included, availability limited). Also, you can write notes of encouragement to be given to our NCW cancer warriors! Do Good. Drink Beer.

Pybus Farmers Market - Saturday, October 8, 9-11 a.m.

Visit us at the Wellness Place table during the Pybus Farmers Market to learn about our nonprofit, and the free cancer services and support we provide. We will have breast cancer awareness handouts, and kids can draw "Happy Letters" to provide a smile and encouragement for our NCW cancer warriors during their cancer journey.

Wellness Place FREE education afternoon - Saturday, October 8, 1-4 p.m.

Join us for "A Mindset of Meaning". Designed for, and free, for all cancer patients, survivors, caregivers, and loved ones. An afternoon of learning how to cultivate tools to support meaning and well-being. Registration required at www.WellnessPlaceNCW.org

Dr Chandra Villano, ND, and Kari Lyons-Price, MSW with Meditate Wenatchee will present topics including:

- Cultivate Connection- Open hearted approach to harmoni-

ous and consistent optimal breathing, grounding, and mindful movement.

- Nutrition: Wellness Mindset- Overview of tasty Abundance Bowls & Gratitude Bowls for ease of anti-inflammatory whole foods prep, rotation, variety, and maximizing nutrition.
- The Mindfulness-Based Stress Reduction (MBSR) Experience- By design this course empowers participants to take an active role in the management of their health and wellness.
- Sleep Hygiene- High quality sleep is vital for healing and feeling and being well. Learn about an arsenal of practices for getting the invaluable sleep you need.

"At Wellness Place we are committed to helping all cancer warriors in our community, no matter the cancer diagnosis," says executive director Julie Lindholm. "However, 1 in 8 women will be diagnosed with breast cancer during their lifetime, so for the month of October it is our mis-

sion to bring awareness and reminders to our community members to get your mammograms, and self-check your

breasts regularly. The earlier breast cancer is diagnosed, the better the chance of successful treatment."



No One Fights Alone.



We give FREE cancer support and services to all cancer warriors in Chelan, Douglas, Grant and Okanogan counties.



Scan to see our October events!

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For more info call: Quad City Herald at 509-689-2507
Email to: ruthk@lakechelanismirror.com

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

Please call 509-689-2507 for more information
Or email ruthk@lakechelanmirror.com



Homecoming highlight



Courtesy Roy Baker/Brewster Sports
This fourth quarter pass reception by senior running back Reese Vassar set the Bears up for the go-ahead touchdown at last Friday's Homecoming victory over state-ranked Lake Roosevelt.

Bears hold off second-ranked Raiders, 14-13

By Mike Maltais
STAFF WRITER

BREWSTER – A key defensive fumble recovery combined with just enough late-game offense to give the Bears varsity football team a come-from-behind one-point victory over the visiting Lake Roosevelt Raiders during Homecoming Week last Friday, Sept. 30.

The Raiders ranked 10th in the state 2B football rankings, rode a 13-point advantage into the final quarter of the game before Brewster found the end zone and their first seven points. Then a key recovery

of a Raiders' fumble set up the second Bears' TD and the extra point a narrow 14-13 lead over LHRS. But one point was enough when the Raiders were unable to capitalize on their final possession to regain the lead.

The win gives the 20th ranked Bears some momentum going into their final four conference games through an Oct. 28 meeting with second-ranked Okanogan. Those games include:

- At Oroville Oct. 7
- Manson Oct. 14
- At Tonasket Oct. 21
- Okanogan Oct. 28

March to state begins



Lady Bears freshman forward Ximena Martinez, left, matches footwork with Manson forward Hana Boyd during last week's game against the Lady Trojans

Lady Bears defeat league soccer rivals Pateros, Manson, 6-1

By Mike Maltais
STAFF WRITER

BREWSTER – The undefeated Lady Bears varsity soccer team made it 2-0 with back-to-back wins over Pateros, 6-1, on Sept. 27, and another 6-1 win over the visiting Manson Lady Trojans during Homecoming Week last Thursday, Sept. 29.

Currently ranked second in league behind Okanogan, Brewster (RPI 18) has six league opponents to face through the remainder of the regular season ending Oct. 25. In order of play those are:

- At Tonasket (RPI 12) Oct. 4
- Oroville (RPI 42) Oct. 10
- At Bridgeport (RPI 23) Oct. 13
- Liberty Bell (RPI 37) Oct. 18



Mike Maltais/QCH
Brewster junior midfielder Mia Gamble, left, keeps pace with Manson's Vanessa Sanchez during a league home game last Thursday that the Lady Bears won, 6-1.

- At Lake Roosevelt (RPI 31) Oct. 20
- Okanogan (RPI 2) Oct. 25

Brewster wins Quincy Invitational Tournament

Lady Bears mix it up with Manson for volleyball No. 1



Courtesy Brooke McGuire
The Lady Bears emerged as the champions of a 24-team tournament at Quincy Invitational Volleyball Tournament, Sept. 24. Brewster finished second in its pool, beating Omak and Highland, and losing to Ephrata. The girls made it to the Gold Bracket beating Deer Park, Ephrata, and Connell in the semi-final match. A victory over Cashmere, 25-10, and 27-25, avenged an earlier season loss to the Bulldogs and aced the championship.

By Mike Maltais
STAFF WRITER

BREWSTER – Two of the best volleyball teams in the league battled for top billing as undefeated Manson played the Lady Bears in the Middle School gym last Thursday evening, Sept. 29.

The Lady Trojans arrived on the wake of a straight three-set win over previously undefeated Okanogan.

Brewster defeated Lake Roosevelt in four sets, 23-25, 25-19, 25-15, 25-15, two days earlier.

“We had a slow start and never really found our rhythm all match but did a good job of persevering and finding a way to win,” head coach Marcy Boesel said.

Brewster stats

Abi Boesel: 24/25 serving, 5 aces, 8 digs, 18 assists, 8 kills.

Tori Hull: 20/21 serving, 5 aces, 6 digs, 4 kills.

Morgan McGuire: 3 digs, 9 kills, 1 block.

Makena Kelly: 18/18, 4 aces, 11 digs, 7 assists, 12 kills.

Perla Perez: 1 assist.

Maribel Pere: 4/4 hitting.

Kara Schertenleib: 19 digs.

Grace Becker: 7 digs, 6/6 serving.

Gimena Hurtado: 5 blocks.

Rae Najera: 15/16 serving, 1 ace, 2 digs.

Lucy Zhao: 7/8 serving, 1 dig.

The Lady Bears were still basking in the afterglow of their championship performance at the 24-team Quincy Invitational Volleyball Tournament on Sept. 24 (see photo).

Manson won the first set, 25-21, and the Lady Bears rallied to tie match 1-1 with a 25-20 win. The Lady Trojans won the next two sets and the match, 25-12, and 25-23.

“It was Homecoming week, so we had quite a large crowd,” said Boesel. “Manson had a lot of fans as well and it was a fun environment for both teams to compete in.”

Boesel said she was pleased with the team's adjustment of focus and energy from the previous match against the Lady Raiders.

“We had some great rallies and took advantage of the opportunity to improve while playing a great team,” Boesel said.

Brewster stats

Abi Boesel: 22/22 serving, 4 aces, 19 digs, 16 assists, 11 kills, 1 block.

Tori Hull: 8/10 serving, 2 aces, 7 digs, 2 assists, 4 kills, 1 block.

Morgan McGuire: 10 digs, 10 kills, 2 blocks.

Makena Kelly: 11/13 serving, 1 ace, 12 digs, 12 assists,

8 kills.

Perla Perez: 1 kill.

Maribel Perez: 4/6 serving, 3 assists, 1 kill.

Kara Schertenleib: 4/4 serving, 13 digs.

Grace Becker: 6/7 serving, 1 ace, 16 digs.

Mareth Wright: 3/3 serving.

Rae Najera: 14/14 serving, 1 ace.

Lucy Zhao: 4/4 serving.

The Lady Bears are tied for

second with Okanogan at this writing. The two teams meet on Oct. 11 and - barring an upset in the two intervening league games for each - will fight it out for sole second place. As rankings now stand, Manson, Brewster and Okanogan are in line to represent District 6 in State play. The 2B State championships will be held at the Yakima SunDome on Nov. 10-11.

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~ Matthew 19:26

To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruthk@lakechelanmirror.com

Newhouse named Clean Energy Champion

SUBMITTED BY AMANDA FITZMORRIS, OFFICE OF REP. DAN NEWHOUSE

WASHINGTON, D.C. – Rep. Dan Newhouse (R-WA) released the following statement after being recognized as Citizens for Responsible Energy Solutions’ (CRES) 2022 Clean Energy Champion for his work to advance clean energy technologies in Congress.

“It is an honor to be named one of CRES’ Clean Energy Champions,” said Rep. Newhouse. “In Central Washington, we are not strangers to clean energy innovation, and I have worked hard in Congress to support efforts to strengthen and expand these technologies — both at home and across the country. In order to remain the global clean energy leader, we must enact policies that promote increased domestic production, ensure a stable and reliable supply of critical minerals, reduce regulatory barriers for producers, and allow states and local com-



Courtesy office of Rep. Dan Newhouse
Rep. Dan Newhouse with Heather Reams, president of Citizens for Responsible Energy Solutions.

munities to continue leading the way. CRES has been an incredible partner in this work, and I look forward to continuing to advance clean energy solutions and innovation in Central Washington, rural America, and beyond.”

“Congratulations to Rep. Dan Newhouse on his well-deserved acknowledgement as a 2022 Clean Energy Champion,” said Heather Reams, president of Citizens for Responsible Energy Solutions (CRES). “As Chairman of the Congressional Western Caucus and a member of the Conservative Climate Caucus, Rep. Newhouse has been a steadfast leader in advancing the clean energy industry in the state of Washington and across the United States. CRES is enthusiastic to continue working with Rep. Newhouse on many key initiatives, such as legislation to support hydropower projects, strengthen America’s critical mineral supply chains and make America energy independent by promoting nuclear innovation.”

STUDENT

CONTINUED FROM PAGE A1

rebound, the story will be about the impact in 2023-24,” added Goodnight. “The board will make those decisions in April and May.”

It was not all bad news at the board meeting. Principal Susan James reported that Pateros FFA students won the Spirit of the Pavilion award from the hog barn at last month’s Okanogan County Fair for demonstrating outstanding service and their roles as good ambassadors.

The Pateros Pep Band attended WSU Band Day on Sept. 16. School band and music director Jimmie Riders told The Quad that the trip was the first for the Pateros musicians who joined other high school band programs from across the state.

“The students got to rehearse with the CMB (Cougar Marching Band) in the morning, ate breakfast with them, toured the college for a few

hours, got to see the football game, and performed with the band on the field at half time,” said Rogers. “I’m not sure of how many schools participated but I know it was about 200 high schoolers participating in total.”

Ag instructor and FFA advisor Brevin Evenson presented the year-end Career and Technology Report including a four-year CTE plan.

Evenson later told The Quad that the goal of the plan is to “improve the agriculture program here at the school. I think currently we have an amazing program. We just need to fit a few of the pieces together and with this being my second year here I feel like those pieces are starting to fall into place.”

Evenson said one of his goals is to obtain shop equipment best suited to prepare students for real industry jobs.

“The additional equipment includes welders, plasma cutters, 3D printers, etc. to create more learning opportunities for our students,” Evenson said.



Courtesy Pateros School District
Pateros Ag instructor/FFA advisor Brevin Evenson

Ag and FFA courses are gaining in popularity at Pateros.

“Our program has jumped in enrollment from an average of eight kids in Ag CTE courses to an average of almost 15,” said Evenson. “Our FFA Program has jumped from a whopping one member to a massive 15 members this year. I’m excited as an Ag teacher because the kids are buying into the program and reaping all the benefits.”

Brevin said he would also like to add a greenhouse to the campus.

“Our chances are good for a greenhouse, but we are early in the early planning stages such as selecting a location, determining what kind of greenhouse, and how we can make it for the budget we want,” said Evenson. “Funding for the greenhouse and equipment will most likely come from grants, fundraising, and yearly state mandated funds.”

Among other business:

- Outdoor Ed at Alta Lake State Park will run from Oct. 11-14.
- Homecoming Week is Oct. 17-21.
- A new messaging system, ParentSquare, will help the school connect with parents.
- Microsoft TEALS (Technology Education & Literacy in Schools) volunteers spent a day with computer programming students.

The next regular board meeting is scheduled for 6 p.m., Monday, Oct. 24 in the school library.

PROJECTS

CONTINUED FROM PAGE A1

The plan was completed last year and to gain more insight into what affected business and property owners wanted it to accomplish the city acquired a Rural Development Block Grant (RDBG) last March to fund a survey toward

of the city’s more than two dozen tree sculptures. The city has debuted a colorful fold-out brochure showing the locations of its 29 sculptures with descriptive information for each one and a short bio of artist Jacob Lucas.

Concept street designs envision decorative crosswalks with grass-accented pedestrian refuge islands



Courtesy City of Bridgeport

The tree sculpture parking area will provide visitors with a self-tour starting point.



Mike Maltais/QCH

City council and Revitalization Committee members gather at city hall Monday evening, Sept. 26, for an update on the progress of its SR-173 corridor Revitalization Plan.



Courtesy City of Bridgeport

Crosswalks with pedestrian refuge islands are part of the design plan.

that end. Danison said the six key findings from that survey included:

- Improved communications across the language barrier.
- Better understanding of regulatory permits, codes, and other requirements.
- Small business financial resources and accounting advice.
- Competition from unregulated retail activity.
- Improved public safety.
- More community events.

Detailed discussion of these points and recommended city actions are outlined in a full report available online at bridgeportwashington.net

One eye-catching design suggestion in the 89-page Revitalization Plan involves development of a concert and event venue at the current site of the Kitty Kat Car Wash at the corner of SR-173 and 12th Street. A concept design of the site features:

- Open lawn areas for seating and dining.
- A vendor and food truck space.
- Repurpose the car wash building to create an open-air stage with seating areas and public restrooms.

Another design concept shows a completed parking area on city-owned property at SR-173 and 24th Street where visitors can begin a self-tour

Current projects for 2022 include:

- Welcome to Bridgeport signage – RDBG funding has been secured and the project started.
- Tree sculpture parking lot – RDBG funding for Phase II has been secured and the project started.
- Berryman Park application for renovation – The state Recreation and Conservation Board (RCO) board will approve the ranked list of projects later this month. Bridgeport has been advised that of 62 projects submitted the city’s is ranked fourth. The approved list will be submitted to Governor Inslee on Oct. 31. The RCO board will award the grants between June 1-30, 2023.

Future projects include:

- Long term maintenance (permanent bases, etc.) of the tree sculptures.
- Berryman Park Phases 2 and 3.
- Bouska Square renovation.
- Fireman’s Park renovation.

The city has a lot on the table in terms of current and future projects. As steady progress continues through actions like the SR-173 Community Revitalization Plan, both Bridgeport residents and visitors stand to benefit from added amenities and improvements headed their way.

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CLASSIFIEDS

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

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General Interest

Brewster School District Child Find Notice
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If you suspect your child or if you know of a child that may have a developmental delay or disability, please contact the Brewster School District Special Education Department at 509-689-2581. The Brewster School District offers free developmental screenings. These screenings are designed to provide a brief assessment of the communication, adaptive, cognitive, social-emotional, and motor development of the child. Developmental screening appointments are available. Please contact Krisel Najera at 509-689-2581, extension 2320 to schedule an appointment.

Distrito Escolar de Brewster Aviso del Proceso de Child Find
El proceso de localizar y evaluar a los niños con retrasos en el desarrollo u otras discapacidades se conoce como "Child Find". La Ley de Educación para Personas con Discapacidades (IDEA) requiere que todos los distritos escolares ubiquen, evalúen y brinden servicios a personas desde el nacimiento hasta los 21 años que puedan tener una discapacidad.

Si sospecha de su hijo o si sabe de un niño que puede tener un retraso en el desarrollo o una discapacidad, comuníquese con el Departamento de Educación Especial del Distrito Escolar de Brewster al 509-689-2581. El Distrito Escolar de Brewster ofrece evaluaciones de desarrollo gratuitas. Estas evaluaciones están diseñadas para proporcionar una evaluación breve del desarrollo comunicativo, adaptativo, cognitivo, socioemocional y motor del niño. Las citas de evaluación del desarrollo están disponibles. Comuníquese con Krisel Nájera al 509-689-2581, extensión 2320 para programar una cita.

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

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

Help Wanted

NCW Media Newspapers is looking for a Part to full-time reporter to join their team. This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This job is based in Leavenworth, WA. Applicants would be covering Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published monthly. Responsibilities would include:

Writing about local events. Photographing sporting events for the local schools. Uploading content once a week to the web.

For the Wenatchee Business Journal: Compiling a list of new businesses/bankruptcies and property listings each month. Keeping up with people, interviewing local businesses and community members and other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

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Legals

Public Notices

NOTICE OF BUDGET HEARING
A Preliminary Budget hearing for the Douglas-Okanogan County Fire District #15 Fire District and Ambulance 2023 calendar year budgets will be held at a regular meeting at the ambulance hall located at 412 W. Indian Ave Brewster, WA on Monday, October 10, 2022, at 6p.m. as pursuant to RCW 84.55.120. Public comments will be taken at this time concerning the budgets. The 2023 final budget will be adopted at a special meeting to be held at Pateros Fire Station 191 Industrial Way Pateros, WA Monday, October 24, 2022 at 1 p.m. Remote attendance option will be available and connection details posted at the ambulance hall main entrance.
Published in the Quad City Herald September 28 & October 05, 2022

Public Notices

NOTICE OF 2023 BUDGET HEARING
The first read on the 2023 budget hearing for the Town of Mansfield has been scheduled for Tuesday October 11, 2022 at the Town Hall at 6:00 PM to afford citizens the opportunity to provide written or oral comments on the 2023 budget. Copies of the budget may be obtained from the City Clerk.
Published in the Quad City Herald October 5, 2022.#4734

Public Notices

Statement of Ownership
Management and Circulation
Required by 39 U.S.C. 3685
The Quad City Herald (USPS 241-920) is published weekly at Chelan, WA. Annual subscription rates: \$40.00 in Okanogan /Douglas County, \$50.00 outside Okanogan/Douglas County in the United States. Mailing address: P.O. Box 1922 Chelan, WA. 98816. Publisher Carol Forhan, NCW Media Inc., P.O. Box 39/215-14th St. Leavenworth, WA. 98826-1411.
Editor, Carol Forhan. The Quad City Herald is owned by NCW Media Inc. Stockholders owning 1 percent or more of the total amount of stock: Carol Forhan, PO Box 39/ 215-14th St. Leavenworth, WA. 98826-1411. Jeff Gauger and Liz Gauger, both 1826 Michel Delvig Road., Baton Rouge, LA 70810 Numbers are average during preceding year and for September 30, 2022. Total average number of copies printed: 142, 121. Sales through dealers and carriers, street vendors and counter sales: 186, 201. Total paid and requested circulation: 130, 113. Free distribution: 12, 11. Copies not distributed 50, 50. Total 142, 124. Percent paid and/or requested circulation: 91.55%, 91.13%.
I certify that all information is true and complete. Carol Forhan.
Published in The Quad City Herald on Oct. 5, 2022.

WHAT'S HAPPENING

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Public Notices

Public Notice of Application for Shoreline Substantial Development Permit and Determination of Non-Significance (DNS)
NOTICE IS HEREBY GIVEN that John & Linda Bissett of Pateros, Washington, in accordance with the City of Pateros Shoreline Master Program, has prepared an application for a Shoreline Substantial Development Permit. The proposal is to for installation of retaining walls within the shoreline of the Columbia River. The project site is located on property owned by John & Linda Bissett at 335 Warren Avenue, within the City of Pateros, Okanogan County, Washington (assessor #2200100200). Block 10 Pateros Replat #4. The property is within 200 feet of the shoreline of the Columbia River. Threshold Determination: The lead agency for this proposal has determined that it does not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(c). This decision was made after review of a completed environmental checklist and other information on file with the lead agency. The information is available to the public on request.
{ } There is no comment period for this DNS.
{X} This DNS is issued under 197-11-340; the lead agency will not act on this proposal for 14 days from the date below. Comments must be submitted no later than October 20, 2022. Persons wishing to view project information may contact Pateros City Hall, 113 Lakeshore Drive, between the hours of 8:00 AM and 4:30 PM Monday through Friday. Written comments must be submitted to the City of Pateros, P.O. Box 8, Pateros, WA 98846, no later than 4:30, October 30, 2022, to be included in the staff report. You may appeal this determination. Appeals must be submitted in writing. You should be prepared to make specific factual objections. For further information contact Kerri Wilson at (509) 923-2571. Published in the Quad City Herald September 28, October 5, 2022. #4625

Douglas County Sheriff

Sept. 23
01:46 Animal Problem, 1544 Douglas Ave., Bridgeport

Sept. 24
04:56 Trespassing, 88 Washburn Ave., Bridgeport
05:50 Suspicious Circumstance, 95 Spring Canyon Rd., Orondo
07:01 Non-injury Accident, 0 block Crane Orchard Rd., Bridgeport
16:10 Alarm, 1300 Douglas Ave., Bridgeport
17:18 Public Assist, 335 E. Railroad Ave., Mansfield
20:03 Domestic Disturbance, 21318 US Hwy. 97, Orondo

Sept. 25
07:24 Civil Dispute, 271 Brays Landing Rd., Orondo
08:46 Trespassing, 2786 Rd. J NE, Bridgeport
11:35 Welfare Check, 32 Wilmot St., Mansfield
13:29 Vehicle Theft, 102 E. Park St., Waterville
17:13 Civil Dispute, 530 Fairview Ave., Bridgeport
19:58 Sex Offense, 530 Fairview Ave., Bridgeport

Sept. 26
07:33 Animal Problem, SR 173 and Dezellem Hill Rd., Bridgeport
12:08 Weapons Violation, 4 Orondo Point Ln., Orondo
14:50 CPS/ APS Referral, 1541 Columbia Ave., Bridgeport
15:29 Welfare Check, 310 Fairview Ave., Bridgeport
17:18 Animal Problem, 2 Richards Ave., Bridgeport
19:15 Disturbance, 9 Washburn Ave., Bridgeport
19:59 Harassment/ Threat, 21318 US Hwy. 97, Orondo

Sept. 27
13:46 911 call, 1411 Tacoma Ave., Bridgeport
13:47 Burglary, 9 Washburn Ave., Bridgeport

Sept. 28
09:58 Public Assist, 303 E. Walnut St., Waterville
11:36 Civil Dispute, 530 Fairview Ave., Bridgeport
15:39 Animal Problem, 310 Fairview Ave., Bridgeport
17:11 Agency Assist, 13418 SR 17, Bridgeport

Sept. 29
01:56 Parking/ Abandoned Vehicle, US Hwy. 2, MP 148, Waterville
10:03 Juvenile Problem, 222 17th St., Bridgeport
12:45 Harassment/ Threat, 108 Pine St., Bridgeport Bar
13:52 Theft, 9 Washburn Ave., Bridgeport
16:11 CPS/ APS Referral, 106 Arden Ave., Bridgeport
17:22 Miscellaneous, 333 W. Railroad Ave., Mansfield

Brewster Police Department

Sept. 23
No local reports.

Sept. 24
17:46 An alarm was triggered on W. Main Ave.
19:35 An injury accident was reported on Blossom Ln. in Brewster when a subject in a vehicle struck a power pole leaving power lines down.

Sept. 25
03:35 A burglary alarm was reported on Hwy. 97 at Ag Supply Co. in Brewster.
10:56 An agency assist was requested on Central Ferry Canyon Rd. and Crane Orchard to make contact with

another officer that was not answering calls or radio after checking out with a hunter in the area.
12:45 A disabled truck was reported on Hwy. 97 in Brewster.

Sept. 26 - 27
No local reports.

Sept. 28
22:27 A citizen dispute was reported on Lakeshore Dr. when a caller reported owners and a receptionist refusing to give a refund and to let the caller use their personal phone.

Sept. 29
No report available.

Okanogan County Sheriff

Sept. 23
11:54 A domestic dispute was reported on West Indian Ave. when a caller reported a subject pulled out a gun on her and jabbed it in her stomach three or four times the night before.
17:04 A caller reported a suspicious male subject carrying a lunch box on Golf Course Dr. in Pateros and requested him be trespassed from the location.

Sept. 24
18:53 Theft of a travel trailer was reported missing on W. Warren Ave. in Pateros.
19:35 An injury accident was reported on Blossom Ln. when a subject struck a power pole and there were power lines down.

Sept. 25
08:17 Extra patrols were requested at Pateros Mall.

09:06 A caller on Riverside Dr. in Pateros reported their car left unlocked and then finding a strange canvas backpack inside with a pistol in it.
19:28 An intoxicated subject was reported at Kodi's Noon Saloon screaming and drunk. They had been asked to leave but came back six times.

Sept. 26
No local reports.

Sept. 27
07:16 An animal problem was reported on Unger Rd. in Brewster when a German Shepard and a Blue Healer and a third white dog came on the caller's property and injured the caller's lamb.
11:21 A caller reported a suspicious circumstance on Riverside Dr. in Pateros involving a subject last seen wearing a red sweatshirt with a large dog laying in eh par near the fence and going down to the water.

Sept. 28
11:53 Illegal burning was reported on North Star Rd. in Brewster for an open fire in a pit or barrel that the caller could see the flames.
15:40 A caller on Unger Rd. in Brewster reported a fraudulent charge of \$195 to a church.
16:35 Packages were reported stolen from West Indian Ave. in Brewster.
20:20 A caller on Keran Dr. in Brewster reported an ongoing issue with a male subject dressed in all black with a flashlight outside the residence near vehicles.
22:27 A citizen dispute was reported on Lakeshore Dr. in Pateros.

Sept. 29
No report available.

The Washington Outdoor Report

Eastern Washington bird hunting prospects

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

With several bird hunting seasons opening up this month

it's time to take a look at what the season ahead has in store for us in Central and Eastern Washington.

WATERFOWL: Year in and year out, Grant County has offered the highest waterfowl harvests in the state. Last year, hunters took home 56,487 ducks and 18,167 geese. The reason for this is habitat. Potholes Reservoir, Moses Lake and surrounding waste water ways and ponds offer ample places for both resident and migrating waterfowl to loiter and abundant grain fields in the area provide a steady food source.

Last year a drought resulted in several long-time ponds drying up. This year, despite a cool, wet spring, there was once again very little rain over the summer months. Couple this with a 23-foot drawdown of Potholes Reservoir and the majority of these ponds remain dry or at very low levels.

Because of this it will be difficult to access traditional hunting areas at the north end of Potholes Reservoir and there is a strong possibility the ponds in the North Potholes Regulated Access Area will be dry again this year. On the other hand, public lands along both Frenchman and Winchester Wasteway, as well as along Lower Crab Creek and Royal Lake, should hold ducks when the season begins. As the season progresses and birds come into the area from the north, hunting along the Columbia River and the Pend Oreille River from New-



Courtesy John Kruse
Green-winged teal harvested in the Columbia Basin.

port to Usk will provide hunters with good opportunities.

One other species to consider is the snow goose. Rarely seen in the past, the Columbia Basin has been discovered by these birds and thousands of them can be now found on Potholes Reservoir and in the surrounding grain fields during hunting season.

PHEASANT: Pheasant hunting in Eastern Washington used to be as popular as duck hunting but changing agricultural practices and loss of habitat have resulted in a serious long-term decline for these birds. Now, WDFW does approximately three releases every season of farm raised pheasants on to wildlife areas as part of their Eastern Washington Pheasant Enhancement Program. These releases usually occur in conjunction with the youth opener, the opening day of pheasant season, and a week or two prior to Thanksgiving. Because of rising costs fewer birds have been released in recent years and hunters tend to be jam packed in the wildlife areas following a release, making for a hunting experience that is anything but idyllic.

An option to this is to pay to hunt on lands not accessible to the public. The Yakima Tribal Nation offers this opportunity near Toppenish for both duck and upland bird hunters. You can find out more about purchasing a permit to hunt there at www.ynwildlife.org/permits/.

In addition to this, the Royal Youth Booster Club sells hunting passes out of MarDon Resort that allow you to access up to 25,000 acres of private land to include areas where pheasant are planted every week until Thanksgiving. You can purchase either a three-consecutive-day pass or a season pass. There are only a limited number of these passes available so you will want to contact MarDon Resort sooner than later if you are interested. The telephone number to call is 509-346-2651. One other thing, the proceeds from these hunting passes goes

to youth programs in the Royal City area.

QUAIL & CHUKAR: Whereas pheasant populations have been facing a long-term decline, quail populations have grown dramatically in some areas. WDFW biologists in the Columbia Basin state, "Quail hunting is expected to be good again this year with reports from the field painting an optimistic picture." Grant County has lots of public land with good habitat for quail and last year hunters there harvested 11,000 birds.

Chelan and Douglas County (District 7) generally offers good quail hunting too, with a five-year average harvest of 9718 quail. However, those harvest numbers have significantly declined the last two years despite hunter numbers staying stable. Biologists believe wildfires in the area, along with prolonged drought, have knocked back quail numbers in this region. These same conditions have also brought down chukar numbers in this district which in the recent past, has had the highest harvest rate in the state.

Another place that traditionally holds good numbers of quail on state wildlife areas and public land is Okanogan County, especially in the lower elevations. Unfortunately, harvest declined here last year as well, for the same reasons it did in District 7.

On the other hand, Okanogan County should offer good opportunity for both chukar and Hungarian partridge this year. According to WDFW, "Hungarian partridge populations are widely distributed and locally abundant throughout the district's shrub-steppe habitats. Scattered groups of chukar are found in the rocky areas in lower elevations. The steep hills along the Similkameen River in the north part of the Okanogan Valley and the rocky areas of the Pateros and Indian Dan Wildlife Areas typically hold good numbers of birds."

John Kruse – www.north-westernoutdoors.com and www.americaoutdoorsradio.com

CROSSWORD PUZZLE

THEME: GREEK MYTHOLOGY

ACROSS

1. Food-contaminating bacteria
6. *Meliae are nymphs of the ____ tree in Greek mythology
9. Chris Hemsworth's superhero role
13. Come by without warning (2 words)
14. Type of patrol
16. "That is," Latin
17. "Half man, half goat
18. German surrealist Max
19. "One-eyed giants
21. "One part human, part divine
23. Eastward compass bearing
24. Gauche or Droite, in Paris
25. Bar bill
30. "Stop right there!"
35. 15th of March
39. State indirectly
40. "Collected by the mythological ferryman at the River Styx
41. "Winged symbol of Zeus
43. Copied
46. Indian Lilac tree
47. Close by
48. Inexperienced newcomer
50. Beaks
52. Genetic info carrier, acr.
53. Swamp stuff
55. Bo Peep's follower
57. "She opened an infamous box
61. "Poseidon's spear
65. Distant
66. Bit of sun
68. Tea variety
69. Font embellishment
70. Econ. indicator
71. Make improvements or corrections
72. Email folder
73. Hurry
74. Carpentry grooves

DOWN

1. "Beowulf," e.g.
2. Buffalo Bill's last name
3. Petroleum exporters' org.
4. Type of cotton thread
6. Pharaohs' vipers
7. Reggae's cousin
8. Indic vernacular
9. Actress Spelling
10. Like undecided jury
11. Approximately (2 words)
12. Retired, shortened
15. Saudi's southern neighbor
20. Peas, in Middle English
22. Adam's biblical partner
24. Chemical agent in a reaction
25. "Cronus or Oceanus
26. Hacienda brick
27. Under
29. "One of Zeus' disguises
31. Arabian Peninsula country
32. Stimulant
33. Gather
34. "Hercules' Lernaean foe
36. Lump in yarn
38. High school club
42. Hot coal
45. Alert (2 words)
49. Ever, to a poet
51. Used a credit card
54. Frustration, in a comic book
56. Swelling
57. School hallway permit
58. Sheltered, nautically
59. Female Norse deity
60. "I dare you!" (2 words)
61. Use a Smith Corona
62. Squeezed or ____ out
63. Faux pas
64. Koppel and Turner
67. "Wheel of Fortune" request (2 words)

5. Chant

37. Loot

44. Give or take

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