

Parvo infects city dogs

Bridgeport to pursue on-call fire marshal position

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - Mayor Janet Conklin wants the city to hire a fire marshal and brought the request before the regular monthly meeting of the Bridgeport City Council last Wednesday, August 17.

"At this point things are going on in Bridgeport that we have no control over," said Conklin. "A fire marshal is the only one who can go in and can stop something if it is not in compliance with regulations."

Conklin stressed that the position would be on-call only and the person used only when needed. She asked council members to consider her suggestion while she pursues the matter further and searches for qualified candidates for the job.

The city is also developing an ordinance to help it monitor and regulate large gatherings at the city's several event centers. The mayor reached out to Douglas County Sheriff Kevin Morris for help with law enforcement and noise control. Morris attended the meeting and addressed concerns about having law enforcement on site during some of the large parties.

Conklin also reported that the Dollar General store project is back on the development docket as details continue to be addressed and resolved.

Public Works superintendent Stuart Dezellem reported that work on both the wastewater treatment lab and the second water reservoir is progressing.

The sheetrock is done, all electrical wiring is pulled, plumbing flushed and disinfected," said Dezellem of the lab construction. "We're still in that timeline of about the first of December to actually get in and utilize the lab."



Mike Maltais/QCH

Douglas County Sheriff Kevin Morris addresses the council.

Concrete pours were finishing up on the wall of the 45-foot reservoir. Pours were scheduled through early this week before work begins on the roof.

Work is also underway on the Columbia Avenue water main but can only go so far until service brass is delivered to complete connections. Water meter change-outs are being completed as hot weather during the day permits. Dezellem said the new meters are very accurate at very minimal water flows. Dezellem said the greater accuracy may see a 10-15 percent in consumption billing.

RV Park manager Randy Stanley reported that at least three confirmed dog deaths have occurred from parvo the past several weeks within the city.

"Parvo is in town!" Stanley said. He cautions city dog owners that they must get their dogs vaccinated to protect them from the fatal disease.

Asking Natural Resource Conservation Service for help

Brewster to address new FEMA flood plain designation

By MIKE MALTAIS STAFF WRITER

BREWSTER - The Brewster City Council approved two resolutions at its regular monthly meeting last Thursday, August 18, the Okanogan County All Hazard Mitigation Plan (OCAHMP) and an updated Six-Year Transportation Improvement Plan through 2028.

The 282-page OCAHMP Volume I was created during 2006 by the Okanogan County Hazard Mitigation Planning Committee in conjunction with Northwest Management, Inc. of Moscow, Idaho. It addresses potential hazards including floods, landslides, earthquakes, and severe weather that may occur throughout the county. Volume II is the 255-page Okanogan County Community Wildfire Protection Plan.

The council also approved a signature application for

Mayor Art Smyth that will be submitted to the Natural Resource Conservation Service (NRCS) regarding a flooding issue that city officials want to address.

"The letter is to request a study of the watershed and the drainage itself," said Webster, "the very first step in the process."

The city has been working on a flooding issue in the Rat Lake drainage area north of Brewster. Finance Director Misty Ruiz and Public Works Director Lee Webster had discussed plans to address the matter in the few years but recent developments by FEMA (Federal Emergency Management Agency) have moved up that timetable.

FEMA updated its old analysis data to more current figures and the agency's new projections show a larger flood plain and floodway for the City

of Brewster than previous numbers designated.

"The numbers we got back from FEMA as far as flood volume and depth are pretty scary," Webster said.

The larger flood plain would require the majority of city property owners to purchase flood insurance. To head off that eventuality the city is approaching NRCS for help with defining and mitigating any existing flood potential, satisfy FEMA's concerns, and retain its present flood plain boundaries.

"We are required to adopt what they call a floodway, and we don't want to," Webster said.

In other business:

J-U-B Engineers representative Michelle Johnson updated the council on the status of the city's well water and wastewater projects.



Mike Maltais/QCH

J-U-B Engineers representative Michelle Johnson updated the council on its well water and wastewater projects.

- The city has received a voter drop box from the county. Location and installation steps are pending.
Chamber of Commerce president Mike Mauk thanked the city and parks department for help with the annual Brewster Salmon Derby.

Chase the Grapes

Upper Columbia Cup Stage 2 hydros roar at Pateros August 27-28

Pateros - The second stage of the Upper Columbia Cup four-race Chase the Grapes hydro series will debut in Pateros this Saturday and Sunday, August 27-28.

The series began with the Norm Evans Apple Cup Regatta last April on Lake Chelan. Pateros hosts the second stage, Brewster the third on Sept. 10-11, and Manson the final on Sept. 24-25.

Event promoter and Pateros

resident George Pearson explained the series and race format at the April 21 Pateros city council meeting and submitted a Facilities Use Agreement to the city on July 1 for a dinner and live music event from 5-10 p.m. on August 27 at the multi-purpose building stage on Lakeshore Drive.

Tacoma Inboard Racing Association president Tim Hamilton also submitted paperwork indicating that the

ros resident George Pearson explained the series and race format at the April 21 Pateros city council meeting and submitted a Facilities Use Agreement to the city on July 1 for a dinner and live music event from 5-10 p.m. on August 27 at the multi-purpose building stage on Lakeshore Drive.

Racing points for the winner-take-all series will be accumulated separately from American Power Boat Association (APBA) national points.

Pearson said a separate class of outboards called J Stock Boats that feature young drivers from age nine and up will race at Pateros as they did earlier in Chelan. Pearson

said he discussed the J Stock appearance with former Miss Pateros owner/driver Brandon Cushing, now retired, who owns several J Stocks. Cushing's son is getting his start in J Stocks as a fourth-generation driver in the family.

The racing teams welcome the new events in the Upper Columbia region because the sport is rapidly losing racing venues on the west side of the state.

Sheriff candidate Budrow speaks

Pateros city council amends city parks, motor vehicle codes

By MIKE MALTAIS STAFF WRITER

PATEROS - Former Twisp Police Chief and current candidate for Okanogan County Sheriff Paul Budrow was among the speakers at the regular monthly meeting of the Pateros City Council on Monday, August 15. Budrow addressed the council about the changes he would like to make to the department if elected.

The official Primary Election results issued by the Okanogan County Auditor's Office on August 16, show Budrow finishing second behind incumbent Sheriff Tony

Hawley by 306 votes. Both advance to the Nov. 8 General Election. Challenger Kevin Newport finished with 20.42 percent of the vote and is out of the running.

Mayor Pro Tem George Brady presided over two public hearings concerned with amendments to Pateros Municipal Code (PMC) ordinances. One amending Chapter 12.12 of the PMC to revise certain sections to require a Facility Use Agreement, delete the reference to fireworks in Section 12.12.040 and revise the regulations regarding camping areas.

The other amending Chapter 10.04 Motor Vehicle Code

of the PMC to revise the procedures for impoundment of vehicles in accordance with RCW 46.55 (towing and impoundment) and to designate restricted parking zones and provisions for street closures.

In other business:

Vendor Angela VanEysinga delivered a brief update about low turnout at this year's Pateros Community Market. Changes are planned for next year's event.
Two property owners bordering the north side of Warren Avenue where the city recently completed the installation of a sidewalk and buffer zone addressed

the council over concerns that space for vehicle parking has been lost.

- Fire Chief Kerry Heen reported that his department has 15 volunteers but would prefer having 25 for the department to run smoothly.
The city is considering fall and winter movie nights.
Water manganese levels at pump station 3 was the lowest ever recorded.
Transportation Benefit District tax through the end of June was \$10,005.17.
The next regular city council meeting will be at 6 p.m., Sept. 19.

Starting August 26

Economic Alliance accepting community public infrastructure project applications

By MIKE MALTAIS STAFF WRITER

OKANOGAN - The Economic Alliance Infrastructure Committee will be accepting applications starting August 26, for the 2023 .09 Prioritization Process for Community and Economic Development/ Public Infrastructure Projects within Okanogan County. The Public Facilities Fund (.09 Sales and Use Tax rebate) is allocated for rural communities and eligible entities are limited to incorporated cities and tribes within Okanogan County.

Currently there is a moratorium on funding projects out of the .09 Public Facilities Fund, but the County Commissioners and the Economic Alliance believe there is value in moving forward with the priori-

tization process and ranking for community and economic development projects.

An Intro to the Okanogan County Prioritization Process workshop will be held from 9-11 a.m. on Sept. 1. An RSVP will be required to attend.

The Economic Alliance coordinates the application and review process on an annual basis and provides the Okanogan County Commissioners with a single prioritized master list of economic and community development projects. Applications will be available on the Economic Alliance Website at www.economic-alliance.com. The deadline for applications is 5 p.m., Sept. 30, 2022. Direct questions or requests for more information to Ronnie Holder-Diefenbach at 509-322-4634 or email at rholderdiefenbach@economic-alliance.com.

Primary narrows November race for top two candidates

By MIKE MALTAIS STAFF WRITER

OKANOGAN - The official results from Okanogan County's August 2 Primary Election confirm an approved

hospital and the candidates who will face off in the Nov. 8 general election.

The final count of votes from August 16, show the following results:

- The third annual TRH

levy request (Public Hospital District No. 1) passed in both Douglas and Okanogan counties. The wider margin was in Okanogan County where 2,599 votes (68.81 percent) approved and 1,178 (31.19 percent) op-

posed. The margin in Douglas County was 239 votes (50.42 percent) approved and 235 (49.58 percent) opposed.

The levy will fund opera-

SEE ELECTION ON PAGE B4

INSIDE THIS WEEK

Table with 2 columns: Category and Page Number. Includes Community (A1-A4, B1, B4), Bulletin Board (A4), Classified Index (B2-B3), Classifieds, Puzzles (B2-B3), Obituaries/Death Notices (A4), Public Notices (B2-B3), Community/Outdoors (B1), Puzzles (B3), Sheriff/Community (B4).



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Senior Focus

A Guide to Healthy Living For Seniors & Others



How technology can help you age in place

STATEPOINT - By 2030, almost a quarter of the American population will be over the age of 65, up from 16% in 2020, creating a situation that's going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

According to experts, Artificial Intelligence (AI) and Machine Learning (ML) are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.



PHOTO SOURCE: (c) bernardbodo / iStock via Getty Images Plus
Almost a quarter of the American population will be over the age of 65 by 2030.

"While AI and ML have transformed other industries, adaptation has been slow in the care industry, but we're working to change that," ex-

plains Chia-Lin Simmons, chief executive officer of LogicMark, (NASDAQ: LGMK), which manufactures personal emergency response systems (PERS), health communications devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated two-way voice communication technology into its medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for using the newest technology to your advantage:

- PERS, also known as Medical Emergency Response Systems, allow you to call for help in an emergency by pushing a button. Wearable pendants – along with water-resistant wall-mounted devices and mobile solutions – can keep you protected in every room of your home by helping you instantly connect with loved ones and emergency personnel. Those offered by LogicMark use AI and ML for pattern recognition and fall detection, for an added layer of security. To learn more, visit logicmark.com.

- Automatic pill dispensers can help ensure you never miss a dose or take too much medication. Depending on your needs, you may need to look for a solution offering both visual and audio notifications, or one suited for those with limited dexterity.

- Motion-sensing lighting can make nocturnal trips to the bathroom – common in one's golden years – much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are battery-operated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms.

"True independence must be accompanied by peace of mind for you, your family and your caregivers," says Simmons. "By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones."

Myths and facts about the home healthcare nursing industry

STATEPOINT - The last few years have put immense pressure on nurses to work longer, harder and with less staff. New research suggests that many nurses feel unseen, undervalued and unsupported, wondering if it's worth it.

In a recent survey from National Nurses United, 68% of the nurses who responded said they have considered leaving their position. Leaders in the industry however say that home healthcare careers can be a game-changer.

"Unfortunately, many current nurses and those entering the field don't explore careers in home healthcare," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc. "Home health nurses care for patients one-on-one in their home, where care is personal and nurses are empowered to improve patient outcomes. Plus, they have the flexibility to make their own schedule and the autonomy to be the nurse they were trained to be. Many fall in love with nursing all over again once they discover how rewarding a career in home healthcare can be."

To shed light on the benefits of working as a nurse in the home healthcare industry, Interim HealthCare is dispelling some common myths about this career path.

Myth: Home healthcare means only working with seniors.

Fact: Home health nurses work with people of all ages, including newborns and children. They offer a wide variety of services, from specialized personal care for children with disabilities to management for those who



PHOTO SOURCE: (c) PeopleImages / iStock via Getty Images Plus
Home health nurses work with people of all ages, including newborns and children.

are dependent on devices such as ventilators, bi-pap, c-pap, trachs and apnea monitors.

Myth: Home healthcare only involves working with very sick people.

Fact: Home healthcare nursing services offer the full continuum of care and can include health assessments for blood pressure, glucose and postoperative recovery, wound care, IV management, medication administration and disease and treatment education.

Myth: Home healthcare is just babysitting for adults.

Fact: Home health RNs give clients of all ages (and their families) a sense of independence. They take an individualized approach to ensure that clients feel empowered at home, regardless of age, health or disability.

Myth: Home health clients won't like having a stranger in their home.

Fact: Home health workers and their clients can form strong bonds and feel like family, often attending birthday parties, weddings, gradu-

ations and other major life events.

Myth: Home health means being siloed and working on one's own.

Fact: Home health RNs have a whole support team behind them ensuring they have the tools and skills to provide the client with what they need. There is also a wide array of training courses offered by home health organizations to expand skills.

Nurses and those interested in nursing and careers in home health, can visit careers.interimhealthcare.com to explore openings and the many benefits of working in home healthcare.

"In spite of the many challenges healthcare professionals have faced over the last two years, nurses have remained strong," says Sheets. "We believe that when a culture values, appreciates and advocates for nurses in a way that elevates their profession and rewards their work, such as in the home healthcare industry, nurses will not just get by, but thrive."

4 tips to confidently care for gray hair

STATEPOINT - Sponsored by L'Oréal Paris. The pandemic led many women to confidently embrace their silver hair, not only as a practical move, but as a stylish statement. With elegant stars like Helen Mirren and Andie MacDowell proving that gray is glamorous, (and younger stars even dyeing their hair gray to get in on the trend) you may be feeling empowered to show off your naturally silver strands. Experts say that there are a few things to know that can help you make the transition gracefully.

"While I love this trend, it's true that the grow-out process can get a little dicey and create challenges," says Jonathan Colombini, celebrity hairstylist. "Like any other hair color, gray requires specific maintenance. It can be wiry, dull and brassy without intervention. But low-effort solutions can ensure you look great and help you confidently own that color."

To make a silver statement, consider Colombini's best kept secrets:

Fight Frizz. Gray hair can have a frizzier, more wiry texture than you may be accustomed to. Tame tresses by using a silk bonnet or silk pillowcase at night and by getting sufficient hair-healthy nutrients in your diet, including biotin, zinc and vitamin E. Be sure to also drink plenty of water. Staying hydrated promotes circulation and oil production of the scalp for healthier looking hair.

Add Shine. Counteract gray hair's natural tendency to get dull and brassy. Every seven to 10 days, use a toning gloss to enhance your hair's natural, gorgeous hue. While toning gloss is a service typically performed in a hair salon, you don't need any special skills to achieve these results at home with Le Color Gloss by L'Oréal Paris. The line offers three shades of silver for all hair types and textures, helping you tone, color,

boost shine and deeply condition, no matter what shade of gray you're rocking. Whether you're silver, silver white or silver opal, here's how to use the product effectively:

1. Evenly distribute Le Color Gloss through clean, damp hair all the way through the ends (use a wide-tooth comb for thicker curly hair textures).

2. Leave it on for 5-15 minutes. (Review instructions for specific development time for your shade and desired result.)

3. Rinse your hair thoroughly with water. If you're looking for even more color or want to build a deeper result, especially on non-color-treated hair, use again after seven days.

"I like this option because it's easy for anyone to use. It's also infused with coconut oil, so not only will it not damage hair, but it's also super conditioning," says Colombini. "I recommend using it in the shower on your shampoo day."

SEE TIPS ON PAGE A3

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Senior Focus

A Guide to Healthy Living For Seniors & Others



Treatment for severe COPD helping some patients breathe better

STATEPOINT - More than 3 million Americans live with severe emphysema, a type of chronic obstructive pulmonary disease (COPD) that makes breathing difficult. While there's no cure, recent advances in treatments are helping some patients breathe better.

The American Lung Association's Treating Severe COPD Educational Campaign encourages people with severe emphysema to speak to their healthcare provider about their options, which may include endobronchial valve (EBV) treatment. As part of the campaign, they're sharing these important facts:

What is EBV treatment? When someone has emphysema, their lungs stop working effectively and air gets trapped inside their lungs instead of leaving when they exhale. With no room for fresh,

oxygenated air, the person becomes short of breath. The trapped air causes that section of the lung to enlarge, putting pressure on the healthier parts of the lung and diaphragm. This is called hyperinflation. EBV treatment is a safe, FDA-approved interventional therapy in which small, removable, one-way valves are implanted in strategic areas. They allow air to be breathed out of that area of the lung, preventing air-trapping that can result in shortness of breath.

When should I consider EBV? As emphysema progresses, some medications that worked well may stop controlling symptoms. If neither medication nor oxygen is controlling symptoms well, major surgery like lung volume reduction or a lung transplant had traditionally been the next and last resort. With some individuals, EBV can fill

the treatment gap between medication and surgery.

You may be a candidate if you have advanced emphysema and are highly symptomatic despite receiving optimal medical treatment. You also need to be non-smoking or willing to quit. If you're currently smoking, the American Lung Association's Freedom From Smoking program can help you quit.

What are EBV's benefits? While recovery will depend on factors like overall health and the severity of COPD, the goal of EBV is to breathe easier without the necessary recovery from a surgical treatment. EBV treatment may improve lung function, increase your exercise capacity, and improve your quality of life. Most patients who've received the treatment report feeling better and say they're now able to be more active.

Complications of the EBV treatment can include but are not limited to pneumothorax, worsening of COPD symptoms, hemoptysis, pneumonia, dyspnea and, in rare cases, death. Talk with your physician about other contraindications, warnings, precautions, and adverse events. Only a trained physician can decide whether you're an appropriate candidate for EBV treatment.

"Before my treatment, I would take a few steps and then wait to catch my breath. Now, every day I find I can do something I couldn't before," says Susan Scott, an Ohio resident who was diagnosed with COPD years ago and was experiencing worsening symptoms before getting the procedure. "My boyfriend and I hope to travel. I have a son in California and we're going to go visit him soon. Being able to do that is everything to me. I

also can't wait to start cooking and leash training my dog."

What to ask your healthcare provider. Because EBV treatments are relatively new, not all healthcare providers are knowledgeable about the procedure. Speak with your provider to see if it's right for you. Keep in mind that you may have to advocate for yourself or seek a second opinion.

"My pulmonary clinic didn't have a lot of information regarding EBVs. If my doctor knew more about it, she might have recommended it to me. I was the one who kept pushing it," says Scott.



PHOTO SOURCE: StatePoint COPD patient, Susan Scott.

If you have emphysema or severe COPD, you can find resources as well as learn more about EBV by visiting lung.org/copd.

Take time to learn about treatment options. Doing so is for many, the first step to breathing easier.

What you need to know about life-saving COVID-19 treatments

STATEPOINT - While stopping the spread of COVID-19 is the goal, the reality is that every day, more people contract the disease. For this reason, it's important to be aware of available treatment options.

The Treating COVID-19 Campaign, which was developed independently by the American Lung Association, with grant support from Regeneron and GSK, is sharing some important insights into outpatient treatment options:

Know your risk. It's important to know if you're at high risk for severe illness from COVID-19, as this can determine what treatments are available to you. There are many factors that may put you in the "high risk" category, including if you're 65 and older, you smoke cigarettes, you have a chronic lung disease, are immunocompromised, or are living with certain medical conditions, including chronic lung disease, heart disease, diabetes and chronic kidney disease. Individuals who are overweight or pregnant also fall in the high-risk category. You can see a full list at Lung.org/covid-19.

Test, and then treat, at onset of symptoms. Experiencing symptoms that may be COVID-19? Get tested right away. If you test positive and are high risk, speak with your healthcare provider promptly about treatment options that may help prevent severe illness and reduce the risk of hospitalization. Currently available treatments include antivirals or monoclonal antibody treatments (mAbs). Your healthcare provider can help you determine the best course of treatment for you, which needs to start as soon as possible to help prevent possible progression of severe illness.

Get informed. The Food and Drug Administration has authorized certain antiviral medications and monoclonal antibodies. Antivirals and monoclonal antibodies can help your immune system fight off the coronavirus infection, with a goal of preventing you from becoming seriously ill. Antivirals target certain parts of the virus to stop it from replicating, while monoclonal antibodies help the immune system better recognize



PHOTO SOURCE: (c) DragonImages / iStock via Getty Images Plus
It's important to know if you're at high risk for severe illness from COVID-19, as this can determine what treatments are available to you.

and stop the infection. In both cases, medications need to be prescribed by a healthcare provider and started as soon as possible after diagnosis to be effective.

Be your own advocate. Many patients have discovered firsthand that persistence can be necessary when it comes to getting treatment for COVID-19. When Jill Hein's 83-year-old father tested positive, his primary care provider told him he wasn't very sick and to go home and call if he got any sicker.

"When this information was relayed back to me, I objected and asked that Dad follow up with his pulmonologist immediately. He didn't want to, insisting that his primary care provider said he was do-

ing okay. It wasn't until I told Mom, 'This can kill him,' that I got through to them and she called his pulmonologist for a second opinion. Within four hours of having the infusion, Dad felt himself getting better. Over the next couple days, he continued to improve at home. Thankfully, he fully recovered," says Hein.

For more information about treatment options, as well as COVID-19 care tips, visit lung.org/treating-covid. With people taking fewer precautions as COVID-19 restrictions are lifted, the virus is spreading at a high rate. The good news is that there are treatments available for the most vulnerable among us to help avoid severe illness and hospitalization.

TIPS

CONTINUED FROM PAGE A2

Prime for Blow-Drying. Now that warm weather is here, you're likely going out more and styling your hair more. Remember though that gray hair can require a bit of extra TLC, making it especially important to protect

your hair from all this extra heat. After towel drying your hair, apply EverPure Weightless Blow Dry Primer. Providing up to 450 degrees F heat protection and up to 48-hour frizz control, this nourishing heat protectant will keep hair looking nourished, smooth and beautifully shiny, without weighing it down.

Be Confident. So much of

rocking a look is the energy you bring to it. Radiate confidence in your decision and remember everything that your natural hue symbolizes: empowerment, wisdom, grace and experience.

"Gray hair isn't 'giving up.' Quite the contrary. It's a gorgeous color in itself," says Colombini. "It just requires maintenance."

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For more info call: Quad City Herald at 509-689-2507
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DEATH NOTICES

Mr. Kelly R. White

Mr. Kelly R. White, 84, of Brewster, Washington, passed away on August 13, 2022. Please leave any thoughts

and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

Palemon Jovito Martinez

Palemon Jovito Martinez, 90, of Moses Lake, Washington and formerly of Brewster, Washington, passed away on August 14, 2022.

Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

Tao Lee Stettler

Tao Lee Stettler, 39, of Malott, Washington, and formerly of Pateros, Washington, passed away on August 14, 2022.

Please leave any thoughts and memories for the family at www.barneschapel.com. Services are under the direction of Barnes Chapel of Brewster.

COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Friday Senior meals now served at Senior Center, Tuesday and Friday; home delivery Wednesdays only

BREWSTER - The Senior Center is now serving meals at Noon, at the center on Tuesdays and Friday. Home delivered meals Wednesday only. Call 509-826-7979 to reserve or cancel your meal. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. MENU: Wednesday, August 24 - Home Delivery Only: Taco Salad, Spanish Rice, Mixed Fruit, Tortilla Chips, Dessert; Friday, August

26: BBQ Chicken, Macaroni Salad, Green Beans, Mixed, Greens Salad, WW Roll, Berry Shortcake; Tuesday, August 30: Beef Stroganoff, Green Beans, Garden Salad, Fruit Salad, Dessert; Wednesday, August 31 - Home Delivery Only: Shepherd's Pie, Cottage Cheese, Caesar Salad, WW Roll, Dessert.

Aug. 24-27, Aug. 29-Sept. 3 Senior Center Thrift Store

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Monday-Saturday, 10 a.m.-2 p.m. Everyone is welcome to come to the center on Tuesdays from 9:30-11 a.m. for coffee and conversation, plus sweets. Check out our great kids section. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room.

August 25

Bingo is back

BREWSTER - Bingo is back at the Brewster American Legion, every Thursday night at 6 p.m. It is open to public. Come early to purchase game packets and markers.

August 26

Pateros

Community Market PATEROS - The next Pateros Community Market (PCM) will be on Friday, August 26, 5:30-8:30 p.m., at the Riverview Pavilion on Lakeshore Drive. This will be the last market of the season.

August 27-28

Pateros

Hydro Classic PATEROS - The Pateros Hydro Classic, the second stage of the four-event Upper Colum-

bia Cup "Chase the Grapes" Shootout is coming to Lake Pateros on Saturday and Sunday, August 27-28.

The inaugural four-race Tacoma Inboard Racing Association (TIRA) hydro event opened with the Norm Evans Apple Cup Regatta on Lake Chelan on April 30-May 1, will be at Pateros later this month, debut in Brewster on Sept. 10-11, and conclude at Manson on Sept. 24-25.

Race events promoter George Pearson is organizing a potluck Dinner on Main Street with live music from 5-10 p.m., Saturday, August 27.

August 27, 30

Farmers Markets

WIC and Senior Authorized Farmers Markets with payment options: Methow Valley Farmers Market (Twisp) 201 Hwy. 20 South, Parking Lot, Saturday, 9 a.m.-Noon, April-Oct. 29; Okanogan Valley Farmers Market (Okanogan), 999 2nd Avenue N., Legion Park, Tuesday and Saturday, 9 a.m.-1 p.m., now thru Oct. 29; and Okanogan Valley Farmers Market (Omak), Omak Eastside Park, across bridge from downtown, Tuesday, 3:30-6:30 p.m., now thru Oct. 25. If there is not a distribution site in your area, and you live within Adams, Chelan, Douglas, Grant, Lincoln and Okanogan counties, please contact Kathy Wright 509-886-0700 ext. 235 / 800-572-4459.

August 28, Sept. 9

American Legion special events

BREWSTER - 4th annual Legion "Alta Lake Golf Tournament": Sunday, August 28, 11 a.m. Four-man best ball, \$80 per person. Includes cart, green fees, and lunch. Lots of prizes. Craft Bazaar: September 9 and 10, 9 a.m.-5 p.m.

September 7, 21

American Legion meetings

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

Sept. 8, 15

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Thursday of the month. That next trip is Sept. 8. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Thursday of each month, Sept. 15, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

September 12

Okanogan County Fair Advisory Committee

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

September 12, 26

Okanogan County PUD meetings

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, September 12, at 3 p.m. For more information okanoganpud.org

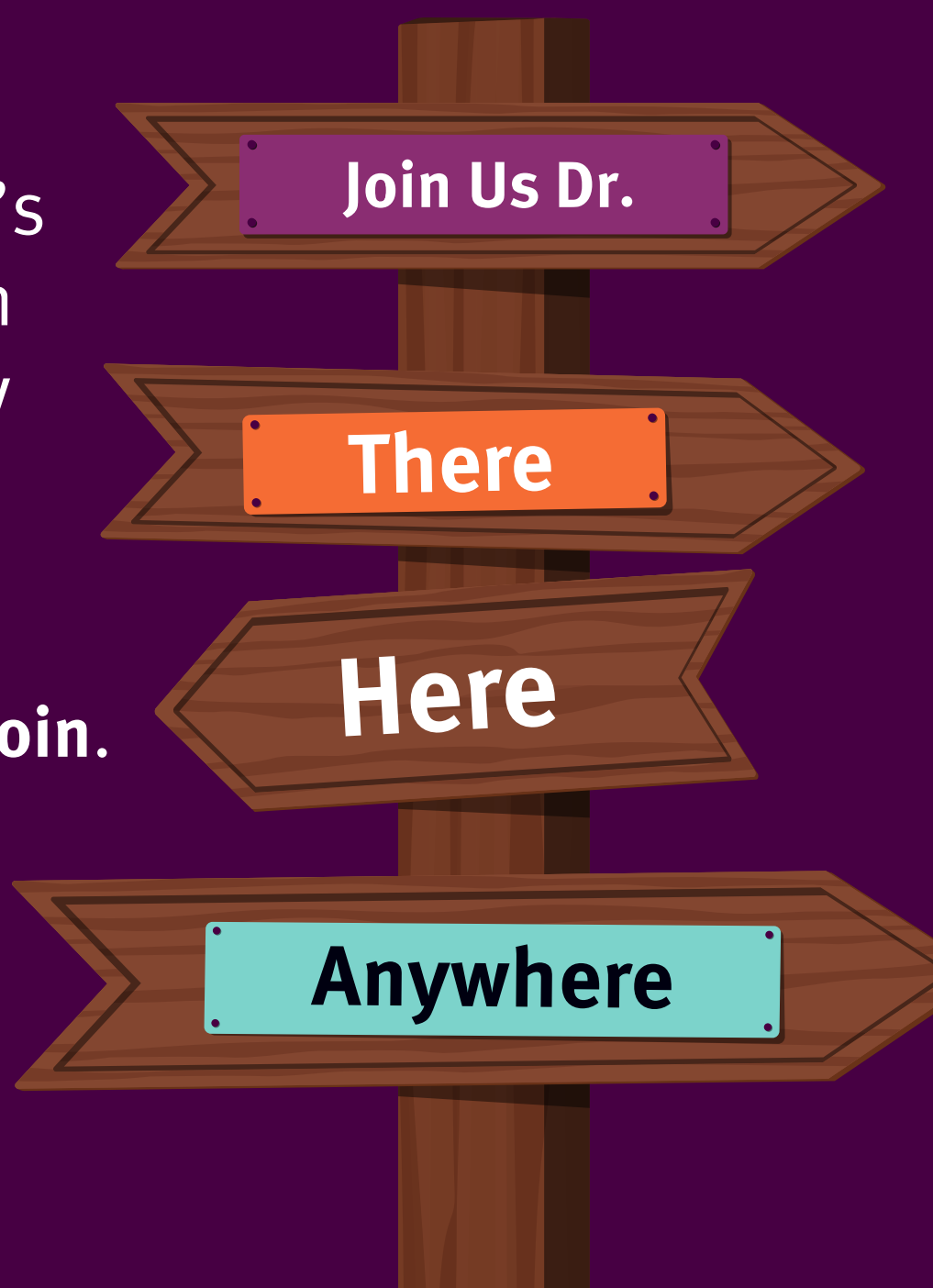


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THE WASHINGTON OUTDOOR REPORT

A close encounter

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

I do love to hike and earlier this week I took off from a U.S. Forest Service trailhead to walk an old logging road that followed a creek and then went up a ridge along the eastern slopes of the Central Cascades.

There were no other vehicles parked at the trailhead and I was enjoying a peaceful late morning hike that took me 2 1/2 miles to a nice viewpoint where I could look towards Tronsen and Mission Ridges. After soaking in the views and drinking some water I started heading back downhill along the trail. I'll admit, my head was in the clouds when I first heard it; the loud crash of an animal entering the woods 30 yards ahead of me at a bend in the road. This was no squirrel or chipmunk like I had been seeing earlier scurrying into the brush, this was an animal of significant size.

The animal did not run away from me as deer and elk do when they are surprised and want to create a lot of distance from you in a hurry. No, this animal actually went uphill angling towards me and stopped moving in the brush about 20 to 25 yards away from me to my left. I figured I was dealing with a bear here. I unholstered the bear spray I had with me, took the safety off, and began repeating in a loud, calm voice, "Hey Bear!" I scanned the brush as I did this and slowly walked down the trail as I did. The animal never moved from its perch above me or made a sound.

I turned a corner in the logging road where the animal first entered the brush and walked another 50 yards down the wide trail to a sandy spot in the road. That's where I saw my foot prints going up the trail and a new set of prints that were not there 45 minutes ago. They weren't bear prints; they were cougar tracks.

I have only had the opportunity to see one cougar before in the wild and based on the evidence of this encounter I'm virtually certain I just missed my second chance to see one, though it is clear this animal had definitely seen me which started off the surprise en-



Courtesy National Park Service

Cougar encounters, let alone attacks, are very rare. There have been less than two dozen documented attacks in Washington State since 1924 that have resulted in injury or death.

counter. As you might imagine my head was on a swivel for the rest of the hike back to the trailhead.

Cougars have been in the news in recent years. In 2018 two mountain biking cyclists were attacked near North Bend by a mountain lion. One of the cyclists attempted to run away and was chased down and killed. Later that year, a female hiker in Oregon's Mt. Hood National Forest was also killed by a cougar and this year, a nine-year old girl playing on the outskirts of a church camp in Fruitland, Washington was attacked by a cougar and sustained serious injuries.

It is important to note cougar encounters, let alone attacks, are very rare. There have been less than two dozen documented attacks in Washington State since 1924 that have resulted in injury or death. Cougars are largely secretive animals that remain unseen by most of us in the wild. However, there are things you can do to stay safe in the unlikely event of an encounter.

The Washington Department of Fish and Wildlife recommends:

- Stop, pick up small children immediately, and don't run. Running and rapid movements may trigger an attack. Remember, at close range, a cougar's instinct is to chase. Face the cougar. Talk to it firmly while slowly backing away. Always leave the animal an escape route.
- Try to appear larger than the cougar. Get above it (e.g., step up onto a rock or stump). If wearing a jacket, hold it open to further increase your apparent size. If you are in a group, stand

shoulder-to-shoulder to appear intimidating.

- Do not take your eyes off the cougar or turn your back. Do not crouch down or try to hide.
- Never approach the cougar, especially if it is near a kill or with kittens, and never offer it food.
- If the cougar does not flee, be more assertive. If it shows signs of aggression (crouches with ears back, teeth bared, hissing, tail twitching, and hind feet pumping in preparation to jump), shout, wave your arms and throw anything you have available (water bottle, book, backpack).
- The idea is to convince the cougar that you are not prey, but a potential danger.
- If the cougar attacks, fight back. Be aggressive and try to stay on your feet. Cougars have been driven away by people who have fought back using anything within reach, including sticks, rocks, shovels, backpacks, and clothing—even bare hands. If you are aggressive enough, a cougar will flee, realizing it has made a mistake.
- Pepper spray in the cougar's face is also effective in the extreme unlikelihood of a close encounter.

The bottom-line is don't let the chance of an encounter with a bear or cougar keep you away from the outdoors. Just be prepared and know what to do if you see one of these animals. More than likely, both you and the animal will part ways unharmed.

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

Wenatchee River Salmon Festival Calendar Advisory for "School Days" September 15 - 16 in Wenatchee

SUBMITTED BY WENATCHEE RIVER SALMON FESTIVAL

WENATCHEE - Celebrate the Return of the Salmon, at the 30th Anniversary of the Wenatchee River Salmon Festival.

Our two "School Days" will be ready to host North Central Washington students on September 15 and 16, at Rocky Reach Dam and Discovery Center. Students will explore and experience natural resource education at its finest. Salmon Fest has been the recipient of multiple awards, including, "Best Children's Program", by the International Festivals and Events Association. The Wenatchee River Salmon Festival 2022 is an event devoted to engaging students at a beautiful outdoor venue that is both, educational and fun. Our Festival mission is to connect people of all ages to nature building discovery and appreciation of the diversity and importance of the great outdoors.

The beautiful grounds overlooking the mighty Columbia



Echo File Photo

Salmon Festival characters greet young Wenatchee River Salmon Festival attendees.

River are managed by the Chelan PUD's Rocky Reach Dam. This unique venue will transform into an extraordinary outdoor classroom for this year's Salmon Fest event. Students will become part of "River Ramble" in a Native American Village, sharing a powerful inter-tribal cultural experience. Learning about nature from top Pacific Northwest natural resource specialists means students will gain first-hand knowledge about fish and wildlife, healthy habitats, watersheds,

and much more.

There is magic when Salmon Fest happens. Students receive unique opportunities to be eye-to-eye with salmon, create gyo-taku fish prints, explore science and technology, and share in a "Salmon Experience" together.

For more information, swim to our website salmonfest.org, catch us on Facebook, or call 509.548.6662 ext 226 to speak with festival staff.

Salmon Fest is hosted by Friends of NW Hatcheries, Chelan County PUD, USFW.

BACK TO SCHOOL

- Well Child Exams
- Sports Physicals
- Immunizations

Call to schedule an appointment:
1 (800) 660-2129

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SUMMER CONCERT SERIES AT ICICLE CREEK

THE PAPERBOYS
WITH SPECIAL GUEST, LOCARMO

AUGUST 27, 2022

7PM AT THE MEADOW STAGE AT ICICA 7409 ICICLE RD.

TICKETS & MORE INFO: ICICLE.ORG OR (509) 548-6347

PINK FLOYD'S WISH YOU WERE HERE

DARK SIDE OF THE MOON

PERFORMED LIVE IN THEIR ENTIRETIES BY ARTEMIDORUS

SEPT. 2ND, 3RD, 4TH 8PM

TICKETS & INFO: ICICLE.ORG OR 509.548.6347

QUAD CITY HERALD

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Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Display Advertising: 5 p.m., Thurs.
Legals: Noon, Friday
Classified Ads: Noon, Friday
Obituaries/Deaths: 4 p.m., Friday

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

News Tips
Have an idea for a story?
Call Quad City Herald at 689-2507

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Quad City Herald regrets any errors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue.

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Administrative

Puzzle Solution

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6	4	1	3	7	9	2	8	5
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Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our Local Newspapers and Online at NCWMARKET.COM for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror**
509-682-2213 or **Quad City Herald**
509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers.

It is easy just Register and pay on our secure site 24/7

Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For

The Leavenworth Echo or Cashmere Valley Record

Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

LIVE, LAUGH, LEARN PRESCHOOL

OPENING
September 13, 2022
Tuesday, Wednesday, Thursday 8am - 12pm
Breakfast and snack will be served.
13 years experience!
Full Preschool Curriculum.
Please call for more information and any questions you may have.
509-679-6109
Jodi Jones

Employment

Help Wanted



School District is seeking qualified applicants for the following positions:

Multiple Paraprofessional positions

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

Help Wanted



School District is seeking qualified applicants for the following position:

- Food Service Director

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

GEAR UP GRADUATION SPECIALIST COUNSELOR

This position commences with the start of the 2022-2023 school year. Qualified applicant will work with students to support SEAL, academic and GEAR UP goals objectives. Appropriate endorsements applicable to the position preferred. Must favorably pass background check. Salary and position description information available on the website. This position is one day per week.

All applications processed through **FAST TRACK:** www.pateros.org >Our District >Employment. First review of applications is 8-31-22. Position open until a qualified applicant is hired. Contact employment@pateros.org or 509-923-2751 x 4 for more information. EOE.



School District is seeking qualified applicants for the following position:

Peshastin-Dryden Food Service Cashier

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

qcherald.com

Help Wanted

NCW Media Newspapers

is looking for a 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 the Bavarian Village of Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published once a month. 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 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 interview 509-548-5286. 10-5 p.m. weekdays. EOE

Help Wanted



Now Hiring!
Phlebotomist

Interpath Laboratory in partnership with Family Health Centers in Brewster, WA is seeking candidates to join their team.

On the job training is provided for those that have a positive attitude and commitment to serving on a high functioning team. Contact Elizabeth Ramirez at EMRamirez@Interpathlab.com Or 509-293-5454

WE OFFER!

- Laboratory discounts for in house testing
- Medical with In-Network & Custom Network discounts (No- cost for employee only coverage)
- 401(K) discretionary employer match
- Paid Time Off

Help Wanted



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

- Elementary Bilingual Secretaries
- School Nurse

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

Experienced in-home care giver needed in the Brewster area.
Call or text Kevin at (206) 510-5260 for details.

Bus Driver/ Operator – Full-time Organization: Okanogan County Transit Authority (TranGO)

TranGO IS HIRING DRIVERS; Full-time (36+ hours per week) positions available now; hourly non-empt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantansit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantansit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.



School District is seeking qualified applicants for the following positions:

- Cascade High School Wrestling Coach

- Icicle River Assistant Cross Country Coach

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

NCW Market.com

Address Changing?

Call the Circulation Department today so you don't miss a single issue of your Local Community Newspaper or our monthly publication, the Wenatchee Business Journal!

509-293-6780 or email circulation@lakechelanmirror.com



131 S. Apple Blossom Drive, Ste. 109 in the Chelan Business Center - Chelan

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B3

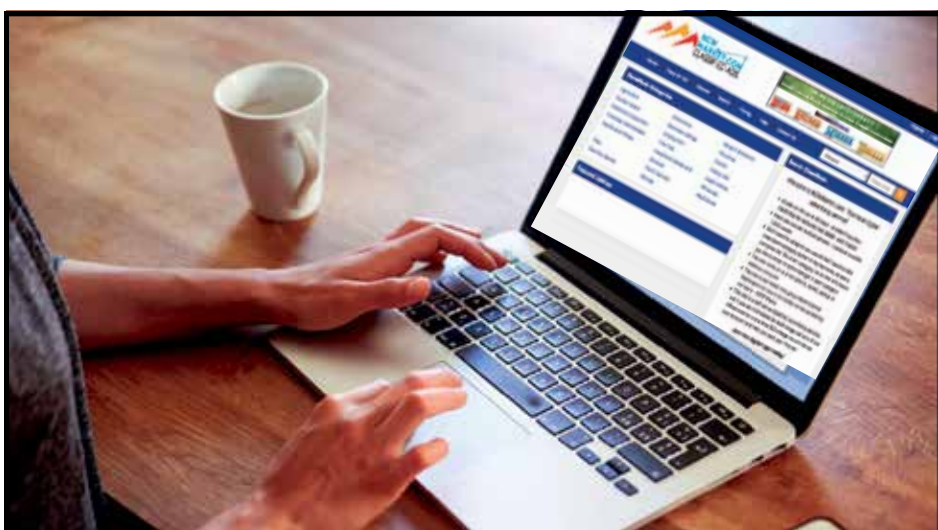
Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee

NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

The good news about NCWMarket.com is:

- It's available 24/7
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- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business
- You can change the ad anytime you want - as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com



Looking for a great local employee?
It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.
Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR
Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com
Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Work Wanted



Material Placement
We Place the Material for you!
Rock Bark Sand Soil Dump Truck Service
No more wheelbarrows, shovels or rakes!
FREE ESTIMATES
Cell: 509-393-1244
Office: 509-885-2269
tcslingers.com
Landscape Supply Yard
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For Sale

Antiques & Collectibles

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds.
Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.
Want Print Only?
Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

Garage & Yard Sale

CLEAR SOME SPACE WITH A



Fill your pockets with **CASH \$\$\$**
Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only?
Deadline Friday at Noon for all papers

Lake Chelan Mirror Quad City Herald
Call: 509-682-2213

Leavenworth Cashmere
Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price!

General Merchandise

ALL OCCASIONS Greeting Cards ONLY
.50 per card.
Special Leavenworth Cards
now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves

Example sayings are:
Wish you were here with me in Leavenworth.
"Special Friends" Or I miss you.
Happy Birthday from Leavenworth!

Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286



Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Legals

Public Notices

STATE OF WASHINGTON DEPARTMENT OF ECOLOGY UNION GAP, WASHINGTON NOTICE OF APPLICATION TO APPROPRIATE PUBLIC WATERS

TAKE NOTICE:
That Brewster Heights Packing and Orchards, LP on July 5th, 2017 under Application No. G4 33192 applied to appropriate public waters, subject to existing rights, from an existing well and a proposed well, each year, at the rate of 750 gallons per minute, and 100 acre-feet per year for the commercial purpose of fruit processing and storage. That proposed sources are located within the NW¼NE¼ of Section 18, NE¼NW¼ Section 17, T. 30 N., R. 25 E.W.M., all in Okanogan County. That the proposed place of use is defined as the E½NE¼ of Section 18, W½NW¼ of Section 17, T. 30 N., R. 25 E.W.M., all in Okanogan County. Any potential quantity authorized under G4-33192 would be proportionally mitigated via Ecology's Sullivan Lake Incremental Storage and Releases Program. Protests or objections to approval of this application must include a detailed statement of the basis for objections. All letters of protest will become public record. Cash shall not be accepted. Fees must be paid by check or money order and are non-refundable. Protests must be accompanied by a \$50 recording fee payable to the Department of Ecology, Cashiering Unit, PO Box 47611, Olympia WA 98504-7611, within 30 days from: August 24, 2022. Published in the Quad City Herald August 17 and 24, 2022. #4443

Public Notices

NOTICE OF DETERMINATION OF NONSIGNIFICANCE
Bridgeport School District issued a determination of non-significance (DNS) under the State Environmental Policy Act Rules (Chapter 197-11 WAC) for the following project:

Interior modernization of existing High School. The project is proposed by Bridgeport School District No. 75. After review of a completed environmental checklist and other information on file with the agency, Bridgeport School District has determined this proposal will not have a probable significant adverse impact on the environment.

Copies of the DNS are available at no charge from Scott Sattler, Bridgeport School District, 509.686.5656. The public is invited to comment on this DNS by submitting written comments no later than September 2, 2022 to Dolly Ramminger, Bridgeport School District, PO Box 1060, Bridgeport, WA 98813. Published in the Quad City Herald August 17 and 24, 2022. #4453

Public Notices

CITY OF PATEROS ORDINANCE 797
Ordinance 797 is an ordinance of the City of Pateros, amending Chapter 12.12 of the Pateros Municipal Code.
Passed August 15, 2022. Full text will be mailed upon request.

CITY OF PATEROS ORDINANCE 798
Ordinance 798 is an ordinance of the City of Pateros, amending Chapter 10.04 of the Pateros Municipal Code.
Passed August 15, 2022. Full text will be mailed upon request. Published in the Quad City Herald August 24, 2022. #4482



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

5 sweet reasons Northwest cherries are summer's best grab-and-go snack

(BPT) - Summer is in full swing, and this year the season is truly one to celebrate as communities return to many favorite festivals, traditions, and pastimes. Whether sending the kids off to day camps, reuniting with family over epic barbecues or simply soaking in the sun at outdoor music festivals, there's one snack that provides a powerful punch of nutrition in a convenient, compact, and deceptively delicious package: sweet Northwest cherries. While the crop this year was shortened by snowfalls on the cherry blossoms, the good news is the cherries produced this year are even bigger and sweeter as a result.

Americans are looking for chances to get themselves and their families outside, stay active and healthy, and the timing couldn't be better. So, whether you're planning a new healthy eating plan, looking for a show-stopper dessert or a simple grab-and-go snack, sweet juicy cherries are the answer. Growers in the Northwest are harvesting sweet cherries, which will be available fresh in stores all summer long and ready to deliver not only juicy bursts of flavor, but at least five ways to support wellness.

1. Fight inflammation

Sweet cherries are often distinguished by their deep, intense red color - a characteristic that comes from anthocyanins, a type of polyphenolic compound in dark fruits and vegetables. These compounds have been shown to have anti-inflammatory properties and may help in fighting many chronic conditions linked to inflammation, such as arthritis, diabetes, high blood pressure and even certain cancers.

2. Keep blood sugar steady

Sweet cherries are, additionally, the anti-inflammatory qualities of sweet cherries have been shown to help muscles recover more quickly after exercise, making cherries an ideal accompaniment to a range of summertime activities.

3. Secure a sweet source of fiber

Diets high in fiber can help in the prevention of various conditions and diseases, such as heart disease and diabetes. But most Americans don't get nearly enough in their diets. Just one cup of sweet cherries delivers about three grams of fiber, or roughly 12% of the USDA's dietary recommendations.

4. Reduce stress levels

Sweet cherries are a natural source of serotonin, which studies have found to be an important factor in reducing stress and improving mood. Of course, simply adding sweet cherries to the weekly shopping list can alleviate the ongoing stress of finding a tasty and nutritious snack that can work with just about anyone's diet plan.

5. Get a good night's sleep

In addition to being a natural, plant source of serotonin, sweet cherries contain melatonin and tryptophan. In studies, these three compounds have been shown to help improve the quantity and quality of sleep. Consuming a serving of cherries about an hour before bedtime may aid in stabilizing and regulating sleep patterns.

Sweet cherry season is short, and just like summer, it will be over too quickly. With some planning, however, sweet cherries and their health benefits can be tapped year-round. Now is the time to stock up on fresh Northwest cherries to preserve - freeze, dry, can or even pickle them! - for smart snacking any time of year. To learn more about the health benefits of sweet cherries, visit sweetcherryhealth.org.



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THEME: SCIENCE

ACROSS

- Out of harm's way
- Street, in Paris
- *Citric or sulfuric one
- *Female garnet
- Comedian Carvey
- Excessively fat
- Trunk extension
- Wading bird
- Savory jelly
- *Distance per unit of time
- Prep a salad
- Omit or suppress
- Hair goo
- Preterm infant, colloquially
- Free from slavery
- Rapid escape
- Lady slipper, e.g.
- Ruptured
- Goodbye, in Puerto Vallarta
- Long, long time
- Greek Bs
- *Cheers" regular
- Sheep's coat
- Over the top, in text messages
- Tangle up
- a.k.a. sea hawk
- U.N. workers' grp.
- Xbox user, e.g.
- Zero, on a court
- *Vertical distance
- Pavarotti, e.g.
- *Radical, in math
- Smidgen
- *Chemically inactive
- With competence
- Countess' husband
- *Ammonia or baking soda, e.g.
- __ canto
- Proofreader's mark

DOWN

- Source of light, in Spanish
- Tel ____, Israel
- Cloud of particles
- Bald Eagle to Americans, e.g.
- Fanatical
- Rallying cry to the workers of the world
- __-peasy
- *__ zero, lowest possible temperature
- Large edible mushrooms
- Osiris' wife
- Chancier
- Like Cheerios
- Mixtures
- Cowboy's shoe prod
- *Two-dimensional shape
- *Radioactive noble gas
- Middle Eastern V.I.P.s
- Collier's office
- *Energy-converting device
- Very angry
- Easily irritated
- *Basic unit of life
- Tiller's tool
- *Plant- and animal-eater
- Continually annoy
- Back, to a pendulum
- State of harmony
- Heads-up
- Prigs
- Shakespeare's theater
- *Model of Earth
- Diva Horne
- Change for a five
- Saudi, e.g.
- *"Doggone it!"
- Hibernia
- *Tebibyte abbreviation
- Deli order

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NCW Libraries warn of phone scam

SUBMITTED BY NCW LIBRARIES NCW



NCW Libraries has become aware that some of our library patrons have been contacted by a phone scam impersonating their local library. Please note that NCW Libraries, all 30 of its branches, bookmobiles, and Mail Order library, never personally call patrons to collect library fees for lost and damaged material, or to discuss personal account information. NCW Libraries does make automated calls to inform patrons that their

library materials are ready for pick up, or that materials are overdue. These automated calls are used only if a patron has selected phone notices as their preferred communication method. Phone scams like this are not uncommon and do not indicate any breach of NCW Libraries' customer data. If you receive or have received a call of this nature please file a report with the FTC at <https://reportfraud.ftc.gov/#/assistant>.

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff

Aug. 12
10:50 Agency Assist, SR 172 MP 8, Waterville
12:05 Parking/ Abandoned Vehicle, 1631 Tacoma Ave., Bridgeport
12:22 Civil Dispute, 911 Foster Ave., Bridgeport
12:35 Trespassing, 911 Foster Ave., Bridgeport
13:13 Noise Complaint, 260 Vineyard Dr., Orondo
21:26 Fireworks, 5th St. and Columbia Ave., Bridgeport
23:23 Attempt to Locate/ Contact, Bridgeport

Aug. 13
04:23 Domestic Disturbance, 8 Moe Ct., Bridgeport
12:59 Hazard, SR 173, MP 6, Bridgeport
19:46 Non-injury Accident, Rd. E NW and McNeil Canyon Rd., Orondo
21:49 Traffic Offense, 1337 Douglas Ave., Bridgeport

Aug. 14
05:04 Alarm, 1300 Douglas Ave., Bridgeport
12:52 Domestic Disturbance, 1255 Fairview Ave., Bridgeport
14:51 Non-injury Accident, 949 Maple St., Bridgeport
18:51 Traffic Offense, Rd. B NE and Rd. 16 NE, Mansfield

Aug. 15
12:24 Theft, 77 Rd. O NW, Waterville
12:55 Parking/ Abandoned Vehicle, 10 Rd. 15 NE, Mansfield
13:29 Lewd Conduct, 21318 US Hwy. 97, Orondo
15:32 Burglary, 44 Orchard Dr., Orondo
15:59 Burglary, 72 Edgewater Dr., Orondo
23:39 Suspicious Circumstance, 206 12th St., Bridgeport

Aug. 16
No local reports.

Aug. 17
13:54 Harassment/ Threat, 21315 US Hwy. 97, Orondo
16:22 Alarm, 3 E. Shore Ct., Orondo
16:49 CPS/APS Referral, 102 S. Chelan Ave., Waterville
18:38 Public Assist, 803 E. Poplar St., Waterville
22:20 Juvenile Problem, 811 Jefferson Ave., Bridgeport

Aug. 18
10:03 Animal Problem, 310 Fairview Ave., Bridgeport

Brewster Police Department

Aug. 12
00:03 Assault was reported after one male was on the ground during a large fight on Hwy. 97 in Brewster. The caller started yelling at them and they all took off.

Aug. 13
06:22 A disorderly subject was reported on Hwy. 97 in Brewster for a hispanic male subject in his 20's that became very hostile and was yelling at the gas station clerk when she tried to give him his money back because the gas pump was not working.

Aug. 14
19:34 A sex offense was reported in Brewster when a caller's stepson told them that one of his 15-year-old friend was being sexually assaulted by her uncle.

Aug. 15
23:12 A caller on S. 4th St. and Ferry Ave. in Brewster reported a male subject in a black Cadillac with black rims had pulled a gun on the caller on the 10th and then just pulled up on him again.

Aug. 13
18:12 Animal abuse was reported on S. 3rd St. for a puppy reportedly tethered to a pole with no food or water.

Aug. 14
07:58 An animal problem was reported on S 3rd St. and E.

Griggs Ave. in Brewster for a German Shepard that was out again.

Aug. 13
11:32 A traffic offense was reported on Hwy. 97 in Brewster.
12:58 An agency assist was requested on Fairview Ave. in Bridgeport for a male subject arguing with the caller's son and reportedly struck the caller and their son.

Aug. 14
14:45 A parking problem was reported on S. 4th St. in Brewster when a caller was trying to exit and there was a person.

Aug. 15
18:38 A domestic dispute was reported on W. Jay Ave. in Brewster for a caller's father that was reportedly getting aggressive with the caller's mother.

Aug. 16
21:51 A welfare check was requested on W. Cliff Ave. and S. 7th St. for a male subject slumped over in a white vehicle that was running with the lights on near the bathrooms at the boat launch.

Aug. 15
07:27 A parking problem was reported on W. Indian Ave. in Brewster.

Aug. 16
13:03 An agency referral was requested on Hwy. 97 in Brewster when a caller reported being hand-slapped by their roommate and the facility had separated the residents and a room change was done.

Aug. 17
03:37 Harassment was reported on River Plaza for a hispanic male subject at the front door of a caller, not leaving and they requested he be moved along.

Aug. 16
17:20 A stray animal was reported on Hwy. 97 for a black and white Husky that was super skinny and was trying to get into all of the trash.

Aug. 17
22:32 A vicious animal was reported for a brown and white Pitbull on the loose that tried to attack the caller on Ferry Ave. in Brewster.

Aug. 18
No local reports.

Okanogan County Sheriff

Aug. 12
No local reports.

Aug. 13
19:13 A welfare check was requested on North Starr Rd. in Brewster for a subject with a baby and the mother reportedly hadn't been feeding it, reported meth involved.

Aug. 14
20:36 A citizen assist was requested on S. Dawson St. in Pateros for a caller that was on juvenile parole and was not supposed to have contact with anyone that had a warrant and he had talked to a subject on the phone.

Aug. 14
17:24 An agency assist was requested for a two-vehicle, head-on fatality collision blocking both lanes on Hwy. 153 in Pateros.

Aug. 15
17:44 A DUI was given at Pateros Super Stop when a caller parked at the gas station in a Subaru WRX and her vehicle was hit by a red Jeep Rubicon.

Aug. 16
18:45 Extra patrol were requested for vehicles traveling at a high rate on the detour on Bill Shaw Rd. in Pateros.

Aug. 15
11:06 An agency assist was requested on North Starr Rd. for investigation allegations of abuse.

Aug. 16
07:57 A traffic hazard was reported on Mountain View Dr. on dNorth Starr Rd. in Brewster for a remodel crew blocking the view of the road with their trucks along North Starr, making them unable to see traffic when turning onto the road.

Aug. 17
18:02 A caller reported receiving threatening messages that they would do things to her if she didn't give them \$500.

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ELECTION

CONTINUED FROM PAGE A1

tions for the hospital's emergency department through 2023. Like its two predecessors the new levy will raise 33 cents per \$1,000 of assessed property value. As an example, a home valued at \$200,000 will contribute \$66.

• Okanogan County Sheriff: Incumbent Anthony Hawley and challenger Paul Budrow finished one-two in the three-candidate field. Hawley has 4,601 votes (40.43 percent) to Budrow's 4,295 (37.74 percent).

• Okanogan County Commissioner, District 3: Tonasket Republican Lloyd Caton Jr. finished ahead of fellow Republican Jon Neal of Oroville.

Caton cornered 1,607 votes (37.11 percent) to Neal's 1,489 (34.39 percent). Both are running for the vacancy left by Jim DeTro who held the post for 12 years but did not file for re-election.

• Okanogan County Coroner: Rojean (Jeannie) Hughes of Tonasket, the only candidate to file for the four-year term will face write-in incumbent David Rodriguez in the general. Hughes received 81.15 percent of the vote compared to 18.85 percent for Rodriguez.

• Congressional District 4 - U.S. Representative

The race for Congressional District 4, which includes Okanogan County along with Adams, Benton, Douglas, Franklin, Grant, Klickitat, and Yakima counties, was a close finish for the two top contenders, Republican incumbent Dan Newhouse, and Yakima Democrat Doug White. Newhouse finished with 38,331 (25.49 percent) and White with 37,760 (25.11 percent).

• Congressional District 8 - U.S. Representative

Congressional District 8 takes in Douglas, Chelan, Kittitas, King, Pierce, and Snohomish counties. Democratic incumbent Kim Schrier captured nearly 50 percent of the vote (47.86) to lead her nearest challenger, Republican Matt Larkin, with 16.99 percent.

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