



Health and safety concerns cited

Okanogan County terminates Douglas County inmate housing agreement

By MIKE MALTAIS STAFF WRITER

OKANOGAN - Citing a number of concerns including COVID-19 requirements, staff and inmate health staffing shortages, and an aging facility, the Okanogan County Board of Commissioners and Okanogan County Sheriff's Office decided last month to terminate the inmate housing agreement...

release said.

It added that while some issues may be of a temporary nature others connected with the aging jail facility are not. The jail facility was built in 1984 and designed to hold 67 inmates. Several expansions over the years have increased that holding capacity to 193. The jail is the only inmate housing facility in the county outside of the correctional center operated by the Colville Tribes.

"When combined with COVID-19 mitigation requirements, the care and well-being of the inmate population required that the jail inmate booking restrictions in March of 2020 to force a reduction in total inmates held at the facility," the media release said. "Restrictions have enabled staff to accommodate 14-day quarantine rotations for newly booked inmates and retain minimal flexibility to isolate symptomatic inmates."

However, facility design allows this isolation in very limited segregation space normally used for high security inmates or those whose conditions require dedicated staff supervision.

While the county will lose close to \$1 million in revenue with the agreement termination the decision was made for the reasons listed earlier and in the interests of county public safety factors.

Brewster Bears take second in state basketball championships

By MIKE MALTAIS STAFF WRITER

SPOKANE -- The defending state champion Brewster Bears varsity basketball team ended a dramatic and thrilling run for a second consecutive title to finish second to Liberty Spangle 63-53, in the Spokane Arena last Saturday, March 6.

"We had a rough loss tonight vs a good Liberty team," said head coach Michael Taylor. "We knew their personnel from playing them earlier this season, as well as watching them the last few days, but their guys stepped up and made a bunch of good plays in the second half."

A drive that began with a 59-51 regional win against Morton-White Pass, a come-from-behind Elite Eight win over Toutle Lake, 67-65, and a last second, 56-53 Final Four win over No. 1 Kalama, ended with a 64-55 loss to the Lancers.

Brewster took a 15-11 lead at the end of the first quarter and extended it to 10 points, 27-17, by halftime. At that point it looked like the Bears were in control of the game with both the lead and leading scorer Kelson Gebbers back in the lineup following an ankle injury suffered against Toutle Lake.

In their previous three playoff games the Bears either tied or trailing their opponents and rallied in the second half to pull out wins. Brewster beat Morton-White Pass by eight on the heels of a 27-27 halftime tie.

Against Toutle Lake the Ducks capitalized on the loss of Gebbers in the opening minute of play to build up a 17-point halftime lead but the Bears battled back to win that one in the final seconds.

Again, against Kalama the game was knotted both at halftime and at the end of the

third quarter before Brewster got the upper hand.

Liberty benefitted from the halftime surge to score 14 points against Brewster's four in the third quarter. With a two-point lead and the clock winding down the Lancers put the game out of reach from the foul line.

Kelson Gebbers led the Bears with 23 points and Adaih Najera added 14. AAJ Woodward led the rebounding with 10.

"We were a little stagnant on offense and passive, which resulted in turnovers and poor possessions," said Taylor. "Thinking back, as usual, I could have done some things differently, played zone, trapped their best guys to make them passers, subbed a little differently, but that's always the case when you lose big games. I thought our kids played hard and had a great week of games."

It was the final game for seniors AJ Woodward, Adaih Najera, and Zane Madden. The Bears have won the state championship nine times, six as a 1A team and three as a 2B.

"I think there were many key points in our week of four state games, but most of all I think these showed our kids have great character and they were in it together," said Taylor. "We may not have finished how we wanted, but we have ourselves an opportunity and that is what we talked about regularly this season. Everyday is an opportunity for us to be a goof people, to build our character and to be there for one another."

- Bears stats
• K. Gebbers 23 points
• A. Najera 14
• A. Woodward 7
• T. Schertenleib 5
• B. Wulf 4
• C. Gebbers 2
• Z. Madden
• R. Vassar



Courtesy brewstersportsfacebook The Bears celebrate after their Final Four win over Kalama.



H10 1,000-point ball Junior Kelson Gebbers was award this 1,000-point ball prior to the team's departure to Spokane last week.

Planning for Bridgeport Daze 2022

Bridgeport Chamber of Commerce convenes under new president

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - For the first time in many months the Bridgeport Chamber of Commerce convened last Feb. 24 to begin laying plans for this summer's major city event, Bridgeport Daze.

New chamber president Carlos Henriquez met with half a dozen citizens at the Wellspring of Life Church at 1300 Foster Avenue to put the final touches on the event application which has since been delivered to city hall for approval. The new president who, with his wife, Zuni, has served as co-pastor of the church since July 2020, said he plans to attend the next regular meeting of the Bridgeport City Council at 7 p.m., Wednesday, March 23, to improve a dialogue with the city.

Over the past few years especially, communications between the chamber and council have been hampered by lack of chamber officers and quorums. As a result, obstacles from last-minute planning got in the way of the city's largest popular

summer parade and corners had to be cut to allow it to happen.

Henriquez hopes a more proactive and consistent involvement with the council will make events like Bridgeport Daze and Santa Comes to Town less of a headache for organizers from both groups.

The co-pastors have been busy with another project they revived not longer after moving to Bridgeport, the food bank. When the couple arrived to mentor the new church, the food bank, which was housed in the former Bridgeport Community Church at the same site, had been closed for two years when the church had to shut its doors. With assistance from the Chelan-Douglas Community Action Council and Washington National Guard the pastors had the food bank back open and distributing food by April 2020.

Last Friday, March 4, during its regular weekly distribution the food bank served more than 60 families, Henriquez said. Next month the program will observe its third year in operation

ARPA funds assigned

Brewster council will not require dog parvo vaccination

By MIKE MALTAIS STAFF WRITER

BREWSTER - Following more research into other Washington state city practices, the city council at its Feb. 16 meeting decided against requiring a parvo vaccination as part of the city's dog licensing policy. The issue of the parvo requirement for Brewster dogs was raised at the council's January meeting and it was proposed to learn more about how other Washington cities were handling it. When that effort turned up no other city in the state requiring parvo shots, the Brewster council followed suit.

Brewster dog owners will be urged, but not required to include parvo vaccinations along with the mandatory rabies by their veterinarian.

Sources at the Brewster Veterinary Clinic said most dog owners agree to parvo

regimen of shots. It is recommended that a puppy receive its first three parvo shots at eight weeks, 12 weeks, and 16 weeks of age. After that an annual shot is recommended for adult dogs.

The council discussed the city's lease agreement with Angle Lake trailer Park tenants with respect to adjusting the excise tax fee it collects from users and passes on to the state. Following a recommendation from city attorney Chuck Zimmerman over how best to update contractual language to get both the city and tenants current with the current 12.84 percent fee the council deferred a vote on the item until a Feb. 23 special meeting.

A discount for military veterans and first responders using Columbia Cove RV Park was discussed and also deferred to the special meeting. Council member John Hous-

den proposed that the city apply its allotment of America Recovery Plan Act (ARPA) funds to completion of a heated shop building for the city's hydro vacuum truck. Funding for the shop building was originally covered by USDA money until COVID-related construction increases pushed the cost beyond the budgeted amount. City clerk/treasurer Misty Ruiz said that even with the additional \$513,000 ARPA funds the city will still have to kick in money to finish the building. The heated shop is important because the vac truck, which can be used for hydro excavation during winter months, needs a heated storage facility to protect its seals that are sensitive to freezing.

In other council business:

- Holt Services of Edgewood, began drilling the city's Canyon Well and is awaiting delivery of casings.

- Bids for construction of the Canyon Well House went out with bid opening scheduled for May 1.
• Council approved a change order for the manganese removal project.
• Council set a May 17 public hearing for construction of classrooms and gymnasium on former Vallance property at 115 W. Indian.
• Council approved purchase of a \$32,000 loader from the state if it passes public works inspection.
• Playground installation at Columbia Cove Park was scheduled for Feb. 28.
• Council March meeting will be via GoTo. April's meeting will be in person.
At the special meeting Feb. 23, council approved the Angle Park revised lease agreement, the military/first responder RV park discount, and the J-U-B wastewater agreement.

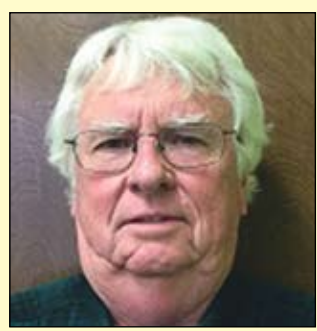
INSIDE THIS WEEK

Community.....A1-A4,B1 National News..... B2
Obituaries/Death Notices.....A2 Classified Index
Church Directory.....A3 Classifieds/Public Notices.....B3-B4
Outdoor.....B1 Puzzles.....B4



PO Box 1922
Chelan, WA
98816-1922
www.qcherald.com

CORRECTION



George Brady, Pateros City Council member presented a 20-year service plaque to council member George Brady at its February 22 meeting. Mike Harding did not receive a 20-year service plaque as was stated in the March 2 edition of the QCH.

DEATH NOTICES

Edwin Chester Allan

Edwin Chester Allan, 73, of Pateros, Washington, passed away on February 28, 2022.

Please leave any thoughts

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

Eleazar Castro

Eleazar Castro, 54, of Brewster, Washington, passed away on February 28, 2022.

Please leave any thoughts

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

Judy Schlossnagle

Judy Schlossnagle, 74, of Harvey, North Dakota and formerly of Brewster, Washington, passed away on March 2, 2022.

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

Trudy Yockey

Trudy Yockey, 90, of Winthrop, Washington, passed away on February 25, 2022.

Please leave any thoughts

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

For large kitchen appliances, efficiency counts

Editor's note: Following is the fourth installment of five from Okanogan PUD concerning energy usage costs of common household items. Part 1 discussed heating and cooling systems, the greatest of all energy consumers. Part 2 compared LED and incandescent light bulbs. Part 3 focused on home appliances. In this fourth installment Okanogan PUD Public Relations Coordinator Sheila Corson discusses kitchen appliances.

OKANOGAN - It seems there are never enough outlets or counter space for all the cool kitchen gadgets we can buy today. But which ones can affect your power bill? We looked into a few of them.

It is probably no surprise that the bigger appliances – refrigerators, freezers, ovens – use the most energy. What might surprise folks is how big of a difference an efficient appliance makes. For instance, upgrading from a standard refrigerator (that one that just

won't die and is a topic of conversation at dinner parties) to an Energy Star certified fridge can save you around \$73/year.

Another surprise might be how little energy many of our kitchen gadgets actually use. You are going to have to use that toaster to death to really make any difference on your bill. Single-serve coffee makers? You will need to make a coffee constantly for at least 30 hours before it will cost you \$1.

So, when it comes to making more efficient decisions to lower your bill, it is not going to be in how you use your waffle iron, but how much you leave that fridge door open. If you have an older oven/stovetop, fridge or freezer, look into the upgrade. And if you have an "energy saver" cycle on your dishwasher, that could cut the appliance's energy usage in half or better.

Want more info? Check out more on our website, okanoganpud.org, under the Energy Services tab.

KITCHEN APPLIANCES		
	Range oven (2,500W)	13¢/hr
	Range stovetop (1,500W)	8¢/hr
	Microwave (1,000W)	5¢/hr
	Coffee maker (600-1,200W)	3-6¢/hr
	Single-serve coffee maker (200-400W)	1-2¢/hr
	Dishwasher, normal cycle	5-12¢/load
	Dishwasher, energy saver cycle	3¢/load
	Toaster (2-slice)	0.1¢/min
	Waffle iron (1,000W)	5¢/hr
	Slow cooker (150W on medium)	1¢/hr
	Electric kettle (1,500W)	0.5¢/boil
	Instant Pot (6-quart, 1,000W)	5¢/hr
	Air fryer (6-quart, 1,700W)	10¢/hr
	Refrigerator (frost-free, 15 cu ft)	\$7.95/month
	Freezer (manual defrost, 15 cu ft)	\$4.77/month
	Mini fridge (2.7 cu ft)	\$1.80/month
	Energy Star refrigerator (frost-free, 15 cu ft)	\$1.85/month
	Energy Star refrigerator (side-by-side, 25 cu ft)	\$3.18/month

BILL EXAMPLES	
Using a range oven for 1 hr/day for 30 days:	\$3.90
Using a microwave for 5 mins/day/30 days:	\$1.25
Money SAVED by upgrading from standard refrigerator to Energy Star fridge in a year:	\$73.20 SAVED

*All amounts are averages and estimates, based on Okanogan County PUD rates.

Okanogan Valley Orchestra and Chorus concert March 26

SUBMITTED BY OKANOGAN VALLEY ORCHESTRA AND CHORUS

OMAK - The Okanogan Valley Orchestra and Chorus will be in concert at the Omak PAC, March 26 at 3 p.m. This concert will feature many family favorites selections.

The chorus will perform "We Rise" composed by Adam Mitchell in 2020, reminding us that we need to rise together to achieve our dreams. Karen Harris will accompany the chorus on guitar. Their next selection will be "The Dream Keeper" by Rollo Dilworth. Mr. Dilworth is one of the most prolific and powerful African-American writers in the 20th century expressing social issues and concerns. Tim Alley will accompany on percussions for "The Dream Keeper" as well

as "Puff The Magic Dragon" originally performed by Peter, Paul and Mary.

The chorus will also sing "The Clouds", words and music by Cynthia Gray and "Hisakata No" (In the Peaceful Light), a traditional Japanese song of spring and blossoms by Ruth Morris Gray.

"West Side Story Selections" by Leonard Bernstein and arranged by Jack Mason will begin the orchestra portion of the program followed by "Lennon - A tribute to the Music of John Lennon", by John Lennon, arranged by Roland Barrett. "Ode to Joy Festival", one of the most performed pieces of music by Ludwig van Beethoven and arranged by Todd Parish will bring us the joy of spring.

SEE CONCERT ON PAGE B1

CTL/CWB All-League games play in Chelan March 13

CHELAN - All-League basketball player selections from the 1A Caribou Trail League (CTL) and the Central Washington 2B League (CWB) will play in the Lake Chelan Community Gym at 309 E. Johnson Avenue on Sunday, March 13. More than 48 athletes representing more than 13 North Central Washington high schools will participate.

The girls' team will play at 2 p.m. followed by the boys' game at 4 p.m. The game will consist of two halves, 20 min-

utes in length.

Admission prices are \$10 for adults, \$5 for students and seniors. Children 12 years old and younger will be admitted free. No league passes will be accepted. Admission gates open at 1:30 p.m.

Coaches of the Year (COY) from each league will coach their respective teams with the boys' COY coaching the girls and the girls' COY coaching the boys.

Proceeds from the event support co-ed youth basketball programs.

NCW Libraries offers virtual March Reading Challenge

PATEROS/BREWSTER - NCW Libraries is offering selections for every age and

interest as part of three virtual reading challenges in March through the Beanstack website and app. Readers are invited to join one or all three challenges:

- **Oscar Worthy-Reads:** A reading challenge for adults featuring books adapted into Oscar-winning films.
- **Women Changemakers:** An all-ages challenge celebrating women in history (March is Women's History Month).
- **Read Across America:** An all-ages challenge with American landmark-themed virtual badges.

NCW Libraries offers new virtual reading challenges every month to help readers get inspired to read more, discover new authors and genres, and to broaden their understanding of people and the world. Readers across North Central Washington are invited to track their progress, write book reviews, earn digital badges, and discover great books for the whole family.

Join a reading challenge at ncwlibraries.beanstack.org/reader365.

For more information visit ncwlibraries.org or Beanstack online.

GENERAC

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
877-330-1491

FREE
7-Year Extended Warranty*
A \$695 Value!

Limited Time Offer - Call for Details

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



FAMILY HEALTH CENTERS

BE YOUR BEST SELF



WHOLE PERSON HEALTH

PHYSICAL EMOTIONAL SOCIAL

PRIVATE INSURANCE WELCOME

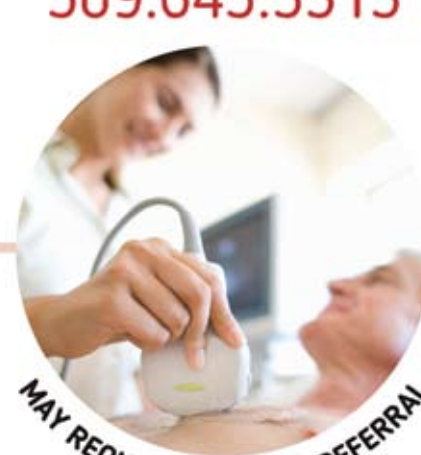
800.660.2129

THREE RIVERS HOSPITAL

Take Care of Your Heart

Now Offering Echocardiograms

509.645.3313



MAY REQUIRE PROVIDER REFERRAL

507 Hospital Way, Brewster www.threerivershospital.net

QUAD CITY HERALD

© NCW Media Inc. 2022
131 S. Apple Blossom Drive #109,
Chelan, WA 98816
P.O. Box 1922, Chelan, WA 98816
Phone: 509-689-2507

Office Hours
Mon. to Fri. 9:00 a.m.-5:00 p.m.

On The Internet
website: www.qcherald.com
news e-mail: qchreporter@gmail.com
advertising e-mail: ruthk@lakechelanmirror.com

Services
Back Issues are available up to one year after publication for a small fee.

Contact Information

Publisher
Carol Forhan • 509-548-5286
carol@leavenworthecho.com
Bill Forhan, Publisher, Ex Officio

Reporter/Photographer
Michael Maltais
qchreporter@gmail.com

Reporter/Photographer
lcmeditor@gmail.com

Advertising Sales Director
Carol Forhan • 509-548-5286
carol@leavenworthecho.com

Advertising Sales
RuthEdna Keys • 509-682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans
509-860-7301
adexc1@ncwmedia.net

Contact Information

Classifieds/Legals
heraldads@qcherald.com

Circulation: 509-293-6780
circulation@lakechelanmirror.com

Classifieds/Legals
Classified ads can be placed during normal office hours by calling 509-689-2507, e-mailing heraldads@qcherald.com

Weekly rates:
\$15.00 for the first 30 words
10 cents per word over 30 words

Borders, bold words, headlines, logos, photos subject to additional charges.

Place your ad online 24/7
WWW.NCWMARKET.COM

Deadlines

Letters to the Editor: Noon, Friday
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

Subscriptions

Okanogan/Douglas Counties (yearly) print \$40
Okanogan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52

The Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

Letters policy

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

Corrections
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.

Quad City Herald (USPS 241-920)
is published every Wednesday by NCW Media, Inc.
215 14th St., Leavenworth, WA
Telephone: 509-548-5286.
Periodical postage paid at Brewster, Wash.
Postmaster:
Send address corrections to:
Quad City Herald,
PO Box 1922, Chelan, WA 98816

NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle 

NCW MEDIA
Bringing the community to your door

Family Health Centers announces naturopathic medicine residency in Okanogan County

SUBMITTED BY FAMILY HEALTH CENTERS

OKANOGAN COUNTY - Interview with naturopathic resident Logan Rost, ND, Sarah Acosta Smith, ND (ND residency director) and INM's editor-at-large Griffin McMath, ND

In this interview, The Institute for Natural Medicine's editor-at-large, Griffin McMath, ND interviews Dr. Logan Rost, a second-year resident naturopathic doctor and public-health professional at Family Health Centers community health center in Okanogan County, as well as Sarah Acosta Smith, ND, ND residency director. In this interview, both doctors talk about the importance of inclusion of naturopathic doctors as primary care providers to decrease the primary care provider shortage while being part of the primary care team alongside other provider colleagues. This naturopathic medicine residency is led by Sarah Acosta Smith, ND with support from Institute for Natural Medicine (INM) and Bastyr University.

To further explain the INM Primary Care Task Force, Michelle Simon, ND and CEO of INM states that "The INM Primary Care Taskforce is an excellent example of a collaborative effort in Washington and Oregon to expand the primary care workforce to include naturopathic doctors. As specialists in whole person care, NDs unique training equips them to effectively address patients with chronic diseases that often benefit from diet and lifestyle changes. NDs are also specialists in preventive care. The addition of NDs to the primary care workforce can help deliver improved outcomes for underserved populations."

Jesus Hernandez, CEO of Family Health Centers states that "Naturopathic medicine resonates with the healthcare values of many communities especially Latinx communities from rural Mexico and Central America where lack of professional clinical care has compelled people to learn self care practices using natural elements in their surroundings from clay to roots and plants that have medicinal value learned over generations. Incorporating naturopathic medicine into conventional medicine gives us more tools to care for people, optimizing the patients' ownership of their health. FHC's growing relationship with Bastyr, a school of naturopathic medicine, adds another exciting dimension to our healthcare with great benefit to our patients."

To further illustrate Bastyr's commitment to their alumni, Devin Byrd, President of Bastyr University states "Bastyr University is excited to announce an additional ND residency that is CNME approved. Bastyr University feels strongly about residency



Dr. Ariel 'Logan' Rost

opportunities for their alumni to strengthen clinical skills and to support further job opportunities. Bastyr University joins with Family Health Centers of Okanogan in the effort to provide amazing care for all patients."

Now for the interview:
The following is an edited and excerpted version of the audio interview.

Dr Griffin McMath: What are the top three items you'd like people in the local community to take away from the interview from your viewpoint as a residency director and/or ND?

Dr Sarah Acosta Smith: The ND Residency at Family Health Centers is an important step in improving the health of the local community as it helps to improve access to healthcare in Okanogan County and offers patients diverse care options. We work together with other health professionals at FHC to strengthen and optimize integrative care and whole person health. The ND residency at FHC is a win for the ND community as it helps to strengthen naturopathic primary care education and skills - especially in rural, underserved areas, enhances collaboration and exposure on a multidisciplinary team, improves access to naturopathic medicine, and adds post-graduate education and work opportunities for ND graduates.

Dr. Griffin McMath: Tell us a little about yourself, Dr Rost, and your work in family medicine in Washington.

Dr. Logan Rost: I work as a naturopathic resident at Family Health Centers community health center in Okanogan County, Washington. I rotate through multiple different clinics and the towns in the area. Okanogan county is in North Central Washington in Washington State. I am originally from Tennessee, but naturopathic medical school brought me out to the northwest.

Dr. GM: Can you tell us a little bit more about your path to naturopathic medicine?

Dr. LR: Absolutely. I always knew that I wanted to be a doctor and that has always been typically in primary care. I've wanted to do primary care since I was young. When it came time at the end of my undergraduate degree, I considered taking

the MCAT to apply to medical school. Something in my gut told me to take a moment and consider my options. And at that point, I only knew about medical school for a medical doctor (MD) and a doctor of osteopathy (DO).

Those were the only two considerations. Instead of immediately going to medical school after undergrad, I decided to take time and get my Master's in medical anthropology, which was something that I was also passionate about and felt like it would really be able to impact on how I was able to care for patients. I moved to Denver, Colorado for that degree. While I was in that program, a good friend said, it sounds like you want to do naturopathic medicine. I was like, 'I don't know what that is. Can you tell me more?' She shared her experience with naturopathic medicine and then told me to look at Bastyr University in Seattle, Washington, which is the naturopathic medical school I attended. As soon as I started researching Bastyr University and naturopathic medicine, I realized immediately that was what I wanted to do. Through that journey, I found myself studying naturopathic medicine.



Dr. Sarah Acosta Smith

cal team of people working towards our patient's best interest, is really important to me. It is critical and integral to how I want to practice primary care. A residency was sort of a natural way for me to be able to do that.

Dr. GM: You work in a Federally Qualified Health Center, an FQHC. What does that mean in terms of how people access care in their community?

Dr. LR: A Federally Qualified Health Center or FQHC, is a community health center or community clinic that has met certain federal standards that have been set out so that they can receive federal funding in order to provide care for populations or communities

INM primary care Task Force as well as the creation of this residency at Family Health Centers.

Currently, there are three of us who are naturopathic doctors who are employed by Family Health Centers, and we rotate through different clinics to be able to give naturopathic primary care services to as many people and communities in the county. In terms of residency, it's all part of the learning process. It took a bit of getting used to being onboarded to multiple clinics at the same time versus just one. This way I get to work with many different care teams, which has been a great experience. I get to see a lot of different patients. Depending on where I am in the county, I see different demographics of patients, and I see different things that the communities are struggling with. My public health brain is very excited to be able to see trends in the county, depending on what community I'm working with, and see what's coming into the clinic. I use that knowledge to try to make community change on a larger level.

Dr. GM: On that note, with your "public health brain" what is it like being in a Community Health Center during the pandemic?

Dr. LR: It's been an interesting experiment being both a newly graduated primary care doctor and a public health student in the midst of a pandemic. But I feel like it really has appealed to my public health brain in many ways. Like my public health degree, a focus on social justice and community health education and being able to work in a community health center with people who are very invested in caring for their community, and doing as much as they can during this pandemic, has been really wonderful. It has allowed me to get a lot of practice with community health, education and public health sort of right out the door, which I've been very grateful for.



Dr. GM: Lastly, let's shift a little bit to what it's like for a patient to work with a naturopathic medical resident in a clinic like yours?

Dr. LR: One thing that can be different being in an outpatient clinic setting is that I, as a naturopathic resident, can see patients without an attending physician present. It can be very much like a normal primary care visit that patients are accustomed to. It's a straightforward primary care visit because I'm a primary care provider. There are also instances where people are coming to me or the other naturopathic primary care providers here for more sort of specialized naturopathic services. And so, it really depends on what the patient is coming in for and how we're seeing them.

Dr. GM: Any last things that you like to tell the public about what it's like to be a naturopathic medical resident or any other last thoughts?

Dr. LR: I'm just really excited! I'm at a place in my budding career where I'm very excited to be a naturopathic doctor that also has a degree in public health and a background in medical anthropology. I feel like those things have been the perfect trifecta to get me to where I can truly serve populations that don't have good access to quality medical care. I feel very excited to be able to bring naturopathic medicine to those communities and be working in a more rural area.



Dr. GM: Oh, that's great. Also, I love that you studied medical anthropology.

Dr. LR: I tried to be involved with things specifically trying to bring more awareness to underserved and marginalized populations. I was really involved with Trans Health Awareness Week that developed into Trans Health Awareness Month at Bastyr University. In my latter years, after starting the master's in public health program, I was trying to be involved in the creation of a community health track. That was in coordination with the INM Primary Care Task Force. I wanted naturopathic students who wanted experience in community health to be able to choose their track or have a second track for them to be able to prepare themselves as best they could to go into those environments.

Dr. GM: You get to the end of naturopathic medical school, you finish your Master's in Public Health (MPH), and you specifically have this interest in providing primary care, especially within these specific communities. What was it like to pick the path for your next step in your career after graduating?

Dr. LR: I always knew that I wanted to do a residency. It was important that I have a rigorous learning environment by being challenged in seeing lots of patients. Also, I wanted an ongoing mentorship from someone to help me with a particularly challenging case and taking any clinical pearls from their years of experience being in the field and working in primary care. Being part of a team, a clini-

cal team of people working towards our patient's best interest, is really important to me. It is critical and integral to how I want to practice primary care. A residency was sort of a natural way for me to be able to do that.



Change a life, change your own.

Bring your best to our clinical team!

- Offering \$10,000 sign-on bonus for full-time RN positions, plus competitive pay and benefits
- Low staff-to-patient ratios
- Education advancement opportunities
- Friendly, supportive culture with focus on teamwork, humor and integrity
- Part-time and per diem positions also available

THREE RIVERS HOSPITAL

507 Hospital Way, Brewster, WA

✉ hr@trhospital.net

🌐 threeivershospital.net/opportunity

♿ Equal Opportunity Employer

QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

BREWSTER

CALVARY BAPTIST CHURCH
Sunday Worship 9:30 a.m.
509-689-2920 • 6th & Jay
www.cbcbrewster.com
Pastor Greg Thorn

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

COMMUNITY LOG CHURCH
Sunday Worship 10 a.m.
509-689-2224 • 501 W. Indian Avenue
www.communitylogchurch.com
Pastor Gordon Wright

NEW TESTAMENT BAPTIST
Sunday 10 a.m., 11 a.m. & 6 p.m.
Wednesday 7 p.m.
Adult Prayer & Bible Study and King's Kids
509-689-2420 • 412 W. Hanson

New to the area?
On
Vacation?
These churches
welcome you!



"With men this is impossible; but with God all things are possible."
~ Matthew 19:26

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

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

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

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas County Sheriff

February 25
08:28 Juvenile Problem, 1 Davis Ln., Orondo.

15:50 CPS/APS Referral, 250 McNeil Canyon Rd., Orondo.
17:57 Traffic Offense, SR 17 MP 136, Bridgeport.

18:27 Assist Agency, 3 Rivers Hospital, Brewster.
21:49 Civil, 505 16th St. Bridgeport.

February 26
No Report.

February 27
10:21 Assist Agency, 430 16th St., Bridgeport.
16:15 Traffic Offense, SR 17 MP 135, Bridgeport.
19:16 Domestic Disturbance, 2405 Monroe Ave., Bridgeport.

23:30 911 Call, 1636 Fisk Ave. #4, Bridgeport.

February 28

08:59 Welfare Check, 310 Fairview Ave., Bridgeport.

09:52 Suspicious Activity, McNeil Canyon Rd. MP 3, Orondo.

09:53 Court Order Violation, 216 S. Columbia Ave., Waterville.

10:12 Vehicle Theft, 2415 Tacoma Ave., Bridgeport.

12:25 Juvenile Problem, 505 16th St., Bridgeport.

March 1

02:53 Alarm, 491 Rd. 14 N.E., Mansfield.

09:20 Assist Public, 404 N. Adams St., Waterville.

13:24 Assist Agency, 430 16th St., Bridgeport.

13:37 Harassment/Threat, 1300 Douglas Ave., Bridgeport.

16:53 Domestic Disturbance, 5 Hedwig Rd., Orondo.

17:24 Suspicious Activity, Rd. 2 N.W. & Rd. P.N.W., Waterville.

20:18 Burglary, 209 W. Ash St., Waterville.

March 2

09:32 CPS/APS Referral, 447 SR 173, Bridgeport.

18:30 911 Call, 700 Fairview Ave., Bridgeport.

March 3

07:03 Weapons Violation, 666 11th St., Bridgeport.

11:13 Welfare Check, 400 Muledeer Rd., Waterville.

19:19 Civil, 124 W. Maple St. #1, Waterville.

Okanogan County Sheriff

February 25

00:19 Agency Assist, S. Columbia St., Omak.

03:32 Burglary, S. 2nd Ave.

07:25 Welfare Check, S. 5th Ave.

09:51 Fraud, Old Riverside Hwy., Omak.

10:13 Suspicious Activity, S. 2nd Ave.

11:11 VIN Inspection, Elmway.

13:17 VIN Inspection, Ed Louis Rd.

14:08 Driving While License Suspended, North Star Rd.

16:09 Civil, Valley Rd., Brewster.

16:44 Citizen Dispute, S. 2nd Ave.

17:56 Civil, Conconully St.

February 26

16:11 Vehicle Prowl, Trail Ridge Dr., Omak.

17:05 Burglary Alarm, W. Oak St.

20:39 Agency Assist, Edmonds St., Omak.

February 27

06:19 Domestic Dispute, N. 2nd Ave.

09:37 Domestic Dispute, Miller Rd.

10:09 Burglary Alarm, Omak River Rd., Omak.

10:13 Sex Offense, Monroe St.

11:41 Agency Assist, Koala Ave., Omak.

11:46 Agency Assist, Omak River Rd., Omak.

12:00 Domestic Dispute, Miller Rd.

12:06 Non-Injury Accident, Duck Lake Rd.

13:07 Injury Accident, Old Hwy. 97, Brewster.

14:00 Suspicious Activity, Miller Rd.

14:29 Unsecure Premises, S. 3rd Ave.

20:07 Medical, Elmway.

23:10 Road Rage, Maple St.

February 28

01:57 Civil, N. 2nd Ave.

02:58 Fire Alarm, N. 3rd Ave.

07:47 Theft, Rodeo Trail Rd.

07:52 Vehicle Prowl, S. 2nd Ave.

08:10 Unattended Death, Cemetery Rd., Pateros.

08:24 Suspicious Activity, S. 2nd Ave.

12:03 Citizen Dispute, N. 2nd Ave.

15:38 Trespassing, Pine St.

16:34 Citizen Assist, Pogue Rd., Omak.

17:05 Animal Problem, North Star Rd., Brewster.

17:20 Agency Referral, W. 4th Ave., Omak.

17:42 Theft, Elmway.

18:04 Harassment, North Star Rd., Brewster.

21:07 Injury Accident, Twelve Tribes Resort Rd.

23:29 Cardiac Arrest B - O North Rd.

March 1

02:04 Citizen Dispute, S. 2nd Ave.

09:43 Harassment, Omak-Riverside Eastside Rd., Omak.

09:53 Suspicious Activity, Omak-Riverside Eastside Rd.

14:06 Suspicious Activity, Ed Louis Rd.

15:49 Civil, S. 5th Ave.

18:47 Suspicious Activity, Omak-Riverside Eastside Rd., Omak.

19:03 Suspicious Activity, Engh Rd., Omak.

20:02 Injury Accident, Riverside Dr. and Hwy. 97, Omak.

20:39 Disorderly, S. Ash St.

March 2

05:43 Animal Noise, Unger Rd., Brewster.

06:39 Domestic Dispute, Gum Drop Ln., Omak.

08:14 Domestic Dispute, S. 2nd Ave.

08:27 Noise Complaint, Hendrick Loop Rd., Omak.

08:49 Rape, Hwy. 20 E.

09:37 Animal Abuse, Salmon Creek Rd.

13:38 Assault, S. 5th Ave.

14:28 Burglary, Hwy. 20.

18:46 Attempt to Locate/Contact, Hwy. 97 and Hwy. 20.

March 3

08:28 Injury Accident, Hendrick Loop Rd.

10:15 Traffic Hazard, River Ave. and Tyee St.

09:42 Theft, Hwy. 97, Omak.

11:36 Burglary, Hwy. 20.

14:34 Trespassing, Elmway.

17:30 Burglary, N. 3rd Ave.

18:12 Assault, N. Cedar St., Omak.

18:53 Violate Order, Shumway Rd., Omak.

21:46 Trespassing, Omache Dr., Omak.

Brewster Police Department

February 25

13:21 Fall, S. 7th St.

18:17 Agency Assist, Hospital Way.

23:00 Civil, N. Bridge St.

February 26

18:39 Suspicious Activity, Hospital Way.

23:13 Agency Assist, Tacoma Ave., Bridgeport.

February 27

13:07 Injury Accident, Old Hwy. 97.

February 28

No Report.

March 1

19:39 Suspicious Activity, S. 7th St.

March 2

14:26 Suspicious Activity, S. 4th St.

15:10 Traffic Hazard, W. Main Ave. and N. 4th St.

March 3

16:22 Hit and Run Accident, S. Bridge St.

16:48 Fire, Hwy. 97 S.B. Side.

COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday

Okanogan County Transportation & Nutrition meal delivery, pickup

BREWSTER – Brewster Senior Center on Bridge Street is serving hot meals via Home Delivery only on Tuesday and Wednesday. On Thursdays hot meals may be picked up at the senior center. Please reserve your meal or cancel call 509-826-7979. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459.

March 9-12

Senior Center Thrift Store – now open Tuesday-Saturday

BREWSTER – The Brewster-Pateros-Bridgeport Senior Center Thrift Store is now open Tuesday through Saturday, 10 a.m.-2 p.m. They are bringing out their spring and summer wear, and the jewelry section is shining. Donations accepted when they are open. They are also the Brewster Visitor Information Center and the Brewster Chamber of Commerce meeting room. Joyful Thai is cooking their wonderful cuisine on Thursdays from 11:30 a.m.-6:30 p.m. Eat in or take out.

March 9

Brewster Chamber to meet

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, March 9 9, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to

attend. For information brewsterwachamber@gmail.com or Mike Mauk, 509-449-0605.

March 11, 18

Brewster bus trips

BREWSTER – OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is March 11. 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 Friday of each month, March 18, 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.

March 14, 28

Okanogan County PUD meetings

OKANOGAN – The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, March 14, at 3 p.m. For more information okanoganpud.org

March 14, 28

Douglas County PUD meetings

EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is March 14 at 1:30 p.m. in the Bridgeport office.

March 14

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.

All the fun you can handle.

Hit the road — or the water — with an RV loan from STCU, competitive rates and available 100% financing.*

Apply today at stcu.org/rv, or call us at (800) 858-3750.*

*All loans subject to approval.

stcu



March is Colorectal Cancer Awareness Month

My first colonoscopy was 11 years ago, at age 55. I was due for another one 10 years later, in early 2021. Due to the COVID pandemic, the clinic doing colonoscopies in my community was forced to cancel all but the most urgent procedures. When I saw my family doctor last month, he mentioned I was overdue for my next colonoscopy.



turns normal cells into cancer. Without polyps to change into cancer cells, there's no colorectal cancer.

When should screening for colorectal cancer start? It depends on estimating your risk of developing this reasonably common cancer. If you have an average chance of getting CRC, screening tests should begin at age 50 and continue until age 75.

What type of screening is best?

A colonoscopy is considered the "gold standard" for screening for colorectal cancer. If no polyps are found, it should be repeated in 10 years, sooner if you have other characteristics that increase your risk of developing CRC.

During a colonoscopy, your surgeon looks for polyps by inserting a tiny camera mounted to the end of a long, narrow, flexible tube. This tube snakes through your rectum and up and around your colon and intestines, inspecting the tissues as it goes by. For a successful colonoscopy, enough fecal material must be flushed out so that the lighted scope can see the inside of your intestines clearly. Small and medium-sized polyps are removed during the procedure by the surgeon. Larger polyps can require additional surgery.

Another option for CRC screening is a sigmoidoscopy. Less invasive than a colonoscopy, it checks just the lower part of your colon instead of its entire length.

The third CRC screening option doesn't require a procedure. Called a fecal immunochemical test or FIT test, it involves testing a sample of your feces for blood.

Since no polyps were found

at my last colonoscopy, my doctor said I could do a FIT test at home instead of waiting for another procedure.

"I don't have to chug a gallon of weird-tasting liquid? Count me in!"

Smiling, I carried home my FIT test packet: a small squeeze bottle with tape wrapped around it. Following the instructions, I dropped off my sample last week. Whoohoo!

Here are 4 Final Facts about Colorectal Cancer Screening:

1. Don't put it off.

Despite advances in the treatment of colorectal cancer, the rate of survival and percentage of people cured has remained the same. This is why screening is so essential to detect cancer at the most curable stage.

2. Watch for bleeding from your rectum.

Rectal bleeding when going Number 2 is the most common initial symptom of colorectal cancer. Don't assume it's from your hemorrhoids.

3. Chill out.

Mix up your gallon of colonoscopy preparation fluid the day before, and chill it overnight. Drinking it cold reduces the "soapy" taste reducing the "yuk" factor.

4. Don't fall behind.

Keep to the schedule of drinking your liquid colonoscopy preparation. I fell asleep, then tried to catch up by drinking a double dose. If I thought it tasted weird going down, it tasted even worse, coming back up!

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2021 Louise Achey

THE WASHINGTON OUTDOOR REPORT

Private Ranch Pheasants

By JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

As far as I'm concerned, there are few things more enjoyable in life than watching a dog catch the scent of a pheasant, track that bird down and then watching that rooster explode out of the brush into the air in front of you. As for knocking the bird down? That's a big bonus too, though I struggled in that regard during my recent trip to the Cooke Canyon Hunt Club near Ellensburg.

I went to this hunting club at the invitation of member Mike Carey, the man behind Northwest Fishing Reports TV and the NWFR Reel Life magazine. Also with us was well known writer and editor Jason Brooks. He spent the morning following the two of us and Mike's springer spaniel, Duke, with his camera from flush to flush, laughing merrily every time I shot holes into the sky.

choose too.

A dog is required and many of the hunters here, including Mike, use the hunting club as a way of training their dogs to be better hunters before taking them to places where they'll hunt wild pheasants during the regular season. Steel shot is also required and if you don't have a dog, you can hire a guide with a dog so that you can hone your shooting and hunting skills.

There are real advantages to private ranch pheasant hunting, especially in Washington State where wild pheasant populations cratered due to habitat loss and changing farming practices. Whereas you might walk several miles with your dog and maybe flush a pheasant on public land, here you are assured of several flushes at close range during a hunt that usually lasts two or three hours. The terrain at Cooke Canyon is good too. It's not a big open flat field. Instead, where we hunted, there was a of different types of brush for the birds to hide in and for you to navigate through



Courtesy Jason Brooks
Mike Carey and Duke with a pheasant.

hunt. I had to leave after that but Jason and Mike went out for an afternoon shoot after lunch where there was a lot more hitting than missing and several tasty pheasant ended up going home for supper.

If you are looking for a Central or Eastern Washington pheasant hunting opportunity on a private ranch near you here are a few options:

Cooke Canyon Hunt Club - Ellensburg - www.cookecanon.com - 509-933-1372

Hidden Ranch Outfitters - Coulee City - www.hiddenranchoutfitters.com - 509-681-0218



Courtesy Jason Brooks

The author in the act of missing a flying rooster.

The Cooke Canyon Hunt Club is a non-profit club north of Ellensburg with 1,000 acres to hunt. Doug and Alice Burnett are the affable owners and they are assisted by several friendly employees who will plant pheasant or chukar you pay for in a designated 80 to 100 acre-plot you and your party will exclusively hunt. This is nice because you are not competing with other hunters like you often do hunting on public land or state pheasant release sites. The birds come in packages of either five roosters, seven hens or seven chukar though you can add on to those packages with more birds if you

as well as a creek and two draws separated by a ridge-line. Much to my surprise, we actually covered close to three miles hunting back and forth behind the dog.

Another big advantage to private ranch hunting in Washington is that you can go after pheasants both before and after the regular hunting season which runs from mid-October thru mid-January in Eastern Washington. At the private hunting preserves, the season starts September 1 and continues until March 31.

I am happy to report that despite my shooting woes we did end up hitting a couple of birds during our morning

Miller Ranch - Cheney - www.millerranch.com - 509-990-6575

Double Barrel Ranch - Rockford - www.upland-birdranch.com - 509-270-5518

Limits Game Farm - Mesa - www.limitsgamefarm.com - 509-265-4578

Private ranch pheasants. Don't turn up your nose at this opportunity. If you enjoy hunting pheasant this can be a productive training experience for your dog as well as a fun day for you and your friends.

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

WCOG sues the Washington State Redistricting Commission

WA Redistricting Board Ordered to Pay Over \$137k in Legal Fees and Fines

SUBMITTED BY GEORGE ERB, WCOG SECRETARY AND JULI BUNTING, WCOG EXECUTIVE DIRECTOR

OLYMPIA - The Washington Coalition for Open Government (WashCOG) has agreed to settle its lawsuit with the state of Washington and its Redistricting Commission for violating the state Open Public Meetings Act. The Commission today voted to accept the settlement, as well.

The parties reached an agreement on a consent decree to present to the Thurston County Superior Court for approval. That agreement includes open government principles that ensures future Commissions will not continue to act secretly, which was WashCOG's goal.

Elements of the agreement include:

The Open Public Meetings Act (OPMA) applies to the Commission and its Commissioners.

The Commission and its commissioners violated OPMA and the Commission's corresponding rules regarding transparency.

A commitment to implement rules so that commissioners no longer negotiate in private.

A stipulation that all future commissioners and staff shall complete open government training within thirty days of hiring or appointment.

Before the Commission considers any motion to approve a final redistricting plan, the Commission shall make that plan publicly available, including any proposed Congressional or legislative district maps.

The Commission shall open for public comment any motion to approve a final plan prior to voting on the motion.

Penalties of \$500 per commissioner and payment of legal costs and fees for the plaintiffs.

Under the settlement, the Superior Court would deny WashCOG's request to invalidate the redistricting plan and district maps the Commission transmitted to the state Supreme Court on Nov. 16.

The Supreme Court's had already issued an order December 3, 2021, affirming that plan. The Supreme Court's decision said that "the primary purpose of achieving a timely redistricting plan would be impeded, not advanced, by rejecting the Commission's completed work."

Subsequently, the Supreme Courts declined original jurisdiction to hear WashCOG's complaint and the Legislature adopted of the Redistricting Plan as amended on February 8, 2022.

WashCOG President Mike Fancher said, "We concluded the Supreme Court and Leg-

islature had no interest in invalidating the plan and maps so close to the 2022 elections. We took no position on maps, but pursued an outcome that ensures this Commission and future Commission will not repeat the same mistakes. We feel this outcome achieved that aim."

The Commission has agreed to clarify its rules and never again vote on a "framework" rather than a redistricting plan in final form with actual maps in recordable form made public prior to its vote. The Commission agreed to forgo private negotiations and bring its working conversations or deliberations into the public forum moving forward.

"The Commission has taken these matters seriously as shown by their stipulation to individual penalties and covering the costs and attorney's fees incurred in enforcing open government protections," he said.

Washington's Open Public Meetings Act requires "All meetings of the governing body of a public agency shall be open and public and all persons shall be permitted to attend any meeting of the governing body of a public agency, except as otherwise provided in this chapter." RCW 42.30.030

The Washington Coalition for Open Government is a nonpartisan, nonprofit organization founded in 2002. We are an independent, broad-based advocate for public records, open meetings and informed citizens.

folk, jazz and country along with Kori Thornton singing "Straight Up" which has been nominated for a Native American Music Award. Dan Nanamkin will play flute and give an inspirational presentation of Native American

traditional knowledge and values. CITIZENS will perform as well.

Ticket prices are \$12.00 for Adults, \$10.00 for Seniors and Youth 15 and younger are free.

Go to www.ovocmusic.org for details and updates.

CONCERT

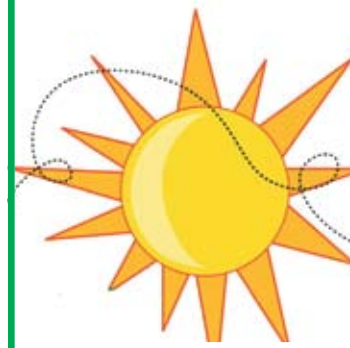
CONTINUED FROM PAGE A2

OVOC will present several special events including Karen and Gil, singing in a harmonious blend of pop,

Don't forget to renew your subscriptions this Spring!

There's something for everyone in the local newspaper

- Local news
- Local school news
- Local sports
- Local arts & entertainment
- Opinion & editorials
- Meeting notices
- Event notices
- Public & legal notices
- Outdoor activities
- Health tips
- Online Access for all newspapers
- Breaking News



Wenatchee Business Journal
Serving the North Central Washington Business Community for over 30 years!
- Business News - BNCW News
- Keeping Up With People
- Top Properties - Business Opinions

Your Only Locally Owned Newspaper Company

Wenatchee Business Journal Subscription Rates for 12 months

- \$24 1 year
- \$35 2 years - Chelan & Douglas Counties
- \$28 1 year Outside Chelan/Douglas
- \$48 1 year Out of State

Community Newspaper Subscription Rates:

Print & Premium Online Access - In County - \$45 per year

- ECHO
- RECORD
- MIRROR
- HERALD

Print Only - In County - \$40 per year

- ECHO
- RECORD
- MIRROR
- HERALD

Online Only - In County - \$40 - E-Edition (Paper as printed)

- ECHO
- RECORD
- MIRROR
- HERALD

Print Only - Out of County/In State - \$50 per year

- ECHO
- RECORD
- MIRROR
- HERALD

Print Only - Out of State - \$52 per year

- ECHO
- RECORD
- MIRROR
- HERALD

Out of State Premium/E-Edition Online - \$40 per year



Name of person ordering: _____

Address: _____

Email: _____ Phone: _____

Send gift subscription to: _____

Address: _____

Email: _____ Phone: _____

Payment information (pay by credit card or check):

Credit card number: _____ Paying by check?

Exp: _____ Visa Mastercard Discover AMEX Check enclosed:

MAIL TO:
NCW Media Inc.,
Attn: Circulation
131 S. Apple Blossom Drive #109
Chelan, WA 98816

OR CALL with your Card # 509-293-6780
EMAIL: circulation@lakechelanmirror.com

ONE YEAR 52 ISSUES
Call us today! 509-293-6780

CDC Under Fire for Not Publishing All COVID-19 Data It Collects

The Centers for Disease Control and Prevention headquarters in Atlanta on Sept. 30, 2014.

TAMI CHAPPELL/REUTERS

ZACHARY STIEBER & PETR SVAB

A top U.S. agency is under fire for withholding some of the COVID-19 data it collects.

The Centers for Disease Control and Prevention (CDC) confirmed to The Epoch Times that it hasn't published some of the data it has collected on COVID-19 reinfections.

The spokesperson said the agency dropped plans for publishing a paper based on the data "given other response priorities" and because part of the same data was already presented in a published manuscript. An agency representative told The New York Times that it has also withheld other information, including details on how COVID-19 vaccine booster doses have affected young people.

The data hasn't been released or has been released slowly because it takes time to make sure that "it's accurate and actionable," the representative said, noting that there are fears that the information might be misinterpreted.

Multiple experts say the CDC should make all data available.

Dr. Robert Malone, who helped create the messenger RNA technology used in some of the vaccines, said the CDC's actions are a type of fraud.

"Withholding data, key data, is scientific fraud," Malone told The Epoch Times.

Dr. Jay Bhattacharya, a professor of medicine at Stanford University, said the CDC shouldn't "withhold information in order to manipulate behavior."

The agency should "help Americans understand the data in context and provide guidance to improve the lives of all Americans," he wrote on Twitter.

Paul Mango, a former official at the Department of Health and Human Services, said the CDC's role should be collecting and disseminating data, not analyzing it itself.

"The CDC just doesn't have the capacity to conduct research as quickly as the pandemic is moving," Mango told The Epoch Times.

As one example, the Cleveland Clinic has been publishing papers since mid-2021 on the natural immunity that many of its employees enjoy after recovering from COVID-19. The CDC didn't publish a major study on the subject until January.

Mango, whose book on his time with Operation Warp Speed will be published soon, said the federal government would have done things differently if the role of natural immunity was better known in the wake of the COVID-19 vaccines being autho-



ZHEN WANG/THE EPOCH TIMES



Dr. Robert Malone in Washington on June 29, 2021.

alized. Instead, the government led efforts that resulted in many people who had immunity getting some of the early doses, ahead of people who were more at risk.

The CDC has been collecting data on so-called breakthrough infections—COVID-19 cases among the vaccinated—a spokesperson told the NY Times, but the agency hasn't published the figures because people may interpret them as the vaccines not performing effectively—the same reason given by Scottish health

officials recently in halting the publication of some data.

On April 30, 2021, the CDC published data on breakthrough infections for the last time. The data show that at least 9,245 people had suffered breakthrough infections and that 132 of the patients had died.

Those numbers were reported by 46 U.S. states and territories but were described as a likely undercount because the reporting system is passive and doesn't require reporting, in addition to the jurisdictions

[The CDC should] help Americans understand the data in context and provide guidance to improve the lives of all Americans.

Dr. Jay Bhattacharya, professor

that didn't report any data.

The CDC kept reporting hospitalizations and deaths among the vaccinated, but it transitioned from publishing raw numbers in the fall of 2021 to reporting rates of cases, hospitalizations, and deaths.

As of Oct. 18, 2021, jurisdictions reported more than 30,200 hospitalizations and more than 10,800 deaths among the vaccinated.

Breakthrough infections and reinfections are important to check because they're barometers of how strong immunity is against the CCP (Chinese Communist Party) virus, which causes COVID-19.

A CDC spokesperson told The Epoch Times that it's holding unpublished data on reinfections that it received from the Emerging Infec-

tions Network, a group made up of roughly 3,000 medical professionals.

More Nuanced

The CDC didn't provide a response to the criticism by press time, but some experts say the agency is working under constraints and has already published a lot of data.

"The fact is that the CDC website and publications have extensive information, and many of the limitations reflect the reality of working in the U.S. health care and public health systems," Dr. Tom Frieden, a former CDC director who's now president and CEO of Resolve to Save Lives, told The Epoch Times in an email.

Dr. Roger Klein, a health policy expert who has advised the CDC and other federal health agencies, said transparency is a good idea, but information conveyed by agencies needs to be accurate and put into proper context.

Holding back incomplete datasets is appropriate, according to Peter Pitts, a former Food and Drug Administration associate commissioner.

Mango believes the CDC should move to release the data while emphasizing which numbers agency experts feel comfortable with and which numbers they don't.

Poison Control Centers Warn About Toxic Chemical in At-Home COVID-19 Test Kits

JACK PHILLIPS

Some at-home rapid COVID-19 tests contain a toxic chemical that may be harmful to both children and adults, according to health officials.

The Cincinnati Drug and Poison Information Center reported an uptick in accidental exposures to a possibly toxic substance, sodium azide, in at-home COVID-19 test kits, according to a blog post. Meanwhile, the National Poison Control Center issued a warning about the chemical. "It is important to know that the extraction vial in many rapid antigen kits includes the chemical sodium azide as a preservative agent," the center said. "The BinaxNow, BD Veritor, Flowflex, and Celltrion DiaTrust COVID-19 rapid antigen kits all contain this chemical."

Sodium azide is a colorless, odorless powder that testers dip cotton

swabs into. The chemical is found in herbicides, pest control agents, and airbags for cars.

"Small doses of sodium azide can lower blood pressure, and larger doses may cause more serious health effects," an advisory from Health Canada also said. "ProClin is also found in many kits. It contains chemicals that can cause skin and eye irritation, as well as allergic reactions."

Some hospitals around the United States say they have received a surge in phone calls about exposures to the chemical.

"We started getting our first exposures to these test kits around early November," said Sheila Goertemoller, pharmacist and clinical toxicologist for the Cincinnati Children's Hospital Medical Center. "It was, really, all ages."

"Mostly, I've been very worried

about our young children."

Accidental exposure is occurring among both children and adults, said Dr. Kelly Johnson-Arbor, with the National Capital Poison Center in Washington, told WNEP over the weekend.

"People might mistake them for eye drops. Children might drop it onto their skin. Adults will sometimes mistakenly put them into their eyes," she said.

"You don't want to leave it on the skin because it could potentially cause an allergic reaction or a skin rash.

"If someone drinks the solution, it's really important to contact poison control right away. The solutions have different ingredients. Some have non-toxic ingredients and others have more dangerous ingredients."

Officials told WNEP that there's no need to throw away the test kits,



JOSEPH PREZIOSO/AFP VIA GETTY IMAGES

Rapid at-home COVID-19 test kits are distributed in Chelsea, Mass., on Dec. 17, 2021.

but people should be mindful when using them.

"Use them properly, dispose of them properly, and it won't cause an issue," Dr. Jeffrey Jahre, with St. Luke's University Health Network, told the outlet.

If you suspect you or someone you know has ingested the chemical, of-

officials recommend not to make the person vomit. For eye exposures, rinse the eyes for 15 to 20 minutes with warm water. For skin exposures, rinse the skin well with tap water. Immediately check the Poison Control Center's online tool for guidance or call poison control at 1-800-222-1222, the website says.

THE
EPOCH
TIMES

TRUTH and TRADITION

"THE EPOCH TIMES IS A BEACON OF LIGHT IN THE 'NEWS' DARKNESS THAT PRETTY MUCH COVERS THE COUNTRY." —Jonne Rosenau

LEARN MORE AT TheEpochTimes.com

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

NCW MARKET.COM
CLASSIFIED ADS

Business Journal
ECHO RECORD MIRROR HERALD

PUBLISHER'S NOTICE

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.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative

Puzzle Solution

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

G	R	I	E	G	A	S	H	C	L	A	P
M	I	S	D	O	P	H	I	G	R	O	R
A	M	N	I	A	E	E	N	A	A	U	D
N	E	T	F	L	I	X	D	E	N	Z	E
Y	I	N	S	U	E	T					
D	U	D	E	D	A	C	E	N	S	U	S
E	T	A	S	R	U	N	S	R	E	A	L
N	E	V	E	I	N	D	I	A	A	N	T
C	R	I	E	D	E	B	O	N	P	E	R
H	I	T	M	E	N	O	N	T	O	R	A
T	W	E	L	V	E	S	C	H	U	M	E
G	U	A	V	A	R	A	Y	O	P	E	R
A	S	K	E	W	I	N	N	L	E	T	I
T	H	E	N	E	T	C					

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

Employment

Help Wanted

Receptionist-Administrative Assistant

The **Lake Chelan Mirror newspaper** is looking for an outgoing person for this full-time job, Monday-Friday. Qualified applicant will answer phones, take ad orders, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities.

Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, and have good math skills. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities, this is the job for you. Dependability and dedication are important work skills for this rare opportunity.

Interested applicants can apply at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, #109, 9 a.m.-5 p.m. or send your resume to: publisher@leavenworthecho.com EOE

Help Wanted

Employment Opportunities City of Chelan Parks & Recreation is accepting applications for seasonal employment positions covering General Parks maintenance, night security, parking enforcement and landscaping, RV Park, Marina, and Putting Course attendants, and Golf Course staff. See www.CityOfChelan.us /employment for job application instructions or pick-up application at the Chelan Parks & Recreation Office at 619 W Manson Hwy, Chelan.

The Bridgeport School District is seeking qualified individuals for the following positions for the 2022-23 school year:
Psychologist
Speech Language Pathologist
Elementary Music Teacher
Secondary Music Teacher
HS Foreign Language Teacher
HS CTE/Computer Applications Teacher
All positions are open until filled. Apply on-line: <https://bridgeportjobs.hrmplus.net/Home.aspx>. For further information, please contact the HR office at 509-686-5656 or email jobs@bsd75.org. BSD is an equal opportunity employer.

NCW MEDIA NEWSPAPERS IS HIRING
We are looking to hire a Knowledgeable leader, manager-editor for our 4 weeklies and our monthly Business Journal. You need to know about small community newspapers. You can write and proof articles, meet deadlines, evaluate and motivate the current staff needs. Please send a resume to Publisher, PO Box 39, Leavenworth, WA. 98826. No phone calls please. An interview time will be scheduled. EOE.

Bartenders wanted. Full-time and part-time positions available immediately. Brewster American Legion. Applications available at Post or on our Facebook page: American Legion Columbia Post 97, (under jobs, open jobs click the bartender, click view applicant). Call 509-689-3307 after 1 p.m. Thursday-Friday or call 509-733-2700 after 4:30 p.m. Monday-Friday.

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

qcherald.com

Help Wanted



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

Cascade High School Day Shift Custodian

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

Earn Some Extra \$ money

Working a few hours for 1-2 days per week delivering newspapers to dealers and racks.

We are looking for a reliable, responsible individual to pick up and deliver our newspapers Early Wednesday mornings.

Other duties include collecting and counting money. Keep newspaper racks cleaned and maintained. Must have good driving record and proof of insurance.

Apply in person at 215-14th St., Leavenworth call 509-548-5286 to schedule an interview. 10-5 weekdays. EOE



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

Cascade High School Resource Teacher

Peshastin-Dryden Elementary Counselor

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

Help Wanted



Three Rivers Hospital is currently accepting applications for the following positions:
ER Nurse – FT Nights (Sign-on Bonus \$10,000)

Med-Surg RN – FT Nights (Sign-on Bonus \$10,000) – 2 open positions

Med-Surg/ ER RN – FT Days (Sign-on Bonus \$10,000)

OR Circulator Nurse - FT (Sign-on Bonus \$10,000)

OR Circulator Nurse – PT

OR Manager – FT (Sign-on Bonus \$10,000)

Radiology / Mammography Tech – PT

Ultrasound Technologist – PT

Interested Candidates may apply online or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

Help Wanted



Certified Coder Full-time

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

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

NCW MARKET.COM CLASSIFIED ADS



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
- Rates start as low as \$5 per month
- 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

Help Wanted



Even our team members are winners here
Now Hiring



Scan the QR Code to see all open positions
12 Tribes
Lake Chelan Casino
455 Wapato Lake Road
Manson, WA 98831
800-648-2946
509-687-6911

Chelan Valley Hope
Do you want to join an organization that works to further positive changes in people's lives? Chelan Valley Hope is looking for a Spanish/English speaking part-time administrative assistant to work 15-20 hours per week. Answer phones, greet people, assist with office duties, translate, and work with some of the best volunteers in the valley! Pay starts at \$16.00 per hour. Send resumes to director@chelanvalleyhope.org or in person to 417 S. Bradley St.



Help Wanted

Operations Manager Organization: Okanogan County Transit Authority (TranGO)
TranGO is seeking an Operations Manager. Office location is Okanogan, WA. This is an exempt position according to FLSA and Washington Wage Act. Compensation range is \$81,057 - \$87,672 DOE. Benefits include health insurance (including dental and vision), life insurance, retirement, sick leave, vacation). Must have a Bachelor's Degree and five years progressive experience in transit and/or operations with at least five years supervisory experience in both fixed-route and demand response services. Must have a minimum Class B CDL with Passenger Endorsement or ability to obtain within 90 days of hire. Please visit www.okanogantransit.com for full job announcement, required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to financehr@okanogantransit.com
Application Deadline: Application review will begin March 25, 2022 and will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Help Wanted

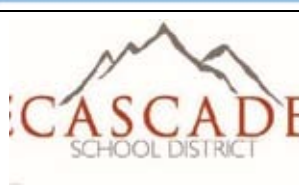
Looking for a part-time job?
The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience. Please email a resume to Carol@leavenworthecho.com or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. Equal Opportunity Employer.

THREE RIVERS HOSPITAL

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

PUD No. 1 of Okanogan County is seeking customer service rep.
The primary purpose of the position is to provide superior customer service to the district's internal and external customers by handling a variety of customer account and billing issues, including answering calls, cashiering duties, and performing account analysis in terms of credit/collections and payment arrangements. Please see www.okanoganpud.org for job description, requirements and submit application with resume. Okanogan PUD is an equal opportunity provider and employer.

Help Wanted



The Cascade School District is seeking qualified applicants for the following positions:
Cascade High School/Icicle River Middle School Choral Director
Icicle River Middle School STEM/Honors Math Teacher
Cascade High School Spanish Teacher
Track application process and information can be found on our website at: www.cascadesd.org EOE

THREE RIVERS HOSPITAL

ER TECH Full-Time
Three Rivers Hospital is seeking an ER Tech to provide limited direct patient care under the supervision of a licensed nurse. Will assist when needed with patient registration duties including interviewing patients to collect required registration data and enters patient information into computer database for in-patient and outpatient services. Must have NA-C or MA license. Spanish bi-lingual is preferred. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Department PO Box 577 Brewster, WA 98812 (509) 689-2517 x 3343 www.threerivershospital.net opportunity@trhospital.net EOE

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following position:
Icicle River Middle School Bilingual Secretary
Fast Track application process and information can be found on our website at: www.cascadesd.org EOE

For Sale

Antiques & Collectibles
Get cold hard CASH 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 mirrords@lakechelanmirror.com or call
The Leavenworth Echo Cashmere Valley Record 509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

Apparel

A Variety of Bavarian Clothing for Sale: PRICES REDUCED!
3 Bavarian-styled vests, sizes small & medium, 2 woolen and one velvet. \$15 each.
One Beautiful Bavarian, Loden-grey and green wool suit, size 44. A steal at only \$40
One pink and green dirndl with apron. \$15.
2 aprons, satin light blue and 1 copper-colored. \$5 each. One medium-sized long-sleeve white dirndl blouse. \$5.
3 girls' dirndls, sizes 6, 8 and 10. \$10 each.
Stop in to see items at The Leavenworth Echo 215-14th St. or call 548-5286 or Carol's cell:670-1723.

Real Estate

Rentals
Two bedroom apartment at the Chelan Airport area. Includes parking, electricity, laundry, and garbage, \$1,300 month. 509-860-6400.

IN TOWN LEAVENWORTH
3 bedroom, 1 1/2 bath, washer, dryer. No garage, shared patio, and small tool shed, 2 car parking limit. No ATVs, motorcycles, snowmobiles, trailers, etc. No pets, or smoking. Available Mid-February or March 1. \$1600 plus \$100. flat utility fee. References required. \$1000 security deposit. 509-860-4564.

IN TOWN CASHMERE
3 bedroom, 2 bath, private backyard. Cute, clean available mid-February - March 1. 2 vehicle parking limit. No campers, trailers, ATVs, etc. \$1750 per month. Garbage included. one year lease required. References. \$1000 deposit. Cats ok, no smoking. Call 509-860-4564.

Vacation Rentals



LAKE CHELAN Sunset Marina
40 ft. slip B 10 for rent \$600 month. Power, water, clubhouse. **808-298-1031**

Vacation Property

\$149,000



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. **808-298-1031**

Public Notices

In the Superior Court of Washington for Douglas County, Case # 20-4-00030-09 In the matter of the estate of RAY DEAN KOPE, Deceased
NOTICE IS GIVEN that the Administrator's Final Report and Petition for Distribution has been filed with the above-noted court for hearing on April 12, 2022 at 1:30 PM via Zoom videoconferencing. Contact the court administrator the day before the hearing to get the Zoom link or telephone number: Jo Jackson jjackson@co.douglas.wa.us or 509-745-9063. The Court is asked to settle such report, distribute the property to the heirs or persons entitled thereto, and discharge the Administrator. /s/ Diana Kope Administrator of the Estate of Ray Dean Kope
Published in the Quad City Herald March 9, 2022 #3727

Public Notices

DOUGLAS OKANOGAN COUNTY FIRE DISTRICT #15 Change to regular monthly meeting time
WHEREAS the Board of Commissioners of Douglas Okanogan Co. Fire Dist.#15 have been having their regular scheduled monthly meetings on the 2nd Monday of every month at the Ambulance Hall located at 412 W Indian Ave Brewster, WA at 7 P.M. since December 13, 1999. Whereas, schedules have changed and members of the board and staff may be available at an earlier time. Whereas, Commissioners have met and considered changing the time for regular monthly meetings to be held at the ambulance hall. NOW THEREFORE BE IT RESOLVED that the Board's regularly scheduled monthly meeting held on the second Monday of the month now be permanently held at the Ambulance Hall in Brewster at 6 P.M.
ADOPTED at a special meeting of the Board of Commissioners of Douglas Okanogan County Fire District 15 on February 14, 2022. Kaylee Jensen, Secretary
Published in Quad City Herald on March 2, 9, 2022 #3684

Public Notices

STATE OF WASHINGTON DEPARTMENT OF ECOLOGY YAKIMA, WASHINGTON NOTICE OF APPLICATION TO APPROPRIATE PUBLIC WATERS
TAKE NOTICE:
That HONEYBEAR GROWERS, LLC of , Brewster, Washington, on September 27, 2021, under Application No. G4-33282 applied to appropriate public waters, subject to existing rights, from one well at the rate of 100 gallons per minute up to 25 acre-feet each year, for the purpose of multiple domestic and industrial use. The proposed groundwater appropriation will be fully mitigated for by senior water rights currently in the State's Trust Water Right Program. That the source of the proposed appropriation is located within SW¼SE¼ of Section 7, Township 30 N., R. 25 E.W.M., Okanogan County, Washington. 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 nonrefundable. 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: March 9, 2022. Published in the Quad City Herald March 2, 9, 2022 #3673

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep 2022
VIA VACATIONS promo code N7017
1-855-208-9533
FROM \$1,949 \$1,699*
FREE ONBOARD CREDIT

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

© StatePoint Media
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.

CROSSWORD PUZZLE

THEME: THE OSCARS

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19					20			21	22				
23					24								
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49			50		51		52	
					53			54		55		56	
	57	58	59			60				61	62	63	
64					65			66		67			
68					69			70					
71						72				73			

1. "In the Hall of the Mountain King" composer Edvard _____
6. Marlboro debris
9. *Academy Award ceremony audience sound
13. Botch 14. Sigma ____ fraternity
15. Ten million, in India 16. Embryo sacs
17. Literary "even" 18. Tax evader's fear
19. *Most nominated streamer in this year's Oscars
21. *Most-nominated Black actor in Oscar history
23. Opposite of yang 24. Lard cousin
25. *Milk ____ movie snack
28. Poetic source of Norse mythology
30. 2020 demographic event
35. Arrival times, acronym
37. Baseball points
39. Camelot to King Arthur
40. Actress Campbell
41. *Where Oscar-winner "Slumdog Millionaire" was set
43. Not in favor
44. *What Halle Berry did when she won an Oscar in 2002
46. Jet black 47. Lively
48. Paid killers (2 words) 50. Upon
52. Rally repeater 53. Sweet-talk
55. Not outs
57. *Total Oscar nominations for "The Power of the Dog"
60. *One of this year's Oscar hosts
64. Exotic juice flavor
65. *Jamie Foxx won an Oscar in 2005 for this flick
67. Bizet's "Carmen," e.g. 68. Off kilter
69. *1942's "Holiday _____," Oscar winner
70. Admit (2 words)
71. Afterward
72. And so on acronym
73. Took the Kool-Aid _____
DOWN
1. J. Edgar Hoover's man
2. Ice on a window 3. Antonym of "is"
4. Enlighten 5. Puck stopper
6. Kilimanjaro top, e.g.
7. Pronoun 8. Hinduism follower
9. *"Parallel Mothers" nominee Penelope
10. Prospector's mother 11. Seed coat
12. Lassie, e.g. 15. Type of horse gait
20. Lemur from Madagascar
22. European Economic Community
24. Playground attraction
25. *"Belfast" nominee, "Shakespeare in Love" winner
26. First cradles 27. Lifeboat support
29. *Denis Villeneuve's sci-fi nominee
31. Type of tide
32. Not so crazy
33. Extremist
34. *"King Richard" nominee, once a fresh prince
36. Give an impression
38. Land of Israel
42. Shenanigan
45. Remove claws
49. Presidential election mo.
51. Waiting on the phone (2 words)
54. Eagle's nest
56. Like the Incredibles
57. Backside
58. Boat track
59. Not odd
60. Update, as in a FitBit
61. Formerly Facebook
62. *Julia Robert's 2001 Oscar-winning role
63. Colonel or captain
64. Gangster's gun
66. ____ eater or ____ hill

dish BRING EVERYTHING YOU LOVE TOGETHER!
2-YEAR TV PRICE GUARANTEE \$69.99 MO. America's Top 120 Package 190 CHANNELS Including Local Channels!
CALL TODAY - For \$100 Gift Card 1-888-416-7103 Offer ends 4/13/22
Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99 MO. (wireless available)