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YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

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Next game March 3

Bears advance to state with win over Morton-White Pass

BY MIKE MALTAIS STAFF WRITER

WENATCHEE - The defending state champion Brewster Bears varsity basketball team took another step closer to a repeat with a 59-51 win over Morton-White Pass in regional competition played at Wenatchee High School last Saturday, Feb. 26.

With a dramatic game-ending dunk in the final seconds of play Kelson Gebbers closed the door on the Timberwolves as the Bears gradually pulled away in the fourth quarter. Until them it was either team's game as the scoring saw several ties through the first three quarters.

MWP's big center, 6'7" Josh Salguero kept the Timberwolves in the hunt scoring the majority of his team's baskets despite four fouls.

Gebbers led the Bears with 21 points.

MWP got on the scoreboard first and led by a point 15-14 at the end of the first quarter. Brewster managed to lead through the second quarter



Courtesy brewstersports/facebook The Bears huddle on the court after their 59-51 regional win over Morton-White Pass in Wenatchee last Saturday.

only to be caught by the Timberwolves at the half, 27-27.

The Bears took a 43-37 lead at the end of the third and let MWP close within two points before inching ahead to win by nine in the closing minutes.

Brewster will play the winner of Toutle Lake vs. Napavine in the state quarterfinals in Spokane at 3:45 p.m. March 3. Kalama, Colfax, and Liberty (Spangle) also advanced to quarterfinal play.

City of Pateros, school district proclaim annual Day of Hope

Hope Squad collaboration

BY MIKE MALTAIS STAFF WRITER

PATEROS - Hope may spring eternal as the English poet Alexander Pope once wrote, but it is a good thing to give it a little boost now and then. On Thursday, Feb. 17 the city came together with the Pateros School District's Hope Squad to proclaim Feb. 17 as the annual Day of Hope in an effort to raise awareness of suicide prevention and mental wellness.

Hope Squad was formed at Pateros after the suicide of student, Nate Hart, last April 2021.

Pateros Mayor Kelly Hook signed the official proclamation during a Day of Hope assembly in the school gymnasium. Along with Hook and his wife, Nicole, guests of honor included Nate Hart's family, Carrie Hart-Melton, Ed Melton, sister Dakota Buchmann with baby, Hayden, and Kiera Austin. Guests of honor were all given Hope

Members of the Hope Squad hold yellow balloons and wear HOPE t-shirts. Squad shirts made by special education director and teacher, Sheri Mortimer and her graphic design student, Ava "Bean" Odion. Additional assembly guests included

Squad Coordinator.

The proclamation became a reality after students in the Pateros School District's Hope Squad collaborated with local government to raise awareness for suicide prevention. The students in the Pateros Hope Squad organized the Day of Hope assembly to bring

PHS

Von with Int

together mental health organizations, local non-profits, and local government with the goal to destigmatize mental health issues empower students and community members to ask for help if they are in an emotional crisis.

Courtesy Amy Stennes

SEE DAY OF HOPE ON PAGE A2

Mandate ends March 21

Pateros school board emergency meetings discuss mask policy

BY MIKE MALTAIS STAFF WRITER

PATEROS – The Pateros School District Board of Directors in accordance with board policy 1400 governing emergency meetings convened two on Feb. 14 and again on Feb. 18 to discuss the school mask

Reykdal advised that school districts will suffer financial repercussions if they disre-

gard the state mask mandate. The board discussed the school's options in the event of mask non-compliance. Parents of a non-compliant students would be contacted to pick up their children school. If that failed the students would attend an in-house alternate education program in the portable classroom.

Service plaques awarded

Pateros plans Movies in the Park this summer

BY MIKE MALTAIS STAFF WRITER

PATEROS - The popular family movie night that became an instant hit during last summer's monthly Pateros **Community Market events** will be making a return performance this summer as the city and Pateros Library team up to host Movies in the Park. That was one of the items discussed at the regular monthly Zoom meeting of the city council on Feb. 22. Council member Megan Sherrard reported that she met with the library to discuss the positive results of a community survey library staff conducted requesting citizen input on what movies to show this season. Sherrard clarified for the council the library's role in the upcoming event. The library is paying for the license fees for the movies and will handle advertising for the event. The city will provide the equipment and assume responsibil-





In other council business the city:

ments.

- Presented 20-year service plaques to council member Mike Harding and wastewater treatment plant operator Mike Lambert.
- Approved a resolution accepting a contract with **Apollo Solutions Group** for installation of energy saving equipment for the water/sewer depart-

Katie Otte from Okanogan

Behavior Healthcare, and

Alyssa Polson, North Central

Washington Regional Hope

policy, parent concerns, and possible protests.

As of the Feb. 14 the statewide mask mandate was in effect despite a recommendation from state superintendent Chris Reykdal to Gov. Jay Inslee. In a Feb. 9 statement to the Governor and state Department of Health Reykdal said:

"I believe it is safe and timely to eliminate the statewide masking requirement for students and allow for a decision by local health officials. I recommend the Governor and Department of Health change the guidance to reflect this in the coming weeks."

A day before the Feb. 18 Pateros meeting Gov. Inslee released a statement announcing that the mask mandate will be lifted on March 21. While that came as welcome news to many parents the mask mandate remains in effect until that date.

SUBMITTED BY SENATOR

OLYMPIA - As you may have

heard, the Washington State

Redistricting Commission ap-

proved maps to rebalance our

49 statewide legislative dis-

tricts and 10 federal congres-

sional districts in November.

This is a process conducted

BRAD HAWKINS

The regular school board meeting scheduled for Feb. 28 included the roster of new and returning spring sports coaches. New spring sports coaches include:

- Erik Gonzalez varsity boys head soccer coach
- Andrea Asmussen varsity softball assistant coach
- Returning spring caches include: Teagan Straub - varsity
- volleyball head coach
- Erika Varrelman varsity volleyball assistant coach
- Marcus Stennes junior high track coach
- Erik Romero varsity track coach
- John Slater varsity softball head coach
- Sean Hiltz varsity tennis coach

Legislature approves

Washington redistricting maps



Courtesy pateros.com Mike Lambert



Council member George Brady suggested that a flyer with the movie night information be included with the utility bill.

Regarding the market itself council member Holly Bange

Mike Harding

reported that the Market Committee is finalizing market details for this year. The committee is looking for someone to run the weekend event and be on site during the event.

City administrator Jord Wilson reported that as it did last year the city will provide electric power for the market, provide picnic tables, and

move them as needed.

Approved a resolution agreeing to the contract for planning services with Highlands and Associates.

- Discussed manganese levels and management at well pumps No. 3 and 4.
- Approved conceptual design changes to the upcoming Commercial Avenue project.
- Approved updated job descriptions for all city departments.

The next regular meeting of the council will be in-person at 6 p.m. Monday, March 21.

Results in four hours

Three Rivers adds fast turnaround **COVID-19 antigen tests**

SUBMITTED BY JENNIFER BEST, PUBLIC RECORDS OFFICER, THREE RIVERS HOSPITAL

BREWSTER – Three Rivers Hospital is now offering COVID-19 antigen tests for attending public events, traveling, and returning to work or school.

The hospital will continue providing send-out PCR tests. The turnaround time for PCR tests continues to be between 48-72 hours, but turnaround time for antigen tests is with-

in four hours.

"Anyone seeking an antigen test is responsible for checking with the venue, airline, or their employer or school ahead of time to be sure of which test is required and the timeframe needed for results," said Business Development Coordinator Jennifer Best. "Because patient care is our priority, our team would not have the capacity to follow up on the types of testing that may be required."

If you are not symptomatic

and seeking a COVID-19 test for the above-mentioned purposes, you can show up at the hospital's main entrance, 507 Hospital Way, between 8 a.m. and 4 p.m. Monday through Friday. Please wear a mask and prepare to be screened for COVID-19 symptoms at the entrance.

Residents who are experiencing COVID-19 symptoms or have been exposed to the virus should call Three Rivers Family Medicine to request a test, so the proper

paperwork is completed and added precautions can be taken. The clinic is open 9 a.m. to 5 p.m. Monday through Friday, and the phone number is 509-689-3749.

PCR tests may take longer, but they return more accurate results, making them ideal for diagnosing COVID-19.

Three Rivers' emergency room is open 24/7 for any **COVID** patients experiencing severe symptoms, such as trouble breathing.

INSIDE TH
CommunityA1-A4 Senior FocusB1-B2

every 10 years in our state based on the federal Census data for population. The process was challenging in 2021, in part because the commission received data later than usual and because of the significant population growth shown in western Washington.

SEE MAPS ON PAGE A2

Community



HOME APPLIANCES, ETC.

-	Laundry dryer (3,000W)	l6c/hr
	Laundry washer, warm wash/cold rinse	12c/load
	Laundry washer, hot wash/warm rinse	33¢/load
5 VA	Hair dryer (1,800W)	10c/hr
	Curling iron (50W)	le/4 hrs
	letted tub	8¢/hr
	10-minute shower (2.5 gallons/min)	14¢/shower
	40-gallon bath	23¢/bath
	Hot tub heater (3,000W)	16c/hr
	Nebulizer (150W-300W)	.75e-1.5c/hr
	Oxygen concentrator (480W daily ave)	2.5¢/hr
0	Sleep apnea machine-CPAP (90W)	le/2 hrs
	Vacuum cleaner (1.400W)	7.5¢/hr
K A	Robot vacuum (50W charging)	Ic/4 hrs
	fron (1.100W on high)	6¢/hr
	Night light (4W, 12 hours/day)	8¢/month
-	Electric blanket (twin size)	3¢/6 hrs
-	Aquarium (10-gallon)	65¢/month
	Level 1 EV charger (1.4 kW, 20-hr charge)	\$1.45/charge
	Level 2 EV charger (7 kW, 8-hr charge)	\$2.91/charge
	Rinsing laundry with cold water instead of	\$54.60
BILL	warm water, 5 loads/week for one year:	SAVED
EXAMPLES	Reducing length of shower from 15 to 10	\$25.50
	minutes, I/day, for one year:	SAVED
	*All amounts are averages and estimates, based on Oka PUD rates.	inogan County

Courtesy Okanogan PUD *Editor's note: Following is* the third 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. In this third installment Okanogan PUD Public Relations Coordinator Sheila Corson discusses home appliances.

OKANOGAN -- Laundry is among one of the least favorite chores for the average American, and it also happens to be one of the appliances that require the most energy.

Updated, efficient appliances can make a BIG difference on the bill. Nowadays, all the appliances you purchase from a store are energy efficient, some more than others. In fact, home appliances are so much more efficient than they used to be that rebates have largely gone away nationwide - it is expected that consumers must go with efficient options, so no need to incentivize.

Among those bigger appliance energy hogs, laundry dryers with 3,000W ratings cost you about 16 cents/hour to use. Now that washer rinse with cold water instead of warm and you could save more than \$50/year (if you are doing about five loads per week).

Jetted tubs or hot tubs are like an extra-large water heater and use a large amount of energy to work.

Minimal energy users: curling irons, robot vacuums, night lights, and sleep apnea machines.

There are many more appliances you might use in your home - our energy usage chart for kitchen appliances is coming next week. If you want to learn more about your favorite home appliances, check out our website, okanoganpud.org, and look under the Energy Services tab.

DAY OF HOPE

CONTINUED FROM PAGE A1

Hope Squad members were introduced at the assembly and given balloons by Hope Squad Advisors Mortimer, and school counselor Amy Stennes. After the proclamation was presented and signed by Mayor Hook, all Hope Squad members signed

MAPS

CONTINUED FROM PAGE A1

Despite approving the plans late, the Washington State Supreme Court ruled that the commission substantially complied with its constitutional redistricting obligations. These maps needed to be officially adopted by the Washington State Legislature during our 2022 legislative session. For official adoption, the Legislature is authorized to make minor modifications, if needed, to the boundaries so long as they do not change any district's population by 3,000 people. The Legislature took action to finalize the maps on February 8th. The maps are now "final" - subject to pending lawsuits – but the new boundaries do not go into effect until after the November 2022 elections. How Washington's

redistricting process works

The redistricting process occurs after the completion of the national census, which is taken every 10 years, most recently in 2020. Congressional district lines have been drawn by the Redistricting Commission since 1983 and legislative district boundaries since 1991. This commission comprises five members. Four are appointed by the leaders of each of the four major caucuses. The four appointed commissioners then appoint a fifth, nonvoting chairperson. Enactment of new redistricting maps for Washington requires bipartisan approval by at least three of the four **Redistricting Commission** members.

Voters created state's

Redistricting Commission For many years, the Legislature was in charge of redistricting, but many had grown angry and frustrated with how partisan and timeconsuming this approach had

Hayden Buchanan was the smallest guest of honor at the Day of Hope assembly.

become. By the 1980s, Washingtonians sought change. In 1983, Washington voters passed Senate Joint Resolution 103, an amendment to our state constitution that created our state's independent Redistricting Commission. Over the past decade, several other states have revamped their redistricting process to reduce the chance of partisan politics and "gerrymandering," a term describing districts with bizarrely drawn boundaries. Other states have followed our state's lead in creating independent commissions to draw up legislative and congressional district maps, with just minimal political manipulation involved. Although with the recent issues with Washington state's Redistricting Commission, I anticipate the state could seek to modify our process for the next 10-year changes in 2030.

New Washington state legislative districts

The new legislative districts map shows the new boundaries for our district, moving Okanogan County and much of Douglas County into the 7th District. The new 12th District now includes East Wenatchee, Chelan County, Snohomish County (Index to Monroe) and King County (North Bend to Duvall).

Changes for Douglas and Okanogan counties

Unfortunately, the map drawn significantly changes the 12th District, splitting up Chelan and Douglas counties and shifting Okanogan County fully into the 7th District. Chelan, Douglas, and Okanogan counties share many natural resource and economic interests. Also, Chelan and Douglas counties have a long and proud history of cooperation across city and county lines and essentially function as one community. One of the fundamental tenants in the redistricting process is to a Hope Squad banner in front of their audience of peers. Students will be asked to sign the Hope Squad banner which will be hung in the school and used at future Hope Squad events. Students in grades 7-12

took part in the assembly by anonymously writing their hopes on individual notes that will be hung on a Hope Wall by the Hope Squad Members. Students listened to speakers including Hope Squad members Sage Scott and Harveen Gill, school psychologist and Hope Squad advisor, Holly Weston, Only7Seconds' executive director Luke Wall, and Mayor Hook.

Hope Squad is a peer-to-peer suicide prevention program that works to reduce suicide through public awareness and education. For more information, visit hopesquad.com.



Courtesy Sen, Brad Hawkins

Chelan-Douglas Split: This map shows the significant split between Chelan and Douglas counties. A portion of East Wenatchee and the remainder of Douglas County will reside in the 7th Legislative District.

keep "communities of interest" together. RCW 44.05.090 states, "District lines should be drawn so as to coincide with the boundaries of local political subdivisions and areas recognized as communities of interest." The map does not meet this standard, in my opinion. Chelan and Douglas counties – in their entirety – should have been preserved together in the approved, final redistricting plan.

History of 12th **District borders**

While I was very surprised by the drastic changes for District 12, this isn't the first time our district has been adjusted. In the early 1930s, the 12th District was moved from southeastern Washington to its present location in North Central Washington. All of Chelan County has been within the 12th District since then. In 1965, the 12th District included all of Chelan and Douglas counties. By 1972, the western half of Okanogan County, including Winthrop and Brewster, was added to the 12th District, as was the northern part of Grant County. The northern portion of Kittitas County was part of the 12th for 30 years until the present boundaries were redrawn in 2012 – a shift that also picked up more of the southeastern portion of Okanogan County and part of Grant County.

The new 12th District boundaries will continue to include much of East Wenatchee, all of Chelan County, and portions of Snohomish County (Index to Monroe) and King County (North Bend to Duvall). Approximately half of the population of the new area includes the cities of North Bend, Carnation, Sultan, and Monroe with the other half of the new area located in unincorporated King and Snohomish counties. A new feature of the 12th District is a greater portion of the amazing Cascade Mountains, including Snoqualmie Pass and Stevens Pass. The new area of the district includes new school districts, utilities, and businesses. While the western Washington portion of the district may not experience the wildfire threat well-known to North Central Washington, it can experience other natural disasters, such as flooding. The region also has a variety of transportation issues unique to its area of the state as population growth and travel west-toeast for tourism and outdoor recreation has created traffic flow and safety challenges. As I do with all constituents, I will be working hard to outreach to these communities over the coming months and years.



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

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Have a Community or Sports Story idea?

Contact Mike Maltais at 360-333-8483 or qchreporter@ gmail.com

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News Tips

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

Corrections

Quad City Herald regrets any er-

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Community

COMMUNITY BULLETIN BOARD

Regional Community News &

Ave., Bridgeport.

February 24

February 18

and Hwy. 20.

S. 2nd Ave.

Ave.

Ave.

Ave.

side Dr., Omak.

and Spruce St.

tain Rd Ómak

and Jones Rd.

12:47 Alarm, Elmway.

Ln., Omak.

February 19

Brewster.

Omak.

Brewster.

February 20

153, Pateros.

Rd.

No Report.

15:51 Trespassing, 911 Foster

Okanogan

County Sheriff

07:08 Traffic Hazard, Old Hwy. 97

08:00 Trespassing, Morris Rd.

08:21 Vehicle Prowl, Morris Rd.

08:22 Harassment, Tyee St. and

10:59 Recovered Property, River-

11:45 Driving While License Sus-

pended, Riverside Dr., Omak.

15:50 Suspicious Activity, N. 2nd

17:30 Trespassing, E. Jonathan

20:05 Vehicle Prowl, S. 5th Ave.

20:11 Welfare Check, S. 2nd Ave.

21:49 Agency Assist, Omak Moun-

22:52 Suspicious Activity, Middle

02:38 Suspicious Activity, Hen-

05:58 Stay Animal, Old Hwy. 97

11:46 Burglary, N. 2nd Ave. 12:19 Alarm, Monse Bridge Rd.,

13:56 Suspicious Activity, Elmway.

14:41 Weapon Offense, Miller Rd.,

15:50 Extra Patrol, Hadley Rd.,

23:08 Trespassing, Conconully

00:42 Suspicious Activity, Hwy.

14:48 Welfare Check, Hwy. 97.

16:09 Theft, S. 2nd Ave.

drick Loop Rd., Omak.

Local,

Events

퇃 Any non-profit 501(c)-(3) group, person(s). 🐁 Must provide: full name, city, phone number.

b Items pertaining to local events that are free or minimum charge.

Want to place Your Community News Online? Go to NCWMARKET.COM 24/7 둘 Garage and Yard Sale Ads are paid events, please email those to

COMMUNITY BULLETIN BOARD

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OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT

Douglas **County Sheriff**

February 18 No Report.

February 19

- 12:46 Property, Bridgeport. 12:58 Court Order Violation. 886
- Highland Orchard Rd., Bridgeport.
- 15:16 Noise, Fir Ave. and SR 173, Bridgeport.
- 19:06 Unknown Accident, McNeil Canyon Rd. MP 3, Orondo. 22:12 Assist Agency, Crane Or-
- chard Rd. and SR 173, Bridgeport.

February 20

- 04:45 Disturbance, 1627 Columbia Ave., Bridgeport.
- 10:39 Burglary, 124 W. Maple St. #1. Waterville. 10:48 Animal Problem, 1111
- Douglas Ave., Bridgeport. 12:06 Warrant, Okanogan County
- Jail. 12:49 Suspicious Activity, 425
- McNeil Canyon Rd., Orondo. 12:53 Littering, Rd. K N.E. and Rd. 24 N.E., Mansfield.
- 16:51 Domestic Disturbance, 531 Columbia Ave., Bridgeport.
- 17:08 Suspicious Activity, McNeil Canyon Rd., Orondo.

February 21

15:41 Assist Agency, US Hwy. 97 and McNeil Canyon Rd., Orondo

February 22

- 09:55 Animal Problem, 96 Gun Club Rd., Bridgeport.
- 12:17 Suspicious Activity, Rd. P N.E. and Rd. 24 N.E., Mansfield.
- 14:40 Parking/Abandon, 1700Blk Rd. K N.E., Mansfield.
- 17:32 Parking/Abandon, 356 Mc-Neil Canyon Rd., Orondo.

February 23

- 02:10 Suspicious Activity, 324 9th St., Bridgeport.
- 07:15 Burglary, 100 Orondo School Rd., Orondo.
 - **DEATH NOTICES**

Dennis W. Deeds

Dennis W. Deeds, 81, of Mansfield, Washington, passed away on February 22, 2022. Please leave any thoughts

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

Filemon Soto Avila

Filemon Soto Avila, 65, of Bridgeport, Washington, passed away on February 23, 2022. Please leave any thoughts

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

03:37 Animal Noise, Unger Rd., Brewster. 06:05 Domestic Dispute, Hwy. 20. 09:45 Burglary, Dun Horse Dr. 10:25 Domestic Dispute, Soto Farm Rd., Brewster. 18:34 Suspicious Activity, Shumway Rd., Omak. 20:25 Vehicle Prowl, Maple St. 20:44 Vicious Animal. S. 1st Ave.

February 21

- 01:36 Suspicious Activity, N. 4th Ave.
- 02:25 Unknown Injury Accident, Ross Canyon Rd.
- 16:02 Fraud, N. 4th Ave.
- 16:25 Suspicious Activity, Swanson Mill Rd. and N. Overland Rd., Orondo.
- 16:08 Burglary, Elmway.
- 20:08 Suspicious Activity, Rose St. 15:47 Recovered Vehicle, Hwy.97. 17:27 Urinate In Public, S. 2nd 21:28 Suicidal Person, Cherokee Rd.
 - 21:42 Trespassing, S. 2nd Ave. 22:14 Disorderly, Jasmine St.

February 22

- 00:05 Robbery, Hanford St., Omak
- 00:12 Vehicle Prowl, Emery St. 02:57 Driving While License Suspended, Hwy. 97, Pateros.
- 09:03 Assault, Hwy. 20.
- 12:20 Disorderly, S. 1st Ave. 17:05 Vehicle Prowl, Conconully St.
- 21:44 Domestic Dispute, W. 3rd Ave., Omak.

February 23

10:12 Structure Fire, Len Louis Rd. 13:36 Assault, Hwy. 20. 13:39 Agency Referral, Elmway. 16:31 Medical. W. Oak St. 17:28 Non-Injury Accident, Hwy. 97 and Pedersen Rd., Pateros 19:34 Domestic Dispute, Pioneer

Rd., Brewster. February 24

00:40 Suspicious Activity, Chero-

kee Rd. and Old Riverside Hwy. 05:49 Vehicle Prowl, S. 2nd Ave. 07:48 Non-Injury Accident, Epley

Rd., Omak. 08:57 Suspicious Activity, North Kirkpatrick Rd., Omak.

- 10:26 Suspicious Activity, Hendrick Rd., Omak.
- 10:49 Citizen Assist. N. 5th Ave. 11:09 Welfare Check, Sunset Dr.,
- Brewster. 11:59 Non-Injury Accident, River-
- side Dr., Omak 12:53 Fraud, Monse River Rd.,
- Brewster.
- 13:27 Trespassing, S. 2nd Ave. 15:22 Agency Assist, S. 1st Ave. 20:01 Sex Offense, Unger Rd., Brewster

Brewster Police

Department

February 18 12:03 Mental Health Patient Transport, N. 6th St. and W. Main Ave.

15:47 Recovered Vehicle, Hwy. 97 Orondo 17:20 Disorderly, Hospital Way.

February 19

09:24 Agency Assist, Cameron Lake. 20:29 Assault, River Plaza.

22:13 Agency Assist, Crane Orchard Rd. and Hwy. 173.

February 20

10:25 Domestic Dispute, Soto Farm Rd.

February 21 No Report. February 22

No Report February 23 07:05 Disabled Vehicle, N. 7th St.

February 24 No Report.

Okanogan County Transportation

Thursday

Tuesday, Wednesday,

& 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 2-5

Senior Center Thrift Store

BREWSTER - The Brewster- Pateros-Bridgeport Senior Center Thrift Store is open Wednesday through Saturday, 10 a.m.-2 p.m. There is a great selection of children's and adult clothing. Donations accepted when they

are open. March 9

simple

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@amail.com or Mike Mauk, 509-449-0605.

A3

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

March 14, 28

office.

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

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



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Community

What we get when we give

By Denise Sorom, Director of Philanthropy, Community Foundation of NCW

NCW - More happiness, less stress, better relationships. Sounds pretty good, doesn't it? Latest research shows that living generously – that is, developing a consistent practice of donating your time, talents, and treasures-may reap more rewards for the giver than the receiver. We all can relate to the "warm glow" sensation--that feeling of satisfaction, or goodness, or (maybe there isn't a word in the English language for it) that befalls us when we've done something generous for another person. We may understand intuitively that being generous makes us hap-

pier, but you can take heart in knowing that this link has been studied and confirmed by dozens of researchers over the past several decades. In 2018, the Greater Good Science Center out of the University of California at Berkeley prepared a white paper entitled "The Science of Generosity" written by Summer Allen, Ph. D. Dr. Allen cites over 300 different studies and metastudies on generosity and provides a summary report that examines roots of human generosity, the consequences of generosity, and the individual, social and cultural factors that influence generosity.

I zoomed in to the section that describes the consequences of generosity, and I liked what I found:

1) Acts of generosity decrease stress. Dr. Allen cited evidence that "helping others may act as a stress-relieving buffer—which may, in turn, delay severe health problems and death." People who were assigned to engage in generous acts toward specific others were found to generate less of something called the CTRA gene, which is a gene that links negative psychological and social events with negative health outcomes. So, less CTRA gene means your body is experiencing less stress! Maybe that "warm glow" is us healing ourselves from the inside out?

2) Generosity makes us happier. The most compelling link that was confirmed in the report was that between generosity and happiness. Dr. Allen asserts, "While popular culture may imply that happiness comes from focusing on yourself, research suggest the opposite: Being generous can make you happier." Studies have shown that everything from volunteering your time to help others, donating money (especially when you understand the positive impact your dollars are making, caring for loved ones, and performing small acts of kindness throughout your day improves one's sense of well-being.

3) Generosity leads to better relationships. Dr. Allen cites several studies that confirm that acting generously improves romantic relationships, friendships, and gen-



Denise Sorom

eral interactions with others. Imagine this scenario: Your friend does not respond to your email because of technology problems. Instead of assuming it is because you are not a priority and acting in a tit-for-tat fashion, act a bit more generously than that person's last action. "Adding a small generosity buffer and giving someone the benefit of the doubt may lead to more cooperation and stronger relationships."

So, go forth in life with more generosity and you may find you are the one who is really receiving the most! To learn more about how CFNCW may be able to help you build on your generosity and happiness check out our new website at www.cfncw.org.



DOUGLAS COUNTY PUBLIC UTILITY DISTRICT

SUBMITTED BY MEAGHAN VIBBERT, DOUGLAS COUNTY PUD

EAST WENATCHEE -Douglas County PUD Commissioners Aaron J. Viebrock, Molly Simpson and Ronald E. Skagen executed the following actions during the February 22, Commission meeting held at the District's East Wenatchee office:

• Reviewed the bid opening results for bid document 22-02-D, supply and deliver 1272 ACSR and1429 ACCC overhead conductor. All bids will be evaluated prior to contract award recommendation.

• Affirmed change order No. 2 to contract 20-02-D, rebuild and reconductor the Rocky Reach to Chelan Falls No. 1 115kV line. This change will replace a damaged wood pole with a credit of \$4,369.

• Authorized acceptance of work and final payment to Sturgeon Electric Company Inc. under contract 20-02-D, rebuild and reconductor the Rocky Reach to Chelan Falls No. 1 115kV line. All work is complete and determined to meet the bid specifications.

• Approved a call for bids under bid document 22-25-D, provide distribution tree trimming services. The District requires tree trimming for its distribution and transmission lines throughout the District on an as-needed basis.

• Authorized the District to seek grant funding provided by the U.S. Economic Development Administration for the renewable hydrogen production facility.

• Approved amendment No. 1 to professional service agreement 21-17-W, with Schnable Engineering, LLC. This will add two new tasks to the contract for Hydrocombine Load Rating Structural Analysis and Emergency Action Plan Inundation Mapping modeling increasing the notto-exceed cost by \$192,466.

• Authorized a call for bids under bid document 21-52-W, generator step-up transformer replacement at the Wells Hydroelectric Project.

• Approved a call for bids under bid document 22-16-D, steel poles for the Rapids to Valhalla Transmission Line.

• Approved purchase of real property from C&O Nursery Company, enter into a lease back agreement and execute a boundary line adjustment. This 91 acre property will accommodate the District's hydrogen production and storage facility.

• Authorized the purchase of real property from Global Ag Properties USA, LLC and lease back agreement with Zirkle Fruit. The adjacent location of the 318 acres to the Wells Project and Hatchery make it ideal to accommodate the District's needs for storage of materials and equipment.

Heard a report on the Douglas County Community Network. The network currently has 7,023 end users.

The next regular meeting of the Commission is scheduled for 1:30 p.m. March 14, at the District's East Wenatchee Office.

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Moving Healthcare Forward

10 doctor-recommended ways to improve your overall health

STATEPOINT - While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible steps you can take to feel your best and better protect your health.

"It is always the right time to consider your personal goals, and how you can make positive health choices," says American Medical Association (AMA) president, Gerald E. Harmon, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

Not sure where to start? Consider these tips from the AMA:

1. Make sure your family is up to date on their vaccines, including the annual influenza vaccine for everyone age six months or older and the COVID-19 vaccine for everyone age five and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including getvaccineanswers.org.

2. Learn your risk for Type 2 Diabetes by taking a simple online 2-minute self-screening test at DoIHavePrediabe-



Photo courtesy (c) Ridofranz / iStock via Getty Images Plus For a happy, healthy future, consider making these 10 doctorrecommended tips for improved wellness.

tes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Know your blood pressure numbers. Take the time to visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under con-

trol. Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

B1

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

More health resources and tips can be found my visiting ama-assn.org. For a happy, healthy future, consider making these 10 doctor-recommended tips for improved wellness.

How home healthcare can improve lives and deliver better care

STATEPOINT - There is a growing demand for in-home caregivers and there is good reason for that, say experts. There are many unique advantages that healthcare at home, or in another familiar setting, provides. "Offering a full continuum of care, home healthcare includes pediatric, adult nursing, senior care, postoperative care, Medicare-approved visits and hospice, allowing for an individualized approach focused on empowerment and the pursuit of possibilities rather than perceived limitations " Jennifer Sheets, president and CEO of Interim HealthCare Inc., the nation's leading franchise network of home healthcare, personal care, healthcare staffing and hospice services. "The home is where care can happen in the most personal way, typically resulting in higher quality care, reduced hospital readmissions, optimization of healthcare dollars, improved outcomes and greater patient satisfaction."



Photo courtesy (c) jacoblund / iStock via Getty Images Plus There are many unique advantages that healthcare at home, or in another familiar setting, provides.

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As part of "The Difference is Home," a campaign aiming to educate people on the value of home healthcare, Interim HealthCare is sharing the experiences of individuals profoundly impacted by home healthcare:

• Kaitlyn Metro, pediatric care patient. Born with a condition causing seizures and severe developmental delay, Kaitlyn requires a feeding tube and total nursing care. She's received home healthcare for 16 years. While she doesn't speak or walk, home healthcare allows her to be surrounded by her loving family and nurses who adore her and closely monitor her condition.

• Louis Klein, COVID-19 recovery patient. After spending four days in the hospital with COVID-19, Louis was discharged into home health services as part of his Medicare benefits. Prior to that, he was an active 85-year-old who played golf every week. The compassionate nursing care, physical therapy, and occupational therapy he received helped him improve significantly in a matter of weeks, with the goal of full recovery without the need for rehospitalization.

· Howard and Charlene Russell, hospice patients. Married for 65 years, Howard and Charlene have had many wonderful life experiences and wanted to continue living well as they aged. After receiving home health services, the couple transitioned to hospice due to declining health. The nursing and aide care, social services and chaplain support that hospice at home uniquely provides have allowed them to make the most of their time, while surrounded by loved ones. To see more stories like these, visit: differenceishome. com.

Behind the Success "The tireless helping hands behind the scenes of these inspiring stories often go unrecognized," says Sheets. "From home health professionals and paraprofessionals who provide care and the certified agencies who employ and support them, to physicians, discharge planners and social workers who support their outcomes and the health plans that reimburse this invaluable service, there is an entire community of care that the home healthcare industry thrives on."

As the nation's first home care company, Interim Health-Care continues to innovate the care delivery process. For more information on Interim HealthCare's services, visit interimhealthcare.com. "Every day, we see the difference home-based care has on clients' lives," says Sheets. "What the last two years have taught us is that home is where outcomes are better and where people truly want to be."

65 or older? It's time to assess the risk of pneumococcal pneumonia

STATEPOINT - Now, more than ever, you're likely acutely aware of the importance of helping protect your lung health. As you return to doing the things you love, it's essential to understand the risk for pneumococcal pneumonia, a potentially serious lung infection that can strike anyone at any time.

Older adults are at greater risk of serious illness and death resulting from pneumococcal pneumonia compared to younger adults, according to the Centers for Disease Control and Prevention. To give you the facts you need to help protect yourself, the American Lung Association is partnering with Pfizer to raise awareness about the risk of pneumococcal pneumonia for adults 65 and older.

An Overview

When words begin with "pneumo" it means related to the lungs, and a pneumonia is an infection in one or both lungs, which you can get from bacteria, viruses or fungi. This infection causes the air sacs in your lungs to fill with fluid or pus, which makes the gas exchange that supplies your body with oxygen more difficult. It also can result in a host of uncomfortable and potentially serious symptoms.

Pneumococcal pneumonia, the most common type of bacterial pneumonia, is caused by bacteria that can be spread through coughing and close contact with an infected person. Common symptoms include high fever, excessive sweating, shaking chills, coughing, difficulty breathing





seek treatment. These include

withdrawing from loved ones,

feeling fatigued, having a lack of

motivation and frequently "zon-

ing out." She also notes that life

events such as decoupling, job

loss or the loss of a loved one can

often trigger the need for pro-

fessional mental health support.

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Mental healthcare and you – Finding the right fit that could indicate it's time to progress with and not feel

STATEPOINT - Searching for a mental health provider? You likely have questions. Recent research from virtual care provider MDLIVE suggests that confusion around finding a mental healthcare provider

B2

is common. One in five surveyed said they were concerned about finding a provider match and 70% experience confusion and uncertainty about where to begin. The research also revealed that not everyone

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knows the difference between the various mental health professionals -- psychiatrists, psychologists, counselors, mental health coaches and others. "Many people are ready to get depression, anxiety and stress under control by working with a mental health professional but get bogged down right from the start. Confusion about selecting a professional that best suits their needs causes a lot of people to give up. That's something we want to change," says Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE.

To help you in your search, MDLIVE is answering some frequently asked questions: When is it time to see a therapist? Mental healthcare is self-care that most everyone can benefit from. However, if your emotional state is interfering with your daily life, it's definitely time to take action. Beyond the common signs of mental illness, such as sadness, drug and alcohol misuse, trouble sleeping and mood swings, Dr. Espada-Campos notes that there are some often overlooked signals

RISKS

CONTINUED FROM PAGE B1

shortness of breath and chest pain. Certain symptoms, such as cough and fatigue, can appear quickly and without warning and severe cases can lead to hospitalization and even be potentially life threatening. **Risk Factors and**

Protection

The immune system naturally weakens with age, making age a risk factor regardless of health status" Even healthy adults aged 65 and older are over 10 times more likely to be hospitalized with pneumococcal pneumonia than those aged 18-49," says Albert Rizzo, MD, chief medical officer, American Lung Association. "If you also live with a chronic lung disease like COPD, asthma, diabetes or chronic heart disease, you face a greater risk."

Dr. Rizzo speaks on behalf of the American Lung Association when he encourages all adults 65 and older to speak with their doctor about vaccination. But he knows all too well that there are

my goals?" Does insurance cover therapy? In Graphic courtesy (c) simplehapprecent years, yart / iStock via Getty Images Plus many health plans and employers have acknowledged the importance of mental healthcare and have expanded the

resources available to their members and employees. Check coverage details online or through the plan's call center. Alternatively, you may wish to seek counseling through an

judged by. A good place to start

is by working with a provider

who has experience treating

patients like you. Understand

that you may not find the right

therapist on your first try. Dr.

Espada-Campos encourages

individuals to both trust their

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disparities among who is most likely to be protected against this potentially serious lung infection. While the overall vaccination rate among adults 65 and older was 59% in 2017, only 42% of Latino/Hispanic individuals were vaccinated. And with only 45% percent of Black adults and 56% of Asian adults vaccinated, the gap in coverage has potentially serious consequences for communities of color.

Additionally, Latino and Black Americans are at greater risk of developing chronic health **Employee Assistance Program** (EAP). EAP counselors can help with a variety of mental health concerns, however, members are typically restricted to a set number of sessions. If you're suffering from a recurring mental health issue, check what options are available through your health plan. Can therapists be seen remotely? Virtual care, an increasingly popular option, can provide private, convenient, quality care quickly, and is often offered by health plans. For example, MDLIVE's platform makes it easy to search for a provider that meets your needs and to schedule an appointment with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit www.mdlive.com. Finding a mental healthcare provider can feel overwhelming. However, identifying what you want out of care and understanding the different treatments available can help demystify the process.

conditions such as asthma and diabetes compared to white Americans, which further increases their risk of getting pneumococcal pneumonia.

If you are 65 or older, talk to your healthcare provider about pneumococcal pneumonia vaccination, which is available at many doctor's offices and local pharmacies. You can also learn more at Lung.org/pneumococcal, where you can take a free personal risk assessment quiz. Don't ignore pneumococcal pneumonia. Get the facts you need to help protect yourself.

Taking an over the counter anti-inflammatory

Where were you in 1974? Were you watching the Miami Dolphins beat the Purple People Eaters in the Super Bowl? Did you see Paul Newman and Robert Redford in the movie The Sting? I fell head over heels in love with ragtime watching that movie, and I still am in awe of Scott Joplin's musical genius. Were you watching as Richard Nixon resigned his presidency? The year 1974 was when the Food and Drug Administration approved ibuprofen for mild to moderate pain and inflammation, available only with a doctor's prescription. Although acetaminophen eases headache and fever, a non-steroidal anti-inflammatory medication (NSAID) like ibuprofen is more effective for relieving muscle aches and inflammation. Ibuprofen is also less irritating to your stomach than aspirin, allowing higher doses with fewer side effects.



her lungs.

Ever since, she has avoided all NSAID medicines, and she feels great.

Although NSAIDs are usually safe when taken to relieve fever and muscles aches, they can

NSAIDs interfere with your body's safety net for your kidneys when you get low on fluid. Several professional athletes have discovered this the hard way, and ended up needing a kidney transplant.

therapists are licensed providers who can evaluate and support people with emotional or behavioral health concerns through talk therapy. What should one look for in a provider? Mental healthcare is highly personal and it's essential that your provider is

someone you can open to make

What's the difference between take an active role in their ses-





Family caregivers are all around us. They care for friends, relatives, and neighbors and never ask for anything in return. But sometimes the "helpers" need a little help too.

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Facing the expiration of its patent protection, ibuprofen's manufacturer applied to the FDA for approval to sell it at a lower dose without a prescription. In contrast to the 400mg, 600mg, and 800mg tablets of prescription-only Motrin® in 1984, the FDA approved ibuprofen as non-prescription Motrin-IB®200mg tablets.

Years later, naproxen followed the same path: first as a prescription-only anti-inflammatory, then approved for OTC use as Aleve®. There are four options for pain relief by mouth without a prescription: aspirin, acetaminophen, ibuprofen, and naproxen.

For muscle pain, menstrual cramps, and toothache, nonprescription doses of naproxen or ibuprofen are much safer than aspirin and more effective than acetaminophen.

NSAIDs are sold by themselves and as an ingredient in many over-the-counter (OTC) cold, flu, and allergy remedies.

78-year-old Rose has heart failure. She takes a water pill to keep fluid from building up in her lungs. Six months ago, Rose came down with a flu-like illness, becoming so short of breath that her doctors first suspected COVID or pneumonia and hospitalized her. It turned out that despite taking her water pill, her lungs were filling with fluid from an exacerbation of her heart failure. Over the next 3 days, she recovered and went home.

Last month, Rose returned to the Emergency Department, short of breath. The only thing she did differently was take Advil[®] Cold and Flu, which contains ibuprofen. She continued taking her water pills, but it wasn't enough. The ibuprofen triggered fluid retention, causing her breathing problems from the fluid building up in

be dangerous for people with certain medical conditions like Rose's heart failure.

NSAIDs can also spell trouble for people with kidney problems, like diabetics. Taking prescription or OTC ibuprofen or naproxen can trigger kidney damage in certain situations, especially if you get dehydrated. Sweating a lot when outside in hot weather or experiencing nausea, vomiting, or diarrhea can cause dehydration. Taking any NSAID when your body is too dry can seriously harm your kidneys.

People who have had a bleeding ulcer should also avoid taking NSAIDs like ibuprofen and naproxen. That's because these medicines interfere with maintaining the protective gel layer that lines your stomach. This vital gel layer ensures that your stomach acids digest your food instead of your stomach. Taking ibuprofen or naproxen encourages thin spots and erosion of the lining of your stomach, setting you up for an episode of stomach pain or bleeding.

Even considering these possible side effects, NSAIDs like ibuprofen and naproxen are powerful against muscle sprains or strains, tension headache, dental pain, and menstrual cramps.

When taken at the beginning of menstrual flow, just one dose of ibuprofen or naproxen can head off debilitating abdominal cramps. One dose of an NSAID right before a tooth extraction can avoid suffering from swollen "chipmunk cheeks" afterward. Here are 5 Tips to Help Keep Yourself Safe When Taking **NSAIDs:**

1. Keep yourself well hydrated.

Even young, healthy people can suffer severe kidney damage if they become dehydrated while taking an NSAID medicine.

2. Ask your doctor first.

Most people can take low doses of ibuprofen or naproxen without harm. For those who have kidney problems, it's much safer to take Tylenol® or acetaminophen for your aches and pains. NSAIDs can aggravate and accelerate kidney problems. Please consult your doctor first before taking ibuprofen, naproxen, or any other NSAID for more than a couple of days.

3. Protect your heart.

Have you been diagnosed with congestive heart failure, also called CHF? If so, avoid taking any medicine that includes an NSAID, which causes sodium and water retention. NSAIDs counteract the beneficial effects of drugs that work to keep fluid out of your lungs and reduce swelling in your hands and feet.

4. Watch your blood pressure.

NSAIDs cause sodium retention, triggering water retention. This can cause your blood pressure to rise, interfering with how most blood pressure medicines do their job.

5. Don't double up.

Avoid taking more than one NSAID at a time. It's surprisingly easy to take two NSAIDs at the same time. That's because the prescription strengths have different brand names than the OTC versions of the same medicines. Not realizing that you are taking two medicines with the same ingredient puts you at risk for overdose and side effects like stomach pain, bleeding, or kidney problems.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider. com.©2022 Louise Achey



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process and information can be found on our website



The Cascade School District is seeking following positions:

• Icicle River Middle Coach

• Icicle River Middle

and information can be www.cascadesed.org

Looking for a parttime job? Newspaper is looking for a part-time front office receptionist. Greet customers. edge, math, and phone skills. We will train you on

qcherald.com

Help Wanted

www.NCWMarket.com **Operations Manager** School Fall and Winter Organization: Print ads are limited to 30 ble for corrections made there-after. NCW Media Inc. shall not be responsible for slight changes or typographical er-rors that do not lessen the Okanogan County words, over 30 words, or **Transit Authority** extra enhancements like Fast Track application (TranGO) bold words or border will TranGO is seeking an be a minimal extra value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in Operations Manager. charge. Office location is Ads will be placed in the at: connection with an advertise-ment is strictly limited to the publication of the advertise-Okanogan, WA. This is following Wednesday www.cascadesed.org an exempt position edition of the papers. EOE according to FSLA and It is easy just Washington Wage Act. given. For more information call (509) 548-5286. Register and pay on our Compensation range is secure site 24/7 \$81,057 - \$87,672 DOE. Or call 509-682-2213 to Benefits include health place ad or have insurance (including questions. dental and vision), life The Lake Chelan insurance, retirement, or Quad City Herald sick leave, vacation). or email Administrative Must have a Bachelor's mirrorads@ qualified applicants for the Degree and five years lakechelanmirror.com **Puzzle Solution** progressive experience in For transit and/or operations The Leavenworth Echo with at least five years or Cashmere Valley School Assistant Track supervisory experience in Record both fixed-route and Call 509-548-5286 demand response or email services. Must have a classifieds@leavenworth School Boys Head and minimum Class B CDL echo.com Assistant Soccer Coach with Passenger Endorsement or ability to Employment Track application process obtain within 90 days of hire. Please visit **Help Wanted** found on our website at: www.okanogantransit.co m for full job EOE announcement, required qualifications, application, and job description. A complete application The Leavenworth Echo including a resume and cover letter must be submitted in order to be The Cascade School considered for the District is seeking position. E-mail your qualified applicants for the NCWMarket.com Have computer knowlcompleted application to following positions: financehr @okanogantransit.com Cascade High Application Deadline: School/Icicle River Middle our computer software. Application review will School Choral Director begin March 25, 2022 Pay depends on expe-

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.

Even our team members are winners here **Now Hiring**

LAKE CHELAN CASINO



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

Help Wanted

Receptionist-Administrative Assistant

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

Must have good customer service skills, utilizing adept at 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

Larviciding Assistant Wanted. \$18.51/ hr. plus mileage (need your own rig). 5 to 20 hours / week applying bacterial larvicides. Must be available all of May and June and pass pesticide license tests ir Public Health and Laws and Safety in Wenatchee March 17 at 12:30 pm. Study materials provided Call or text 509-548-5904 and send resume and cover letter by March 5 to P.O. Box 34 Leavenworth, WA 98826 info@leavenworthmosquit odistrict.com

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



See **MORE CLASSIFIEDS** & **PUBLIC NOTICES** on Page B4

AMBUSH **AUTOMOTIVE BUYERS**

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! 'Park it' on

NCWMarket.com for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video
 Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Classifieds/Public Notices

Help Wanted

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@leavenworth echo.com

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

For Sale

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 1copper-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.



CLEAR SOME SPACE WITH A



Garage & Yard Sale

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 !

Real Estate

Rentals

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

GENERAC

Rentals

IN TOWN LEAVENWORTH 3 bedroom, 1 1/2 ba washer, dryer. No gara shared patio, and small tool shee 2 car parking limit. No ATVs, motorcycle snowmobiles, trailers, No pets, or smoking Available Mid-Februar March 1. \$1600 plu \$100. flat utility fee References required \$1000 security depos 509-860-4564.

Two bedroom apartr at the Chelan Air area. Includes parl electricity, laundry, garbage, \$1,300 mc 509-860-6400.

Vacation Propert

\$149,000



Sunset Marina. Che 40 ft. deep water slip electric and water to Waste dump. Clubho with showers, lounge TV, bar, and kitchen members use. L seating with fire pit barbecue. Slip B10 best location. See parking.

808-298-1031

Vehicles

Trucks & Vans

For Sale: 1995 Dodge Cummins Diesel Excellent condition i and out. Color r canopy. Two wheel standard cab, autor 162,000 miles. \$7,995 509-679-9318.



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@leavenworth

echo.com

Deadline: Noon on

	Legals	Public Notices	Public Notices		
	Public Notices	NOTICE OF INTENT TO FORFEIT REAL ESTATE CONTRACT			
	DOUGLAS OKANOGAN COUNTY FIRE DISTRICT #15	(RCW (Grantor: RAFAEL ORNELAS VASQI Grantees: GEORGE M. VAUGHN ar	61.30) UEZ, II, A Single Man		
	Change to regular monthly meeting time	Husband and Wife Legal Description: PTN GL 3 & 4, PTN SEC 32 TWP 24N RGE 25E 8			
Co	HEREAS the Board of ommissioners of Douglas kanogan Co. Fire Dist.#15 have	QTR, DOUGLAS COUNTY Additional legal on page: Exhibit 1 Assessor's Tax Parcel ID#: 23	250520004: 23250520005: an		
SC	een having their regular heduled monthly meetings on e 2nd Monday of every month at	24253230001 References Nos. of Documents Rele TO: RAFAEL ORNELAS VASQUEZ	÷		
the	e Ambulance Hall located at 2 W Indian Ave Brewster, WA	JANE DOE VASQUEZ P.O. Box 922			
19	7 PM since December 13, 199. Whereas, schedules have anged and members of the	Walla Walla, WA 99362 RAFAEL ORNELAS VASQUEZ JANE DOE VASQUEZ	i, 11;		
bo at	and staff may be available an earlier time. Whereas,	613 Sprague Avenue Walla Walla, WA 99362			
со	ommissioners have met and insidered changing the time for gular monthly meetings to be	All John Doe and Jane Doe Oct Douglas County TPN 23250520 Douglas County, WA 98850			
he T⊦	eld at the ambulance hall. NOW HEREFORE BE IT RESOLVED	All John Dee and Jane Dee Oct Douglas County TPN 23250520 Douglas County, WA 98850			
	at the Board's regularly heduled monthly meeting held the second Monday of the	All John Doe and Jane Doe Oct Douglas County TPN 24253230			
mo at	onth now be permanently held the Ambulance Hall in Brewster	Douglas County, WA 98850 PLEASE TAKE NOTICE that on above-named Grantees), GEORGE			
me	6 PM. ADOPTED at a special eeting of the Board of ommissioners of Douglas	VAUGHN, Husband and Wife, intend Contract: Real Estate Contract, dated Octo			
Oł on	kanogan County Fire District 15 1 February 14, 2022.	October 22, 2012 under Douglas C Number 3163956, in which GEORGE	ounty, Washington Auditor's Fil E.M.		
Pu	aylee Jensen, Secretary Iblished in Quad City Herald on arch 2, 9, 2022 #3684	VAUGHN and KATHLEEN R. VAU Sellers, and RAFAEL ORNELAS V/ Purchaser.			
	Public Notices	The following information is hereby s Forfeit Real Estate Contract: 1. The name and address and teleph			
	STATE OF WASHINGTON	George M. Vaughn and Kathleen I P.O.Box 947			
	DEPARTMENT OF ECOLOGY YAKIMA, WASHINGTON NOTICE OF APPLICATION TO	Darrington ,WA 98241 (360) 436-1021 2. The name and address and te	elephone number of the Seller		
	APPROPRIATE PUBLIC WATERS TAKE NOTICE:	attorney giving this notice: Russel J. Hermes Hermes Law Firm, PS			
LL	at HONEYBEAR GROWERS, C of , Brewster, Washington,	1812 Hewitt Avenue, Suite 102 Everett, WA 98201			
Ар	September 27, 2021, under pplication No. G4-33282 applied appropriate public waters,	(425) 339-0990 E-Mail: russh@hermeslawltrm.co 3. The Real Estate Contract is descr			
we	bject to existing rights, from one all at the rate of 100 gallons per	Real Estate Contract, dated Octo October 22, 2012 under Douglas C Number 3163956, in which GEORGE	ounty, Washington Auditor's Fi		
ye	nute up to 25 acre-feet each ar, for the purpose of multiple mestic and industrial use. The	VAUGHN and KATHLEEN R. VAU Sellers, and RAFAEL_ORNELAS_V	GHN, Husband and Wife, are th		
ap	pposed groundwater propriation will be fully tigated for by senior water	Purchaser. 4. The three parcels of real estate the applies are legally described in attained.	ached Exhibit 1, which is ful		
rig Wa	hts currently in the State's Trust ater Right Program.	incorporated herein by this refere described as Douglas County, W 23250520004; 23250520005; and 2	ashington Tax Parcel Number		
in ap	at the source of the proposed propriation is located within V ¹ / ₄ SE ¹ / ₄ of Section 7,	has a situs address. 5. A A description of each default ur which this Notice is based is as follo	der the Real Estate Contract up:		
To Ok	wnship 30 N., R. 25 E.W.M., kanogan County, Washington.	Monetary Default Balance Due Failure To Pay Contract Installments			
of de	otests or objections to approval this application must include a tailed statement of the basis for	10/12/2016 – 1/31/2022 \$418,744.50 Contract Interest at 6% Per Annum			
wil	jections. All letters of protest I become public record. Cash all not be accepted. Fees must	10/12/2016 – 1/31/2022 \$131,947.11 Late Fees:			
be an	paid by check or money order d are nonrefundable. Protests	63 Months @ \$332.10 Each: \$ 20,922.30			
	ust be accompanied by a \$50 cording fee payable to the	Unpaid Past Due Real Property Taxe (Seller Paid on 10/24/2016)	95		

Unpaid Past Due Real Property Taxes (Seller Paid on 10/24/2016) \$ 25,494.72

Interest on Unpaid Real Estate Taxes Paid By Seller (10/24/16 - 1/31/22 @18%)

\$ 23,417.91 Attorney's Fees and Costs:

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE! 877-330-1491

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.

CROSSWORD PUZZLE CROSSWORD 15 18 35 60 Blazing Fast Internet! **BRING EVERYTHING** dish **YOU LOVE TOGETHER!** ₹\$19.99 /ma 2-YEAR \$699% MO. 6r12 Wet. Mereficits Top 120 Package 190 CHANNELS Including Local Channels! TV PRICE GUARANTEE CALL TODAY - For \$100 Gift Card P dish 🗥 1-888-416-7103 Offer ends 4/13/22 StatePoint Medi

Friday for all papers. THEME: MARCH MADNESS ACROSS 5. Like a ship? In ill humo Repeating word on South Pacific map 2. Man-eating fairy tail giant 13. Newspaper piece 14. Pertaining to the ear 15. Family group 16. Not the life of the party 17. Andean animal 18. *Like Sunday, the day of announcements 20. Bodily disorders 21. 19th century Robber baron Jay 22. Architect's software, acr. 23. Articulates 26. Soak up 29. Cuban dance step 30. Auditory canal, e.g. 33. Needlefish, pl. 35. "Star Wars" creator 37. Swindle 38. March edition, e.g. 39. Rest or settle 40. Johnny Cash's "Get 42. *It never ends this way 43. Another word for acetylene 45. High or hilly land 47. Grazing spot 48. Copying machine 50. _____ code 52. *Those remaining in last weekend (Two words) 56. Gives off 57. Afghanistan's western neighbor 58. Beginner 59. Send in payment 60. Halfway around links 61. Besides 62. Biz bigwig 63. *D-___ schools only 64. Swedish shag rugs

DOWN Brown and "What's Up, _ Gawk at 3. River in Orenburg, Russia 4. Weasel out 5. Go bad 6. Massacre of the Innocents king 7. "I Dream of Jeannie" star 8. *Last year's runner-up from Washington 9. Like word of mouth 10. Those born under Aries 11. Chicken kina 13. Between 90 and 180 degrees 14. Spy's cover 19. Crocus bulbs, e.g. 22. *Network 23. *School with most titles 24. Car rack manufacturer 25. Like an implied agreement 26. Your mom's sister 27. Haile Selassie's disciple 28. Boston hockey player 31. Heart pain 32. Ken or Barbie, e.g. 34. *Placement 36. *First A in NCAA 38. Motivate 40. Biology class acronym . Benevolent 44. Leavening agent46. Another word for golf club 48. Rice wine 49. Lacking sense 50. NYSE MKT, formerly 51. Frost design on a window 52. Porto ____, Italy 53. Like acne-prone skin 54. Bear constellation 55. Fish eggs, pl. 56. Before, archaic

March 2, 9, 2022 #3673

Olympia WA 98504-7611, within

30 days from: March 9, 2022.

of Cashiering Unit, PO Box 47611,

Department

Ecology,



Upgrading your 'ride'? we can help you sell your old one

 Place your ad 24/7 at ncwmarket.com • Fmail heraldads@ qcherald.com Call 689-2507

Attorney's Fees (est.) \$5,000.00 Costs (est.) \$600.00 Recording Fees (est.) Title Report (est.) \$1,250.00 Estimated Total \$627,376.54

B.A description of each default under the Real Estate Contract upon which this Notice is for which proof of cure by other than monetary means is required is as follows:

NonMonetary Default Action Required To Cure Default

Proof Of Insurance Provide Proof Of Insurance In Compliance With Section 10 of the Real Estate Contract

Real Estate Taxes Provide Proof of Payment Of Real Estate Taxes In Compliance With Section 14 Of The Real Estate Contract

6. The Real Estate Contract will be forfeited in all defaults identified in Section 5 above are not cured by June 1, 2022, which is not less than Ninety (90) days after this Notico of Intent To Forfeit is recorded, or any longer period specified in the Real Estate Contract or other agreement with the Sellers.

7. The effect of forfeiture will include the following:

(i) All right, title and interest in the property(ies) of the Purchaser and, to the extent elected by the Sellers, of all persons claiming through the Purchaser or whose interests are otherwise subordinate to the Sellers' interest in the property(ies) shall be terminated;

(ii)The purchaser's rights under the Real Estate Contract shall be canceled;

(iii) All sums previously paid under the Real Estate Contract shall belong to and be retained by the Sellers or other person to whom paid and entitled thereto;

(iv) all of the Purchaser's right in all improvements made to the property(ies) and in unharvested crops and timber thereon shall belong to the Sellers; and

(v) The Purchaser and all other persons occupying the property(ies) whose interests are forfeited shall be required to surrender possession of the property(ies), improvements, and unharvested crops and timber to the Sellers ten (10) days after the Declaration of Forfaiture is recorded.

A reasonable astimate of all payments of money in default, calculated to January 31, 2022, is \$627,376.54, as identified in the Monetary Defaults listed in Section 5(A) above.

Additional sums will be due after January 31, 2022.

A reasonable estimate of all defaults not involving the failure to pay money, and the action required to cure those defaults, is identified in the NonMonetary Defaults listed in Section 5(B) above. Additional nonmonetary defaults may occur after January 31, 2022

9. A reasonable estimate of all other payments, charges, fees, and costs, if any, that are required to cure the defaults, is identified in the Monetary Defaults listed in Section 5(A) above.

The person or persons to whom this notice is given may have the right to contest the forfeiture, or to seek an extension of time to cure the default if the default does not involve a failure to

pay money, or both, by commencing a court action by filing and serving the summons and complaint before the Declaration of Forfeiture is recorded.

11. The Sellers are not required to give any person any other notice of default before the Declaration, which completes the forfeiture, is gíven.

> Russel J. Hermes, WSBA #19276 Hermes Law Firm, PS 1812 Hewitt Avenue, Suite 102 Everett, WA 98201 russh@hermeslawfirm.com Attorneys For Sellers

Published in the Quad City Herald February 23, March 2, 2022 #3648

GENERAC