

September hydros discussed

## Brewster Chamber hosts Economic Alliance specialist

By MIKE MALTAIS  
STAFF WRITER



Courtesy economic-alliance.com  
**Jennifer Howard is an Economic Development Specialist with the Economic Alliance office in Okanogan.**

**BREWSTER** – Jennifer Howard, Economic Development Specialist with the Economic Alliance, was one of the guest speakers at the regular monthly meeting of the Brewster Chamber of Commerce held via Zoom last Wednesday, Feb. 9.

Howard addressed the chamber regarding some of the upcoming workshops that the Alliance will be conducting in the weeks ahead. Topics include building a brand, social media management, email marketing basics, and Instagram basics.

Howard said the Economic Alliance has some video equipment, green screen, and drone cameras available for business use and a bilingual staffer in the office on Tuesdays and Thursdays to assist those who need that service. Workshop flyers with more information are available at the Brewster Library. The Economic Alliance is located at 238 E. Oak in Okanogan. Contact the office at 509-689-

5107 or online at facebook.com/OKEconomicAlliance/.

Lisa Malmo, Governor of the Tacoma Inboard Racing Association, was the other guest speaker at the chamber meeting. Malmo addressed the chamber about the new hydroplane racing event scheduled Sept. 11-12 in Brewster. Billed as the Tony Newton Memorial Race it will be held on the river in front of Columbia Cove Park.

TIRA holds the Terry Troxel Memorial Regatta also known at the Pateros Hydro

Classic every August in Pateros. The group has been looking for additional venues for their summer racing circuit as water conditions and other issues have eliminated racing of some of the courses used in past years. Following a suggestion to give Brewster a look a group of TIRA drivers and crew brought their boats to the Cove for a test and tune exhibition last October.

**Downtown Strategies**

The city development consulting firm Downtown Strategies held a webinar on Feb. 9, to advise the city on approved ways to apply funds received from the American Rescue Plan. The session designed for city managers, economic development staff, city planners, and elected officials reviewed approved options including:

- Standard allowances for lost revenue
- Acquisition of property and capital expenditures
- Supporting disproportionately impacted small business

The city has already received ARP funds and the city council is looking for

volunteers to join a planning committee to explore funds allocation options.

*In other chamber business:*

- President Mike Mauk reported that the Brewster Chamber is not on the Cascade Loop map and can add announcements to the Loop's event calendar.
  - Sign material is on hand and awaiting installation at the Senior Center. The next goal is lighting so the sign can be seen at night.
  - The application for the chamber's Fourth of July event will be on the city council Feb. 17 Zoom meeting agenda.
  - The application for the annual Brewster Salmon Derby has been approved.
  - The board approved mileage reimbursement of 58.5 cents per mile per current IRS standard for fuel expenses.
  - A lease document between the Chamber and Senior Center will be created and signed.
- The next regular chamber meeting is at 6 p.m., Wednesday, March 9.

Sheriff Tony Hawley participates

## Pateros School Board special workshop addresses student safety issues

By MIKE MALTAIS  
STAFF WRITER



Courtesy fairefoundation.org  
**Okanogan County Sheriff Tony Hawley**

**PATEROS** – School security remains the priority issue for both parents and the Pateros School District board of directors as evidenced by the latest special Zoom meeting involving both groups last Jan. 31. Nearly two dozen visitors were joined by Okanogan County Sheriff Tony Hawley at a special workshop held prior to the regular school board meeting to comment on several aspects of school safety measures including concealed carry staff, lockdown drill, door security, resource officer, and more.

School superintendent Greg Goodnight thanked the Okanogan County Sheriff's Office for its help with both the school's security plan adopted last August and its response to the firearms scare last December that brought the district and parents together to increase the safety measures of students.

**Concealed Carry**

One option to designate specially trained staff to carry concealed weapons at the school drew concern from Hawley over complications that could arise in the event of a firearms incident.

"Concealed carry makes it difficult to determine who is the bad guy and who is not," Hawley said in a later conversation with The Quad.

When members of a specific law enforcement department train with concealed carry staffers they are familiar with and can identify those individuals when responding to an incident. Hawley said that scenario would be different at Pateros with the involvement of the several law resources available in the county.

"Our response will be from multiple agencies," said Hawley. "It could be a state patrolman passing by the school, Brewster police officers, a fish and wildlife agent, Colville Tribal police, Twisp police as well as the sheriff's deputies. That's the way we respond around here."

Asked by a parent participating in the special workshop to discuss the advantages of having a concealed carry staff member on site, Hawley said he could only offer one: response time.

Hawley told The Quad his other concern was the post-incident emotional and psychological impact for those involved in a lethal force incident, "especially if its faculty who has known a student for several years."

**Resource Officer**

Hawley said he has long endorsed the presence of a Resource Officer in school such as is provided by the Douglas County Sheriff's Office for the Bridgeport School District.

"I am a supporter, but where would the funding come from?" Hawley asked.

He said it would also require the involvement of the

Board of County Commissioners and City of Pateros in the decision-making process. Hawley said he favors a resource officer over concealed carry provided personnel and funding could be arranged to make it possible.

**Door Security**

During the regular meeting following the workshop the board approved a proposal from Keyhole Security in Wenatchee to design a Buzz-In Front Door System, one of the recommendations from a previous board meeting.

"The buzz-in is great and our swipe cards are compatible with the system," Hawley told The Quad. "We had already tested with the Okanogan school so our deputies only have to carry one card."

**Lockdown Drill**

Principal Susan James reported on the Jan. 27 school-wide lockdown drill. Hawley said he was not present at the drill but his chief deputy Laura Wright was and delivered positive feedback on the exercise.

Hawley told The Quad that there remain issues to address in the Pateros security plan. Among those is a detailed procedure and designated place for reconnecting parents with students following an incident to minimize confusion and congestion.

"The first drill is always a learning and teaching exercise," said Hawley.

A special workshop recap reporting on the Hope Squad and "See Something, Say Something" said that counselor Amy Stennes and school psychologist Holly Weston explained the staff training for mental health and suicide prevention. Stennes and Weston addressed the different types of proactive intervention and support programs available to students for social emotional health.

Executive administrative assistant Linda Ehlenbach reported on "improvements available to update the school website, implement a mobile phone app of our website and 'Push' notification options.", to promote more effective communication with parents and the community, changes that will require a few months to implement.

Will meet Okanogan Feb. 17

## Bears beat Raiders 77-56, advance to District 6 final

By MIKE MALTAIS  
STAFF WRITER



Mike Maltais/QCH  
**Edgar Ramirez, 13, drives toward the hoop during last Saturday's 77-56 District 6 playoff win over Lake Roosevelt.**

**BREWSTER** – The Bears varsity basketball is one win away from another shot at state play with last Saturday's second round District 6 win over Lake Roosevelt, 77-56, before a standing-room-only crowd on Brewster's home court.

It was the third time the Bears and Raiders met this season. Lake Roosevelt won their first encounter, 74-70, on the Raiders home court last Jan. 20. The Bears evened the score on Senior Night, Saturday, Feb. 4, with a 70-49 home win against the visiting Raiders. That win also moved Brewster into second place in the Central Washington 2B league.

**Feb. 4 game:**

"From the tip our games had a good intensity to it and

the crowd greatly contributed to it," said head coach Michael Taylor. "This game had league standing consequences, as does each game, but when second place is on the line, in the last game, it brings out a different intensity."

The Raiders switched defensive strategies in an attempt to dampen Brewster's offense, but Taylor said his team still found openings to score and took advantage of second shot opportunities.

"As usual, basketball is a game of runs by each team, and we finished the second half with a couple good ones," said Taylor. "Our best play was when we were getting stops by being active on defense and rebounding, which usually led to better shots on offense."

SEE BEARS ON PAGE A2

LIGHTING	
	Incandescent bulb (60W) 1e/3 hrs
	Incandescent bulb (100W) 1e/2 hrs
	CFL (60W equivalent) 1e/12 hrs
	LED bulb (60W equivalent) 1e/18 hrs
	LED bulb (100W equivalent) 1e/12 hrs
	Incandescent 100-bulb holiday lights 1e/5 hrs
	LED 100-bulb holiday lights 1e/30 hrs
	Halogen (300W) 1.5e/hr
	Fluorescent (T8, 32W) 1e/4 hrs
	LED equivalent to T8 (17W) 1e/8 hrs
	Home with 50 incandescent bulbs changes to LED bulbs (if lights are on for 6 hrs/day): <b>\$304/yr SAVED</b> <b>\$365/yr reduces to \$61/yr</b>
	Home with ten 100-strand incandescent mini holiday lights switches to LED strands, lights are on 24/7 for 30 days: <b>\$15/month SAVED</b> <b>\$18 reduces to \$3</b>
<small>*All amounts are averages and estimates, based on Okanogan County PUD rates.</small>	

Courtesy Okanogan County PUD

## Replace incandescent bulbs with LEDs for energy savings

*Editor's note: Last week The Quad began a five-part series from Okanogan PUD concerning energy usage costs of common household items. Part 1 discussed heating and cooling systems, the greatest of all energy consumers. In this second installment Okanogan PUD Public Relations Coordinator Sheila Corson compares LEDs and incandescent bulbs.*

OKANOGAN – The more we realize how much energy we use, the more we can find ways to save energy and save money. You've probably heard that LEDs are more efficient than

incandescent bulbs, but are you aware of how much? Myth: LEDs are so much more expensive to buy that it isn't worth it to upgrade. Truth: Because of the energy efficiency and longer life of LEDs, it is well worth it to change those bulbs out.

The energy cost of an incandescent light bulb is six times more than an LED. That means the average home could save about \$300 per year if 50 bulbs were replaced with LED (if lights are on for an average of 6 hours/day).

SEE LEDS ON PAGE A2

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# Okanogan PUD recaps 2021 outages, repairs, work orders

OKANOGAN - The Okanogan County PUD engineering department recapped its 2021 activities at the Jan. 24 board meeting, highlighting outage statistics and projects.

Chief Engineer Dan Simpson shared outage statistics for 2021, with a total of 360 outages. The average length of the outages (SAID) was 154 minutes, almost the same as 2020. The average frequency for customers to experience an outage over the year (SAIFI) was 1.01 - the national average is 0.96. The average time required to restore service (CAIDI) was 177 minutes, which is above the national average (102 minutes)

because of the distance that Okanogan PUD line crews have to travel.

Simpson also said that staff completed substation repairs in both Oroville and Tonasket, and replaced four power transformers, two each at Oroville and Omak. This year, Okanogan will get two new substation power transformers and Tonasket's substation will begin to see major upgrades, including two new transformers replacing one older unit.

Engineering Manager Allen Allie said the crews handled 526 electric and 61 telecom work orders in 2021, an increasing number in the last few

years. Supply chain issues and high demand for equipment have made it difficult for the PUD to keep certain items in stock, so some work orders have had to be prioritized or rescheduled.

In other business during their January meetings, the board:

- Heard from several staff members who attended a regional wildfire meeting, who shared that many of the PUD's longtime programs to reduce wildfire risk, such as the annual tree trimming program, were identified as key strategies. With insurance concerns,

the PUD continues to look over its policies and examines options for reducing wildfire risk on its system.

- Approved the 2022 tree trimming program contract with Asplundh Tree Expert Co., not to exceed \$800,000. The schedule for the year and additional information is posted on the PUD website, www.okanoganpud.org.
- Approved the repayment of the rate stabilization fund with about \$1.4 million transferred this month, bringing the total of the fund back up to its \$6 million target.

## BEARS

CONTINUED FROM PAGE A1

Kelson Gebbers and AJ Woodward pulled down double-figure rebounds with 13 and 10 respectively. Four Bears scored in double figures led by Gebbers with 26 points and 12 apiece for Woodward, Adaih Najera, and Brady Wulf.

### District 6 playoffs:

The Bears eliminated Liberty Bell, 77-32, in the first round of District 6 competition on Feb. 9, while Lake Roosevelt dispatched Bridgeport, 63-31. The wins advanced the Bears and Raiders to the second round and a third meeting Saturday, Feb. 12, at Brewster. No. 1 Okanogan beat No. 5 Manson by five points last Saturday in their District 6 semifinal for the right to move on to the District final against Brewster on Feb. 17.

### Bears scoring Feb. 4

- K. Gebbers 26
- A. Woodward 12



Mike Maltais/QCH

**Kelson Gebbers, 12, drives to the basket around a Lake Roosevelt defender for two of his 26 points against the Raiders Feb. 4.**

- A. Najera 12
- B. Wulf 12
- C. Gebbers 4
- T. Schertenleib 4
- Z. Madden
- R. Vassar
- M. Camacho
- E. Ramirez

## OCSRA \$1,500 scholarship open, deadline May 1

SUBMITTED BY PENNY GARRISON, OCSRA

OKANOGAN COUNTY - Okanogan County School Retirees' Association offers

a \$1,500 college scholarship for an Okanogan County high school graduate who is at least a college junior working towards an initial certificate in education. The applicant must

also plan to work in public schools.

Deadline for submitting applications is May 1. The application is available at the OCSRA website https://

okanogancsra.com. Please let eligible friends and relatives know about this opportunity. For more information contact Rita Figlenski at ritafig2@gmail.com.

## Youth can earn money for camp by selling Camp Fire candy

SUBMITTED BY CAMP FIRE NORTH CENTRAL WASHINGTON COUNCIL OFFICE

summer camp at Camp Zanika Lache on Lake Wenatchee. There are lots of fun activities, boating, fishing, rafting, arts and crafts, canoeing, high and low ropes course, cook outs, hiking, kayaking and more. There are still some openings available so be sure to register soon by registering online at www.zanika.net.

NCW - Camp Fire NCW youth programs are just starting back up in Chelan/Douglas, Grant, Okanogan and Adams Counties after stopping programs due to COVID. You do not need to be a member to sell candy to earn your way to camp. Now is the time to earn that extra cash needed to be able to spend a great week at Camp Zanika Lache. Register by May 1 and receive \$25 dollars off or \$50 off when you pay in full. This year, the sale is from February 1 to March 10.

"Boys and girls who participate in the annual Camp Fire sale are taking part in unique learning opportunity emphasizing presentation skills, public speaking, math skills, teamwork, responsibility, confidence and goal-setting," said Theresa Samuelsen, executive director, Camp Fire USA NCW Council, Wenatchee. "They have fun, too, and may not even realize they're learning very valuable assets."

Register your child now for a fun and exciting week of

Camp Fire North Central Washington Caramel Almond Clusters, Mints, and Almond Roca can be purchased for oneself, as a unique gift or incentive item. Companies have chosen to use Camp Fire Caramel Almond Clusters, Mints, and Almond Roca to promote to their employees and constituents the value of community involvement. All companies will receive a certificate and mention on our social media pages. All money raised through the sale help re-start up our club program and help kids go to camp through our camp scholarship fund.

Campfire candy can be purchased directly from the council by calling 509-663-1609 or email campfirencw@gmail.com Website: www.campfirencw.org

## LEDS

CONTINUED FROM PAGE A1

Whatever happened to those corkscrew CFLs? Well, they are more efficient than incandescent, but they are

not safer, due to the mercury they contain. We recommend you get rid of those bulbs, disposing of them properly when possible - certain stores, recycling centers or landfills can do this for you.

Modern LEDs are not like

their LED ancestors. We remember when they weren't very bright, gave off a weird color, were super expensive, etc. But that's not the case with today's LEDs - you have many options to choose from, and they are hardly indistinguishable from incandescent bulbs (except, of course, for how much less power they

use). They are also safer - they don't get hot like other bulbs.

Although we do not have any energy efficiency incentives for lighting, we hope you will get on board. Find more information on what incentives we offer on our website, okanoganpud.org, under the Energy Services tab.

## COLLEGE NEWS

### Local students earn Dean's List recognition from George Fox University

NEWBERG, OREGON - Local students were among those who earned dean's list recognition at George Fox University for the fall 2021 semester. Traditional undergraduate students must earn a 3.5 grade point average or above on 12 or more hours of graded work to earn a spot on the dean's list. George Fox University is classified by U.S. News &

World Report as a "Best National University." More than 4,000 students attend classes on the university's campus in Newberg, Oregon, and at teaching centers in Portland, Salem and Redmond, Ore. George Fox offers more than 60 undergraduate academic programs, degree-completion programs for working adults, and 19 masters and doctoral degrees.

Those making the list were: from Bridgeport, Tessa Orozco, a senior, majoring in social work; and from Pateros, Madeline Herbert, junior, majoring in social work.

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**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 4**

- 07:24 Alarm, 2520 Foster Creek Ave., Bridgeport.
- 13:13 Property, 304 S. Harrison St., Waterville.
- 13:14 Burglary, 330 19th St., Bridgeport.
- 13:55 Suicide Threat, Mansfield.
- 19:24 Suspicious Activity, 1445 Tacoma Ave., Bridgeport.
- 20:14 Traffic Offense, Dezelle Hill Rd. and SR 172, Brewster.

**February 5**

- 17:21 Domestic Disturbance, 1330 Rd. 2 S.W., Waterville.
- 21:38 Parking/Abandon, 1130 Columbia Ave., Bridgeport.

**February 6**

- 01:09 Court Order Violation, 1128 Columbia Ave., Bridgeport.
- 03:09 Vehicle Theft, 11th St. and Columbia Ave., Bridgeport.
- 21:51 Welfare Check, Bridgeport.

**February 7**

- 10:53 Trespassing, 216 S. Columbia Ave., Waterville.
- 11:39 Parking/Abandon, 5 E. McCormack St., Bridgeport.
- 11:47 Harassment/Threat, 70 Buckingham Aly, Bridgeport.

**February 8**

- 02:15 Assist Public, 415 Fairview Ave., Bridgeport.
- 02:29 Assist Public, 415 Fairview Ave., Bridgeport.
- 11:15 Theft, 974 Highland Orchard Rd., Bridgeport.
- 17:13 Fraud/Forgery, 39 Cox Xing, Orondo.
- 17:50 Suspicious, 725 W. Emerson Dr., Orondo.

**February 9**

- 07:00 Alarm, 2520 Foster Creek Ave., Bridgeport.
- 10:50 CPS/APS Referral, 203 Sunset Way, Waterville.
- 12:17 Civil, 211 S. Central Ave., Waterville.
- 20:36 911 Call, 2422 Monroe Ave., Bridgeport.

**February 10**

- 02:28 Alarm, 2520 Foster Creek Ave., Bridgeport.
- 13:29 Miscellaneous, 24 Pioneer Rd., Orondo.
- 13:30 Miscellaneous, 105 Arden Ave., Bridgeport.
- 20:45 Diversion, 800 E. Locust St., Waterville.

**Okanogan County Sheriff February 4**

- 01:16 Assault, Ed Louis Rd.

**February 9**

- 05:43 Non-Injury Accident, Old Hwy. 97.
- 06:05 Non-Injury Accident, Old Hwy. 97.
- 10:25 Domestic Dispute, Ed Louis Rd.
- 13:05 Harassment, Monroe St.
- 14:00 Malicious Mischief, E. 5th St.
- 16:08 Fraud, B - O Rd.
- 18:09 Welfare Check, S. 1st Ave. and Tyee St.
- 18:26 Suspicious Activity, Sand Flat Rd. and Engh Rd., Omak.
- 19:04 Injury Accident, Hwy. 97, Omak.
- 21:51 Suspicious Activity, Breshears Rd., Omak.
- 23:59 Domestic Dispute, Jack Wells Rd., Bridgeport.

**February 5**

- 07:15 Agency Assist, N. Ash St. and W. Cherry Ave., Omak.
- 08:49 Lockout, Epley Rd., Omak.
- 12:17 Driving While License Suspended, W. Oak St. and N. 2nd Ave.
- 13:08 Disabled Vehicle, Hwy. 97.
- 15:50 Suspicious Activity, S. 2nd Ave.
- 17:46 Suspicious Activity, Hwy. 97.
- 18:47 Suspicious Activity, Pine St.
- 23:45 Burglary Alarm, S. 2nd Ave.

**February 6**

- 01:15 Juvenile Problem, S. 2nd Ave.
- 09:30 Citizen Assist, Spruce St.
- 14:56 Domestic Dispute, Epley Rd., Omak.
- 16:57 Violation of Order, S. 4th Ave.
- 19:07 Burglary, Rodeo Trail.

**February 7**

- 00:37 Missing Person, Duck Lake Rd.
- 01:47 Juvenile Problem, S. 2nd Ave.
- 06:49 Noise Complaint, Spruce St.
- 07:55 Assault, Omache Dr., Omak.
- 08:55 Vehicle Prowl, S. Locust Ave.
- 15:32 Drugs, S. 5th Ave.
- 23:44 Domestic Dispute, Elmway.

**February 8**

- 09:26 Civil, Dun Horse Dr.
- 09:25 Suspicious Activity, Rhodes Rd.
- 10:44 Suspicious Activity, N. 3rd Ave.
- 10:59 Trespassing, S. 2nd Ave.
- 14:34 Domestic Dispute, Hwy. 20.
- 15:36 Recovered Vehicle, Omak-Riverside Eastside Rd., Omak.
- 15:39 Theft, Johnson Creek Rd., Omak.
- 15:53 Trespassing, N. 2nd Ave.
- 17:49 Domestic Dispute, N. 5th Ave. and W. Oak St.
- 18:56 Welfare Check, S. 2nd Ave.
- 19:05 Trespassing, S. 2nd Ave.
- 20:34 Animal Noise, Unger Rd., Brewster.
- 22:39 911 Abuse, S. Western Ave.

**February 9**

- 11:54 Malicious Mischief, Rose St.
- 12:53 Vehicle Prowl, Hwy. 97, Brewster.
- 12:58 Trespassing, N. 2nd Ave.
- 13:05 Theft, S. 3rd Ave.
- 13:25 Trespassing, S. 3rd Ave.
- 14:13 Suspicious Activity, Elmway.
- 14:20 Found Property, N. 3rd Ave.
- 15:39 Lost Property, S. 2nd Ave.
- 16:11 Intoxication, S. 2nd Ave.
- 17:33 Burglary, E. Central Ave., Omak.
- 17:31 Stray Animal, Rodeo Trail and Armory Junction Rd.
- 19:02 Hit and Run Accident, Breshears Rd., Omak.
- 22:09 Trespassing, S. 4th Ave.
- 22:37 Juvenile Problem, S. 2nd Ave.
- 22:50 Domestic Dispute/Agency Assist, Crystal Place West., Omak.
- February 10
- 04:08 Suspicious Activity, Cherokee Rd., Omak.
- 06:43 Disorderly, N. 2nd Ave.

**Brewster Police Department**

**February 4**

- 21:11 Suspicious Activity, S. 7th St.
- 23:59 Agency Assist, Jack Wells Rd., Bridgeport.
- 12:44 Civil, S. 7th St.

**February 5**

- No Report.

**February 6**

- No Report.

**February 7**

- 17:38 Child Abuse, W. Cliff Ave.
- 18:37 Domestic Dispute, W. Cliff Ave.

**February 8**

- No Report.

**February 9**

- 22:19 Suspicious Activity, Hwy. 97 and Main Ave.

**February 10**

- No Report.

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**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, 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.

**Feb. 16**

**American Legion meeting**

BREWSTER – American Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. Next February meeting is Feb. 16. For information call Greg Wagg at 206-550-6474.

**Feb. 16-19**

**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.

**Feb. 18, March 11**

**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, Feb. 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.

**Feb. 22**

**Douglas County PUD meeting**

EAST WENATCHEE – The next meeting of the Douglas County PUD Commission is Feb. 22 at 1:30 p.m. in the Bridgeport office.

**March 9**

**Brewster Chamber to meet**

BREWSTER – The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, March 9, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For more information brewsterwachamber@gmail.com or Mike Mauk at 509-449-0605.

**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.

**Deadline April 30**

**P.E.O. Upper Valley Scholarship now open for local women returning to higher education**

DOUGLAS/CHELAN COUNTY - Applications are now being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth. The purpose of the scholarship is to assist women in need of financial help return to higher education at an accredited university, college or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30. Scholarship funds will be available by the Fall of 2022, and be sent directly to the school financial department upon confirmation of enrollment. Women applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways: •Applicant must be age 30 or above and reside in Chelan or Douglas County. •Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence. The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington. Out-of-state, on-line accredited schools are acceptable. Applicants may re-submit applications each year until they complete their programs of study. Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application form by sending an email to Mimi Keller at the following address: peoleavenworth@nwi.net

**DEATH NOTICES**

**Barbara J. Fenton**

Barbara J. Fenton, 91, of Brewster, Washington, passed away on February 9, 2022. Please leave any thoughts

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

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Former President Donald Trump speaks with Epoch TV's Kash Patel at Mar-a-Lago in Palm Beach, Fla., on Jan. 31, 2022.

# Trump Talks About Border Crisis, Diminishing Freedoms, Beijing Threat, and Durham Probe

*'We're becoming like a socialist or a communist state'*

**IVAN PENTCHOUKOV, ZACHARY STIEBER, & FRANK FANG**

Former President Donald Trump said that if he wins the presidency again, his first executive action will be to restart construction of the wall on the southern U.S. border.

Trump told former top White House aide Kash Patel, host of EpochTV's "Kash's Corner," that completing the wall would have a significance beyond domestic policy, because it would project an image of strength to China's Xi Jinping and other world leaders.

"When [Xi] sees millions of people pouring into our country, he loses respect for our country," Trump said.

"When he and Putin and Kim Jong Un and Iran's leaders, when they're watching millions of people walk into our country ... they lose respect."

The comments were part of an exclusive interview the former president gave to EpochTV on Jan. 31, during which he discussed a wide range of topics, including the ongoing investigation by special counsel John Durham, Beijing's potential occupation of the Bagram Airfield following the United States' pullout from Afghanistan, and why he believes COVID-19 mandates should be lifted.

Trump lamented that the United States now resembles a communist nation under his successor, pointing to rampant inflation, diminishing freedoms, and the porous U.S.-Mexico border.

"They're destroying our country. They're making us a different country. We're becoming like a socialist or a communist state," he said.

"Why [would they] want to have a weak military? Why would they want to have high interest rates and higher taxes? And why would they want to have no border?"

"Why would they want to have no voter ID, for example, or sanctuary cities that take care of criminals? All of these things—defund the police? Why do they want to defund our police?"

"It can't possibly be good. So either they're stupid, which I don't think they are, or they hate our country."

## COVID-19 Mandates

Trump also said that mandates related to COVID-19 are wrong and should be rescinded.

"We have to end the mandates. ... They have to be ended. They shouldn't have started," Trump said.

Under Trump, the federal government didn't impose vaccine or mask mandates, but some states, including California, and counties required the face coverings.

Under President Joe Biden, many ju-

risdictions began requiring COVID-19 vaccines to dine out, attend concerts, and even work. Biden ordered the military, federal contractors, agencies in his administration, health care workers, and all Americans who work at companies with 100 or more employees to get vaccinated.

While all of the mandates have been challenged and some blocked by courts, mask mandates have largely survived legal challenges.

Trump told The Epoch Times that Biden, who campaigned on a promise to "defeat the virus," has done "such a horrible job" in managing the pandemic.

"It's like they don't know what the hell they're doing. He came in [saying], 'I'm going to solve COVID.' They had more [deaths] in his year. And that's after everything that we developed—therapeutics, vaccines, everything," he said.

Deaths attributed to COVID-19 were higher in 2021 than in 2020, and new case records were set in many areas in late 2021 or in January.

Trump left office on Jan. 20, 2021.

The Republican didn't force lockdowns early on in the pandemic, but his COVID advisers, Dr. Anthony Fauci and Dr. Deborah Birx, recommended that people stay home, and many states forced so-called nonessential businesses to be shuttered.

Trump eventually diverged from top health officials and urged the reopening of closed areas, famously declaring the "cure" shouldn't be worse than COVID-19 itself.

Lockdowns had little to no effect on COVID-19 mortality, a meta-analysis of 24 studies concluded.

## Bagram Airfield

Trump says the United States should have never abandoned the Bagram Airfield in Afghanistan last year, given its strategic proximity to China.

"I would have kept Bagram; it was always my plan to keep Bagram," Trump said. "It's right next to China. It is one hour away from where they build their nuclear weapons."

"How can you lose Bagram?" he asked during the interview, before adding, "China is going to have Bagram."

Bagram, the largest airfield in Afghanistan, was the heart of U.S. military power in Afghanistan for nearly two decades before it was taken over by the Taliban last year. One of the construction projects completed by the United States at the airfield is a 12,000-foot (3,660 meter) runway, which opened in 2016 at the cost of \$68 million. The airbase is about a one-hour drive from the Afghan capital of Kabul.

The U.S. airfield was determined by



John H. Durham, U.S. attorney for the District of Connecticut since February 2018.

UNITED STATES DEPARTMENT OF JUSTICE

Why [would they] want to have a weak military? Why would they want to have high interest rates and higher taxes? And why would they want to have no border?

Former President Donald Trump

the Pentagon to be neither tactically nor operationally necessary, Chairman of the Joint Chiefs of Staff Gen. Mark Milley told a congressional hearing in late June 2021.

Less than two weeks later, the U.S. military left the airfield. What ensued was the widely criticized chaotic U.S. withdrawal from Afghanistan in mid-August.

A recent report by the Federation of American Scientists (FAS) revealed that China has been secretly building three missile silo fields near Yumen, Hami, and Orodos in western China, the region that neighbors Afghanistan. The report concluded that China is engaging in an "unprecedented nuclear buildup," and China's total Intercontinental ballistic missile force "could potentially exceed that of either Russia and the United States in the foreseeable future."

Dan Steiner, a retired U.S. Air Force colonel and global strategist, previously told The Epoch Times that keeping Bagram airfield, given its proximity to China, would have given the United States a "strategic advantage" in contending with threats posed by Beijing.

"The way they withdrew from Afghanistan was like we were the 'gang that couldn't shoot straight,'" Trump said. "I think it's the most embarrassing day or week in the history of our country."

In the aftermath of the Taliban's swift takeover of Kabul, the Chinese regime seized on the event to embark on an aggressive propaganda campaign to label the United States as an unreliable ally and delegitimize U.S. democracy.

Trump also said that Beijing has now acquired U.S. military weapons that were left behind from the withdrawal, and the communist regime is now "studying" and "re-engineering" them.

"You have to get strong with China. You have to do tariffs. You have to do a lot of different things," Trump said.

## Durham Investigation

Trump said he heard that "there's a lot coming" from the wide-ranging investigation led by Durham, who is probing the origins of the FBI's investigation into Trump's 2016 presidential campaign.

"I hear there's a lot coming. ... We're gonna see what happens. But what he's doing is one of the most important jobs being done right now in America," Trump said.

Attorney General William Barr assigned Durham on May 13, 2019, to investigate the origins of the FBI's investigation of the Trump campaign, which was codenamed Crossfire Hurricane. In October 2020, with the presidential election approaching, Barr designated

Durham as a special counsel to protect the criminal investigation in case of a change of administration in the White House in 2021.

Durham secured the first guilty plea in August 2020, prior to his appointment as a special counsel. Former FBI assistant general counsel Kevin Clinesmith admitted to forging an email used to prepare an application to surveil former Trump campaign foreign policy adviser Carter Page. Clinesmith was sentenced to probation for a single charge of making false statements related to the forgery.

In September and November last year, Durham brought indictments against Russian national Igor Danchenko, the primary source of the infamous Steele dossier, and Michael Sussmann, an attorney for Hillary Clinton's 2016 presidential campaign.

Trump has previously expressed frustration with the pace of Durham's investigation. In March last year, he issued a statement saying: "Where's Durham? Is he a living, breathing human being? Will there ever be a Durham report?"

The former president told Epoch TV he still wishes the investigation would move faster.

"I wish it were faster," Trump said. "It is really the crime of the century and changed everything, including the election."

Some of the earliest evidence of misconduct in the Crossfire Hurricane investigation emerged in a report prepared by the Republican-led House Intelligence Committee in early 2018.

Later, an internal inquiry by the Department of Justice Office of Inspector General yielded two significant reports. Inspector General Michael Horowitz ultimately concluded that, despite errors in the Foreign Intelligence Surveillance Court applications to spy on former Trump campaign aide Carter Page, the FBI opened the investigation of the Trump campaign on lawful grounds. Durham publicly disagreed with that finding, issuing a formal statement in December 2019 explaining that his investigation reached beyond the DOJ and its components.

Recent court filings by Durham in the Sussmann case show that Horowitz withheld vital evidence from the special counsel in the Sussmann prosecution and the criminal leak investigation of former FBI General Counsel James Baker. According to the filings, Horowitz's office failed to disclose that it was in possession of two of Baker's cellphones.

*Epoch Times subscribers can watch the entire video of the interview online at EpochTV.com*

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KEVIN FRAYER/GETTY IMAGES



A police canine unit walks in front of the 2022 Winter Olympics logo near the Beijing National Stadium on Feb. 4, 2022.

# Olympic Venues ‘Right Alongside Prison Camps’: Torture, Detention Occurring Just Miles Away From Beijing Games

EVA FU

NEW YORK—The opening ceremony of the Beijing Winter Olympic Games contained all the pageantry that one might expect from an authoritarian regime eager to burnish its global image: Hundreds of children holding dove-shaped props formed the shape of a heart while they danced in a starlit stadium as green and white fireworks spelled out the word “spring” overhead, a reference to the Lunar New Year celebration.

“One world, one family,” so read the slogan displayed to spectators in the partially filled “Bird’s Nest” National Stadium on Jan. 4, echoing a call for unity that the Chinese regime has often repeated on the world stage over the past few years.

With this glitzy show, the Chinese Communist Party (CCP) is trying to divert the world’s attention from much grimmer realities, including the detention, torture, and death taking place mere miles away from Olympic venues, according to activists.

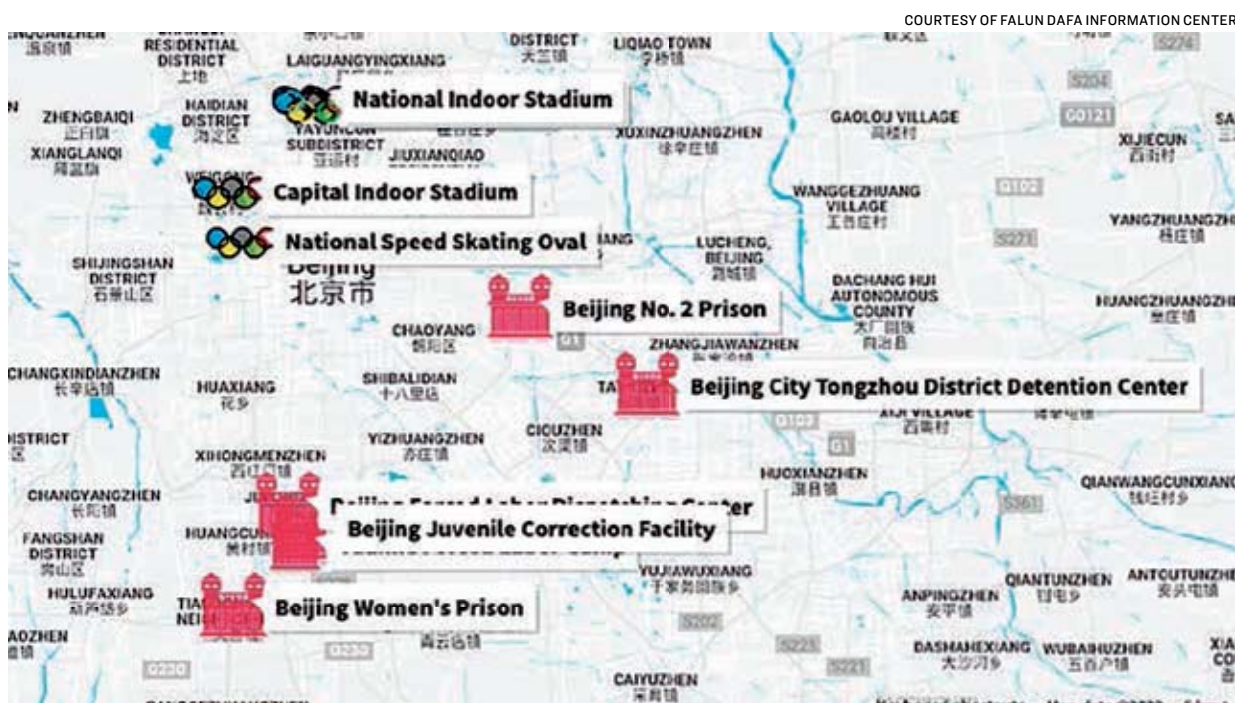
One detainee was so emaciated that she was taken home on a stretcher and slapped with a 2 1/2-year sentence days later. Another detainee spent his entire 30s in prison, only to receive another long sentence years later. A third one lost her husband to persecution and is now behind the bars herself. All three became regime targets merely for persisting in practicing their faith.

Their stories and others were featured in an interactive map released on Feb. 4, the same day that Beijing became the world’s first city to host both the Summer and Winter Games. The map, developed by the Falun Dafa Information Center, spotlighted more than a dozen “persecution hotspots” in and around Beijing, where adherents of the persecuted faith group Falun Gong are languishing for not surrendering their beliefs.

It’s the first comprehensive map of its kind to allow “a glimpse inside the places the Chinese Communist Party does not want you to see,” according to the New York-based human rights group.

The “proximity of Olympic glory to terrible human suffering highlights the tragic and often deceptive rule of the Chinese Communist Party,” said Erping Zhang, spokesperson for the Falun Dafa Information Center.

“There is no other regime on earth



A screenshot of the interactive map by Falun Dafa Information Center showcases known detention facilities near Beijing Olympic venues.

that has the audacity, and international clout, to host the Games while simultaneously detaining such large numbers of prisoners of conscience in settings ripe with abuse and torture,” he said in a statement.

## Olympic Venues Alongside Prison Camps

Adherents of Falun Gong have been subjected to more than two decades of persecution under the communist regime, which deemed the group a threat after the practice exploded in popularity during the 1990s. An estimated 70 million to 100 million people were practicing Falun Gong by the end of that decade, according to estimates at the time.

A half-dozen torture facilities that hold Falun Gong detainees are roughly 10 to 20 miles away from Beijing’s major Olympic venues, from the National Stadium to the National Speed Skating Oval, where the speed skating competition commenced on Feb. 5.

“You could literally watch the speed skating Olympic event, walk out the door from the oval, and walk 14 miles due, east and you are at a prison camp where people are being incarcerated—at least one case for nine years—for their faith in Falun Gong,” Levi Browde, executive director of Falun Dafa Information Center, told The Epoch Times.

It took a month for researchers to verify the details and complete the map. Many of the facilities have both a public and private name and even two addresses to avoid outside scrutiny. Some of them, serving concurrently as labor camps, have adopted a secondary name as a cover for their slave labor business, according to the researchers.

Despite his years of research into the persecution campaign, seeing the facilities visually was still striking, according to Browde.

“That’s sort of like going to see Yankee Stadium and walking down to somewhere in Central Park, where there’s a prison camp,” he said.

## Long Years Behind the Bars

The detainee that Browde cited was 52-year-old Shi Shaoping, who holds a master’s degree from the photochemical institute at the country’s lead national scientific institution, the Chinese Academy of Sciences.

While Shi was arrested at his home in November 2019, his family didn’t hear any news about his whereabouts until April 2021. That’s when police notified them of Shi’s nine-year sentence at the Beijing No. 2 Prison, a facility for death-row inmates and those serving life sentences.

Shi had already served a 10-year prison sentence because of his faith

prior to this arrest. At Qianjin Prison, which also is on the interactive map, Shi was made to sit motionless on a small stool for up to 20 hours daily over a period of a few years, according to Minghui.org, a U.S.-based clearinghouse for the persecution of Falun Gong in China. On the coldest winter days, guards would leave the window open, causing Shi’s body to shiver. He was once barred from using the restroom for an entire month.

Sixteen miles away from the same skating venue is the Beijing Women’s Prison, where artist Xu Na was held until last month.

Months before the Beijing Summer Olympic Games in 2008, police arrested Xu and her husband Yu Zhou during an “Olympic check,” after discovering Falun Gong books in their car. Yu, a folk singer and musician, died in detention 11 days later, on the eve of Chinese New Year. Xu subsequently spent three years in detention.

About 22 miles northwest of National Stadium, the Changping District Detention Center held Wang Chaoying for distributing informational materials about Falun Gong. The 68-year-old was hospitalized three times over a six-month period between 2020 and 2021. She was sent home on a stretcher after having lost 40 pounds. Ten days later, the court delivered her verdict: a 2 1/2-year prison sentence.

Over the past two years, more than 31,000 arrests and harassment cases of adherents have taken place, according to Minghui.org. Records from the site show that about 1,800 of them were sentenced and more than 200 people have died over the same period; however, human rights experts believe the true death toll to be vastly higher because of the challenge of getting official information from China.

## Disposable Chopsticks and Cotton Swabs

Thirteen miles north of the skating oval is the Beijing Juvenile Correction Facility where Liu Jiying, who escaped to New York in 2016, first crossed paths with Xu in 2001, Liu told The Epoch Times. The facility was actually an underground forced labor facility, where they became practically slave laborers. Both were later transferred to Beijing Women’s Prison, then still under construction. Liu was serving an eight-year jail term, while Xu was serving a five-year sentence.

Each prison unit sourced its own “jobs.” Xu was given some of the harshest labor, including sewing shoe soles, which often kept her up until 2 a.m. Liu made sweaters and scarfs for export, stitched lacings on ski socks, and assembled stamp albums. More often, she would need to package about 10,000 disposable chopsticks each day. There would be no sleep until the allotted quota was met. Talking wasn’t allowed, but once, Liu flashed a thumbs-up to Xu to cheer her up.

The hygiene situation on the production floor was often deplorable, according to Liu, now 67. The chopsticks sometimes came with shoe prints on them. When placing cotton swabs—another product she had to package—into plastic bags at the Beijing Women’s Prison, small insects would crawl out. The swabs would be labeled as “disinfected,” she said.

It was while at these facilities that Liu vowed never to use disposable chopsticks again.

“When people take the chopsticks to eat, they’d assume those are clean. Who would examine them that closely?” she said.

## Detained Again

On Jan 14, three weeks ahead of the Winter Games, Xu was handed another eight-year prison term for her role in supplying photos to The Epoch Times that documented the early months of the pandemic. While following Xu’s case from New York, Liu said the news gave her inexplicable sadness.

“She already served eight years, now’s another eight,” she said.

Liu knows of others who have fared even worse: One of her friends, who didn’t cave in to authorities’ pressure to renounce her beliefs, served 12 years. Her son was 9 months old when she was jailed. When the woman was freed, the child didn’t recognize her as his mother.

“What did we do? I didn’t do anything illegal. What right do they have to imprison me for eight years?” Liu said. “It is they who are breaking the law.”

She had once posed the same questions at an arraignment hearing in 2016.

“You are committing a crime,” she told authorities.

They, in turn, “said not a word.”

Liu lost her mother shortly after her release in 2016. The woman had fallen unconscious following Liu’s arrest and a house raid.

“My mother didn’t have to die,” she said.

The tragedies traversing two Beijing Olympics should make plain to the international community that the regime hasn’t changed at all, Browde said.

“Too often, they would look at the high rise buildings and all the Starbucks around Beijing, and they think, ‘Oh, this is the new China,’” he said. “They just think it’s better and more civilized.”

“Seeing Olympic venues right alongside prison camps ... where people are incarcerated and tortured because of their faith makes the deception and the hypocrisy of the CCP very clear.”

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Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

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**Want Print Only** for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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

**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](mailto: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.

**WHAT'S EVENTS HAPPENING**

Need to promote your event? Have you thought about [NCWMarket.com](http://NCWMarket.com) the best online promotion available

**Help Wanted**

**Public Health Nurse** Okanogan County Public Health (OPH) is accepting applications and resumes for a Public Health Nurse. This position is a great next step in a rewarding Nursing career or an enriching move toward supporting the health of our communities. This position offers medical benefits, routinely stable work hours, and a chance to make a difference while helping others. Minimum qualifications are an active Washington state Nurse licensure and minimum two years of direct patient care experience to ensure strong triage, assessment, communication and critical thinking skills. For a brief outline of job duties for this Public Health Nurse position, please refer to the job description on the OCPH Employment webpage at [https://www.okanogancounty.org/government/public\\_health/employment.php](https://www.okanogancounty.org/government/public_health/employment.php) Print an application to complete or send us your resume by February 28, 2022. Outside of Washington state Nurses who have applied for endorsement and Retired Active Registered Nurses are strongly encouraged to apply! If you have questions about the application process, contact Jill Gates at (509) 422-7149 or send a quick email to [jgates@co.okanogan.wa.us](mailto:jgates@co.okanogan.wa.us)

**Help Wanted**

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

- Cascade High School Assistant Softball Coach

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

**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.

**PATEROS HS COACHES HEAD BASEBALL ASST BASEBALL**

Seasons runs February 28 – May 28. Salary based on experience. Starting head coach: \$4798.71. Starting asst coach: \$2970.63. Position descriptions available online. All applications processed through FAST TRACK: [www.pateros.org](http://www.pateros.org) >Our District >Employment. First review of applications is 2.21.22 Applications received after the initial review will be reviewed upon receipt unless position has been previously awarded. Position open until a qualified applicant is hired. Contact [employment@pateros.org](mailto:employment@pateros.org) or 509-923-2751 x 4 for more information. 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](http://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](mailto:mirrorads@lakechelanmirror.com) or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) **Deadline: Noon on Friday for all papers.**

**Firewood**

Firewood For Sale \$225.00 / Cord 360-921-4745

**General Merchandise**

For Sale Fresh brown farm eggs, \$2.50 per dozen Leavenworth, 509-548-1465

**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.

**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.

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

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



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

[NCWMarket.com](http://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](http://NCWMarket.com)**

Legals

Public Notices

2021-22 Budget Hearing

Notice is hereby given that Pateros School District No. 122 is preparing to change the 2021-22 Capital Projects Fund budget. The Directors will meet on February 28, 2022 at 5:45 p.m. via Zoom for the purpose of fixing and adopting these changes for the current fiscal year. Any person may appear at this time and be heard for or against any part of the budget. The regular monthly board meeting will be at 6:00 p.m., following the budget hearing. Visit www.pateros.org board of directors for electronic meeting address. By order of the Board of Directors. Sincerely, Greg Goodnight, Superintendent. Published in the Quad City Herald February 9, 16, 2022 #3571

Public Notices

CITY OF PATEROS, WASHINGTON ADVERTISEMENT FOR BIDS WARREN AVENUE SIDEWALK PROJECT

The City of Pateros, Washington, will accept sealed separate bids at City Hall located at 113 Lakeshore Drive, Pateros, WA 98846 until 1:00 PM. on Thursday February 24, 2022 for the work described below. Due to the current COVID situation Bids will be opened and read aloud virtually via the following link: https://meet.google.com/cgw-zqbn-tby Join by phone (US) +1 216-755-4659 PIN: 968 899 697# A bid summary will be issued after opening, emailed to all bidders, and posted on the website. This project will provide street and pedestrian facility improvements, including the following: • Removal of approximately 1670 SY of asphalt pavement. • Approximately 1,600 LF of new curb & gutter. • Approximately 580 SY of new sidewalk and 590 SY of cement concrete driveways (separated sidewalk with pedestrian landscape buffer). • 6 ADA curb ramps and 6 crosswalks • Approximately 800 SY of bio-infiltration swales. The BIDDING DOCUMENTS may be viewed at the following locations:

- 1. Varela & Associates, Inc., 601 W. Mallon Ave. Suite A, Spokane, WA 99201 (509) 328-6066
2. Visit www.varelaaplanroom.com under "Public Jobs". Prospective bidders may view digital files at no cost.

To Bid the project, Bidder shall register and be on the Plan Holders List. After registering, Bidder shall download and print a full set of the BIDDING DOCUMENTS from www.varelaaplanroom.com under "Public Jobs". Bids shall be submitted in accordance with the Instructions to Bidders. Additional bid acceptance and contract award provisions are specified in the Contract Documents. All bid proposals shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, or surety bond in the amount equal to five percent (5%) of the amount of such bid proposal. Should the successful bidder fail to enter into such contract and furnish satisfactory performance bond within the time stated in the specifications, the bid proposal deposit shall be forfeited to the City of Pateros. For additional information regarding this project, contact Mark Johnson at Varela & Associates, Inc., by phone at (509) 328-6066, or email at mjohnson@varela-engr.com. The project is being funded by the Transportation Improvement Board funds P-E-883(P04)-1.

The City of Paterosis in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 U.S.C. 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, subtitle A, Office of the Secretary, Part 21, nondiscrimination in federally assisted programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award.

The City of Pateros is an equal opportunity employer and encourages women and minority-owned businesses to submit bids. The City of Pateros has the right to reject any or all bids. Published in the Quad City Herald February 16, 2022 #3614

THE WASHINGTON OUTDOORS REPORT

A cautionary kokanee tale

BY JOHN KRUSE, THE WASHINGTON OUTDOOR REPORT

Southwest Washington's Merwin Reservoir is a well-known destination for kokanee anglers who flock here to catch a limit of landlocked sockeye salmon. The reservoir was formed in 1931 after Merwin Dam was built along the Lewis River. There is a hatchery in Speelyai Creek at the north end of the reservoir which provides some 93,000 kokanee a year for the lake; other kokanee naturally spawn in Speelyai Creek and Speelyai Bay.

Today, PacifiCorp operates the dam which generates hydropower electricity. They also fund the fish hatchery with the Cowlitz County PUD. The Washington Department of Fish and Wildlife operates the hatchery. In January, PacifiCorp drew down the water levels of the reservoir 25 feet to perform maintenance on the dam.

Dennis Schwartz is an avid kokanee angler and former federal fisheries biologist. He reached out to me regarding the drawdown, concerned emerging kokanee fry naturally spawned by kokanee in Speelyai Creek had been left high and dry by the drawdown. Schwartz had inquired about it and relayed the local WDFW fisheries biologists had not been consulted about



Courtesy Dennis Schwartz

Kokanee Fry.

this drawdown prior to it occurring.

I reached out to Ben Anderson, a Public Affairs Officer for the Washington Department of Fish and Wildlife. He said, "We've heard concerns about how the recent drawdown at Lake Merwin may have impacted kokanee in the lake. It's true that the fish most likely to be affected by the drawdown would be recently hatched fry in areas where water was low/

no longer present, including in Speelyai Creek. Fish further along in their life cycle would likely move with the dropping water level and are unlikely to be impacted."

Anderson went on to say, "A WDFW biologist who visited the site on Jan. 21 saw no evidence of die-offs, but impacts to newly emerged fry in the gravel can be difficult to identify. Our biologist did observe that preferential spawning

areas were still mostly watered up, and impacts of the drawdown were likely limited to less-preferred spawning habitat on the lake margins.

At this time, we don't have evidence of a significant impact to the naturally spawning kokanee population. PacifiCorp also sent out some staff in a boat to look for any signs of fish impact in the near-shore area and did not identify an impact."

Asked whether WDFW was in the loop about the drawdown prior to it occurring Anderson replied, "WDFW was not consulted or notified prior to the drawdown. PacifiCorp's hydropower operating license does allow for these alterations to occur. PacifiCorp typically makes us aware of any significant changes to reservoir levels ahead of time, but it didn't happen in this case and staff have connected with PacifiCorp to discuss the continued importance of consulting with WDFW in the future."

Drew Hanson is a spokesman for PacifiCorp. From his response it appears PacifiCorp did not coordinate with WDFW prior to the drawdown but did so during it. In his words, "WDFW hatchery staff were notified verbally of the drawdown prior to reaching a significant reservoir elevation. At that time, we paused to assess a potential water supply impact to Merwin Hatchery. After assuring the water supply would remain available, PacifiCorp notified

WDFW regional fisheries management via email of drawdown. PacifiCorp recognizes that WDFW has a vested interest in reservoir access and sees an opportunity to provide WDFW Hatchery and Fisheries Management staff additional notice of unique drawdown events."

Another person I spoke with about this issue is Duane Inglin, the host of "Fish Hunt Northwest" and a person very knowledgeable about cold-water fisheries in Western Washington. Inglin, Anderson and Schwartz all agree that nobody really knows how much the naturally spawning kokanee contribute to the overall health of the fishery. As Inglin told me, we probably won't know how significant this event was to the kokanee in Lake Merwin for four years. That's when these emerging fry will be full grown adults and return to Speelyai Creek to spawn.

Until then, Dennis Schwartz's efforts have spurred a conversation that will hopefully lead to better coordination between PacifiCorp and WDFW with an eye towards monitoring the kokanee population in Merwin Reservoir to better understand it and further manage a healthy fishery here. John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

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

Using spices as supplements

I can't stand fried chicken. I never go to KFC, and I'll avoid fried chicken at potlucks unless there's nothing else available. Then, I peel off the fried coating until there's just plain chicken on my paper plate.

My grandparents retired and moved from Arizona to Washington State when I was in primary school. Every few months, we'd visit, driving from Seattle to Ocean City, just north of Ocean Shores on the coast.

I loved staying with my grandparents, but getting there wasn't fun. We always left right after Mom fed us lunch, usually fried chicken. Halfway there, I'd get queasy sitting in the back seat of our station wagon. One particularly twisty section of the road was excruciating. I'd often lose my lunch by the side of the road or into a trash bag inside the car.

I suffered motion sickness on boats and planes, too. One day, I discovered that ginger root might help. I tracked down candied ginger root in the spice section of my local grocery. After measuring out the suggested dose, I took it about an hour before my next road trip.

What a difference. Without a headache or queasy stomach, I enjoyed riding and reading in the back seat of the car. What a relief to master my motion sickness.

Years later, the airport was crazy busy on the early morning of Christmas Eve, and I almost missed my flight to Dayton, Ohio. In the confusion, I forgot my dose of ginger. Everything went well until we hit turbulence on the final approach. Staggering off the plane and feeling four shades of green, I raced for the nearest restroom. Finally arriving at my in-laws, I spent the rest of the day in bed.

Cinnamon, ginger, and turmeric are spices with additional medicinal properties. Although some people seem to experience benefits from these natural products, many others do not. How can you tell if they are helping you?

When your doctor gives a prescription medicine to try to lower your blood sugar, they will have a way to decide how you respond to it. You may poke your finger to measure your blood sugar. If your blood sugar levels don't change, then another approach is needed. You may



get a higher dose or different medicine.

Not everyone who takes a medicine, food supplement, or herbal product will respond to it. There's no way to predict who will benefit and who won't. Even with dozens of glowing testimonials, taking any supplement or herbal product doesn't guarantee similar results. Each of us responds to medications and supplements in our own way.

The best way to determine if your supplement is helping you is to document your results. Before you start, write down how you feel before taking the first dose of your medication or supplement, then at regular periods afterward. Trying to recall exactly how you felt a week ago is not as nearly as accurate as documenting it in writing.

In the words of a Chinese proverb, "The palest ink is better than the best memory."

Despite recent studies showing that ginger is ineffective at relieving nausea from motion sickness, I have confirmed that it works for me. And that's what counts.

Other medicinal spices include clove oil and cinnamon. Clove has been used as

a dental analgesic and anti-septic for decades. I think the hint of clove is part of what gives dental offices their distinctive smell. Pure Cassia cinnamon has been shown to lower blood sugar by up to 25 points, and turmeric may help your knee pain.

Here are 5 steps to help determine if a supplement works for you:

1. Decide which symptoms you hope will improve.

Answer the question, "If this really helped you, how would you expect it to do? Relieve your pain? Increase your energy? Help you lose weight?"

2. Create a before and after scoring system.

Before taking the first dose of your supplement, score yourself on how you are doing on each symptom. If you want increased energy, score your current energy level on a scale of 1 to 5 or 1 to 10.

3. Start your new supplement.

4. Score yourself on each symptom.

Every week, notice how you are doing on each symptom and record it in your symptom diary.

5. Evaluate your progress.

Check your before and after scores to determine any changes to your symptoms. If you don't see any measurable difference after four to six

weeks, it's not helping you. Try something else, instead.

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

SUDOKU PUZZLE advertisement featuring a 'GRAND ALASKAN CRUISE & TOUR' promotion with a price of \$1,699 and a 9x9 Sudoku grid with some numbers filled in.

CROSSWORD PUZZLE advertisement featuring a crossword puzzle grid and a list of 62 clues related to U.S. Presidents and historical events.