



COVID – Beyond Masks

How you can be proactive

By BILL FORHAN, PUBLISHER

There is no doubt that our hospitals are being overrun with COVID patients. Hospital staff and resources are being challenged making it increasingly difficult to provide care to those most in need.



Bill Forhan

Politicians are using this crisis to push for mass vaccinations in an effort to stem the growing tide of cases. But many medical professionals, like Dr. Robert Malone a virologist and immunologist, is critical of the push to vaccinate everybody. Dr. Malone is considered one of the inventors of the Moderna Vaccine and says he is not an antivaxer he simply points out that there are legitimate reasons for not forcing everyone to take this vaccine.

Dr. Malone, points out that this vaccine is like most flu vaccines. They are not always effective with the latest mutation of the virus. The best we can hope for with vaccines of this nature is to slow the spread of the virus while we find ways to treat and cure patients that have

contracted the disease. We already have evidence that the vaccine is not completely effective. The Center for Disease Control admits that there will be breakthrough cases. In other words, cases that occur in fully vaccinated patients. Some of these can be severe and some people may even die. According to NBC news, as of the end of July 125,000 fully vaccinated people have tested positive for Covid and 1,400 have died. As a percentage of the fully vaccinated population that number is miniscule at .08%. NBC notes that their data is incomplete because 11 states did not provide them with information and the Center for Disease Control stopped reporting in May.

The other problem when discussing vaccines is that they are not a cure. Vaccines are a prophylactic. They are meant to prevent getting the virus in the first place. Once someone contracts the disease, doctors are primarily concerned about treating it. There is widespread disagreement over protocols for treatment of COVID.

According to the Washington Department of Health, just over 52% of the population in Chelan, Douglas and Okanogan County are fully vaccinated. That means half of the residents in our area are still at risk for contracting the virus.

Central Washington Hospital is the primary hospital serving North Central Washington. There are other community hospitals serving the region including Cascade Medi-

cal Center in Leavenworth, Lake Chelan Health in Chelan, Three Rivers in Brewster. These hospitals all work together to address patient needs in our three county area of Chelan, Douglas and Okanogan County.

Central Washington has 198 beds. They currently have 60 COVID patients undergoing treatment. Cascade has no COVID patients in their 9 beds and Chelan has two COVID patients in their 22 beds.

Jamie Minnock, Chief Nursing Officer at Lake Chelan Health, says they communicate almost daily with Central Washington and the other regional hospitals to co-ordinate and support each other in caring for patients. When patients come to their hospital with symptoms they cannot treat they are transported to Central Washington for acute care. If Central Washington gets overloaded then they send patients with milder symptoms out to other area hospitals like Chelan, Cascade or even Yakima.

There is significant disagreement among physicians about the proper treatment protocols for a person who is infected with the COVID-19 virus. Primarily, the disagreement is over the use of Ivermectin in the early stages of the virus. It is true that Ivermectin is a drug used to deworm horses. It is also true that Ivermectin is available for humans and has been used around the world since 1975. In most countries it is available over the counter. It is inexpensive and

considered a miracle drug in many countries. It has not been approved by the FDA for use in treating COVID. Recently, the Chelan-Douglas Health District has come out in opposition to the use of this drug. But Ivermectin is being used by some physicians in the U.S. and has been endorsed for use in other countries that have found it to be effective when used early.

I included a link to a pamphlet with the CDHD press release that offered advice from the American Association of Physicians and Surgeons (AAPR) a few weeks ago. That pamphlet titled, "A Guide to Home-Based COVID Treatment", provides advice about what you should do to prepare in case you do get COVID. With the exception of the recommendation to consider using Ivermectin in the early stage of treatment; It seems to follow local protocols for treatment options.

The pamphlet includes a recommendation that you have a consultation with your local doctor about what you should do if you are diagnosed as having COVID.

The first step of course is to get tested if you think you are experiencing symptoms. There is a chart of the most common symptoms attached to this article. It takes 24 to 48 hours to get the results of your test. Our local hospitals do testing if you have symptoms. They ask that you not just walk in. Call and make an appointment. They will ask about your symptoms and schedule you for a test.

Typical Symptoms of COVID

Keep in mind, not everyone has all of them

- Runny nose, sneezing
 - Sudden onset of marked fatigue
 - Loss of energy, malaise
 - Body aches, muscle aches, headaches
 - Cough, though in COVID it is usually a dry cough. You may not produce mucus (sputum). Color of sputum is not necessarily a reliable indicator of severity or type of illness.
 - If your cough is causing you to have increased shortness of breath or interfering with your sleep pattern, this could mean the disease is worsening.
 - Feeling "feverish," even if fever (defined as temperature >101 degrees) is not present.
 - Chills at night
 - Sudden onset of sweats during the day that are unrelated to exercise
 - Loss of taste or smell (tends to occur after the other symptoms have been there 1-3 days, but can occur earlier or later)
 - Loss of appetite, nausea, GI upset
 - Diarrhea may occur, though is not common. It can quickly lead to dehydration and electrolyte imbalances when it does happen.
 - After about day 5, when the inflammation gets worse, there is often chest heaviness or tightness, difficulty breathing, shortness of breath.
 - Drop in blood oxygen concentration (measured with a finger oximeter you can purchase at your local pharmacy) indicates serious respiratory problems
 - Rapid heart rate, palpitations
 - Loss of focus, difficulty with concentration and memory.
- See COVID Treatment Protocol on page A02

Legion Honor Guard observes 20th anniversary of terrorist attacks



Mike Maltais/QCH
Top: Members of the American Legion Columbia Post 97 Honor Guard turned out at 9:11 a.m. Saturday, Sept. 11, to observe the 20-year anniversary of the terrorist attacks on the World Trade Center in New York, the Pentagon in Arlington, Virginia, and the crash of Flight 93 near Shanksville, Pennsylvania. Following a laying of a wreath at the Legion Park Memorial the group drove to Pateros to repeat the ceremony. **Left:** Greg Wagg lowers the flags to half-staff. **Right:** Wreath.



Pateros Community Market, Movie and Music may pop up next year



Mike Maltais/QCH
 Chelsea Morris owner of Bloomer Hill Stitchery in Waterville brought her business to the Pateros Community Market for the first-time last Friday, Sept. 10. Despite the wet weather Morris said sales were O.K. for her first turn at the new Pateros venture. The market ended its three-month schedule for this season on Saturday, Sept. 11, but organizers are already looking ahead to next year.



A family sits at a picnic table behind the Community Market sign at a market this summer.

SHOP LOCAL

With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, Dining and Events

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If they don't have it, you don't need it

Wright's Dollar Plus brings a wide selection of goods to Pateros

By MIKE MALTAIS
STAFF WRITER

PATEROS – The interesting thing about going into the new Wright's Dollar Plus store that had its grand opening on Wednesday, Sept. 1, is that you find stuff to buy that you didn't even know you need.

California transplants Robin and Barbara Wright have been coming to Pateros for years to visit Barbara's best friend Theresa Yancy whose family owned and operated Yancey's Pateros Hardware at 164 Pateros Mall until the business closed its doors in March 2019.

"We always wanted our own business and didn't want it in California," said Robin, "so we decided we were going to do it here."

Barbara said the couple almost purchased the hard-

ware store from the Yancey's several years ago, but circumstances didn't align at the time. Still the Wright's pursued their dream and Barbara's background in retail sales helped make that choice a logical one. When the renovated space in the old Yancey's location became available the Wright's found a landlord willing to make the terms work and the deal was struck.

As the name suggests the merchandise at Wright's, while bargain-priced, is priced to provide a level of quality to make it worth purchasing.

"We could have done just a flat dollar store," said Barbara, "but you can't give the town what they need for a dollar."

She used her own experience as an example. A prospective supplier sent her

a package of batteries that retails for two dollars."

"I bought a pack to put in my label maker," said Barbara. "I used it once and it said 'low battery' so I put in another one. Same thing."

Customers will pay more for brand name batteries at Wright's but will get ones with a higher life span.

"I understand bargains, but it has to be worth the money you're spending on it other-

wise you're throwing your money away," Barbara said.

Store hours are seven days 8 a.m. to 6 p.m. Monday through Saturday, and 8 a.m. to 5 p.m. Sundays.

Julie Herbert, whose husband, Frank is the city's newest city council member, is the Wright's first employee.

The Wright's are looking for a home in Pateros. In the meantime, they are renting an apartment in Entiat.



Mike Maltais/QCH

From right, Robin and Barbara Wright and employee Julie Herbert are welcoming customers to Wright's Dollar Plus at 164 Pateros Mall in Pateros.

qcherald.com

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Treatment protocol for those that have been diagnosed with COVID

The Association of American Physicians and Surgeons suggest the following treatment protocol for those that have been diagnosed with COVID. You can find their complete 26 page pamphlet on Home Based Covid Treatments at <https://aapsonline.org/covidpatientguide/>

The basic groups of prescription medicines and other therapies used in COVID-19:

- Combination anti-viral medicines started as soon as symptoms occur
- Medicines to decrease inflammation, such as corticosteroids (called immunomodulators)
- Anticoagulant therapy to prevent blood-clots that can cause strokes, heart attacks, kidney shut-down, and death.
- Non-prescription supportive treatments with zinc, vitamin D, vitamin C, electrolyte drinks such as Pedialyte, and others.
- Home-based oxygen support, such as with an oxygen concentrator. These machines are available by physician prescription from home health medical supply businesses and are

covered on most medical insurance plans.

Antiviral Agents: These must be started quickly at STAGE I (Days 1-5): Symptoms include sore throat, nasal stuffiness, fatigue, headaches, body aches, loss of taste and/or smell, loss of appetite, nausea, diarrhea, fever. These medicines stop the virus from (1) entering the cells and (2) from multiplying once inside the cells, and they reduce bacterial invasion in the sinuses and lung:

- *Hydroxychloroquine (HCQ) with azithromycin (AZM) or doxycycline, OR
- Ivermectin with azithromycin (AZM) or doxycycline.

Either combination above must also include zinc sulfate or gluconate, plus supplemental vitamin D, and vitamin C. Some doctors also recommend adding a B complex vitamin. Zinc is critical. It helps block the virus from multiplying.

*Hydroxychloroquine is the carrier taking zinc INTO the cells to do its job.

Anti-inflammatory Agents -Corticosteroids ("steroids"): Oral and Nebulized. These are started at STAGE II (Days 3-14) to reduce inflammation,

the cause of added damage to the lungs and critical organs. Symptoms include worsening cough, difficulty breathing, chest heaviness/tightness or chest pain. As inflammation damages the airways interfering with normal oxygen-carbon dioxide exchange, blood oxygen levels drop and people experience loss of focus, drowsiness, confusion, difficulty concentrating, low energy and severe fatigue. The exaggerated Inflammation response in COVID further increases the risk of blood clots.

Prescription medicines and other support added now to Stage I medicines are:

- nebulized budesonide to help penetrate the lungs and reduce inflammation
- oral prednisone, methylprednisolone, dexamethasone
- colchicine – may also be added to reduce inflammation
- full strength adult aspirin 325 mg to reduce inflammation and risk of blood clots
- home oxygen concentrator may be needed to improve oxygen levels (requires physician prescription)

Prescription Anticoagulants ("blood thinners") STAGE III (Day 7 and beyond): Symptoms end in Stage II intensify. Difficulty breathing becomes extreme, oxygen levels drop sharply, risk of heart attack or stroke increases. At this point, people are critically ill. The medicines to be added to Stage I and II medicines now include:

- Aspirin 325 mg unless told not to take by your doctors
 - And/or low molecular weight heparin injections (e.g. enoxaparin [Lovenox]), OR
 - apixaban (Eliquis), or rivaroxaban (Xarelto), or dabigatran (Pradaxa) or IV. Vitamins, Supplements, and Oxygen.
 - edoxaban (Savaysa) in standard doses for 5 to 30 days
- If these added steps do not lead to improvement, or the patient becomes unstable, a 911 call is warranted for ER evaluation and hospital admission so that more aggressive Stage IV medications (such as remdesivir, Regeneron, and others) may be considered, and more intensive ventilation regimens are possible in ICU settings.

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Fax (509) 682-4209

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On The Internet

website:
www.qcherald.com
e-mail:
qchreporter@gmail.com
advertising e-mail:
ruthk@lakechelanmirror.com

Services

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Contact Information

Publisher
Bill Forhan • 548-5286
publisher@leavenworthecho.com

Reporter/Photographer
Michael Maltais
qchreporter@gmail.com

Reporter/Photographer
lcmcditor@gmail.com

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

Advertising Sales
RuthEdna Keys • 682-2213
ruthk@lakechelanmirror.com
Lindsay Timmermans
509-860-7301
adexec1@ncwmedia.net

Contact Information

Classifieds/Legals
Trinada Caro
heraldads@qcherald.com
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News Tips

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

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Pandemic protocols included

74th Okanogan County Fair returns as a crowd comforting fixture

BY MIKE MALTAIS
STAFF WRITER

OKANOGAN – The 74th annual Okanogan County Fair demonstrated both its resilience and adaptability to adverse circumstances when it opened the gates for its four-day run last Thursday, Sept. 9. It was a far different scene from this time last year when the fairgrounds were sheltering livestock during the Cole Spring wildfire and serving as a central depot for recovery supplies.

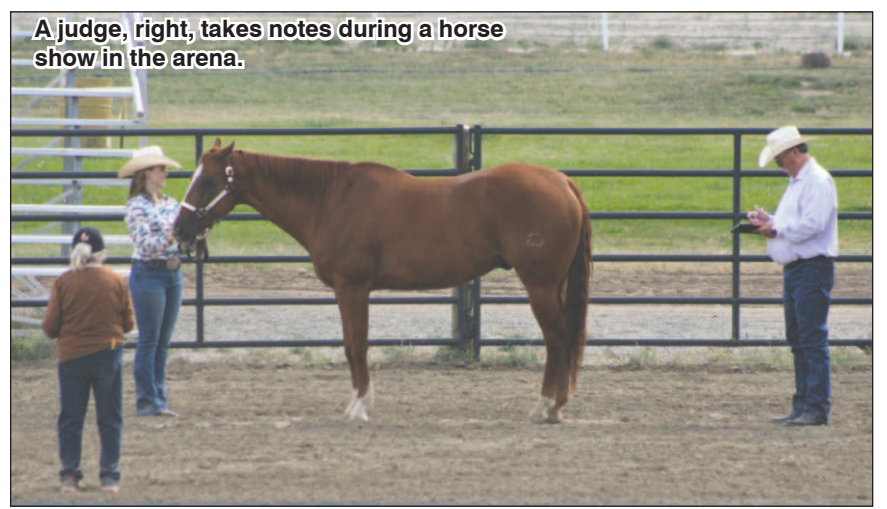
Recognizing the potential for a local resurgence of the more contagious COVID-19 Delta variant that is affecting other areas of the state and nation, Fair Advisory Committee members met earlier with county officials to review safety measures put in place on the fairgrounds to discourage the spread of infection. Hand washing stations, signage, and hand-sanitizing dispensers were conveniently accessible for visitors taking in the exhibits, music, and food. Vendors for the latter donned face masks.

That same day Gov. Jay Inslee issued a mandate that became effective Monday, Sept. 13, requiring all people attending outdoor events with 500 or more attendees, vaccinated or not, to wear face masks.

Washington State Fair Commissioner Ron Crawford, one of eight on the Washington State Department of Agriculture's Fairs Commission Advisory Committee, made a biennial visit to the Okanogan County Fair on opening day as part of the committee's evaluating and rating procedure.



Mike Maltais/QCH
The sheep judging event is a popular fixture every year at the fair.



A judge, right, takes notes during a horse show in the arena.



The Little Beef Barn received a welcome facelift from Fair Queen Whitney Wilson, who selected the building's rehab as her fair improvement project of choice.



Rick Lewis of Mazama won a Grand Champion ribbon in the Arts & Crafts Building for his electric train display.



Those having a problem calculating proper social distancing found the example of five cats helpful.



Rubber ducks were being offered one to a customer in the Commercial Building.



Chief Joseph and an Appaloosa horse comprised one panel of a history quilt.



Six-year-old Marshall Duncan, right, from Omak gets some elevation at the PUD outdoor exhibit.

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A corn dog – literally – came from the creative mind of Tonasket student Merritt Rodgers.

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For additional information please contact Ruth at 682-2213 or ruthk@lakechelanmirror.com

To be included on the feature pages, fill out the form below or pick one up at our office.

Mail your form and/or drop them off by **Wed, Sept. 29**

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Senior Focus

A Guide to Healthy Living
For Seniors & Others



Are you at higher risk for having a life-changing stroke?

STATEPOINT - Lead scorer of the University of Pittsburgh women's basketball team, Latia Howard was being recruited by the WNBA and at the top of her game. But that all changed after she suffered a stroke at just 21 years old. Early one morning, Howard began experiencing weakness in her arm and leg. While she decided to skip practice that day, she didn't think too much of it. When her roommate told her trainer why Howard wasn't

at practice and what she was experiencing, he called her and noticed she didn't sound right on the phone. He went straight to her apartment, and after realizing something was very wrong, he immediately called 911 and she was rushed to the emergency room. According to the American Stroke Association, African Americans have a higher prevalence of stroke and the highest death rate from stroke than any other racial group. Among stroke

survivors, African Americans are more likely to be disabled and have difficulties doing daily activities. A star athlete before her life-changing stroke, not only was Howard unable to play basketball afterward, she had to re-learn how to walk and talk and went through extensive physical therapy, falling into a depression. The stroke forced Howard to re-imagine her goal of being a professional basketball player. She shifted her dream of playing in the



Courtesy StatePoint
Star basketball player, Latia Howard, suffered a life-changing stroke at 21.

WNBA to coaching young, up-and-coming basketball

players. "I am grateful I am here and can share my story," says Howard, who, now 43, is an educator and basketball coach. "I encourage my team to always give 100% because at one time in my life, I couldn't give anything." A testament to the fact that stroke can happen to anyone, of any age, at any time, Howard encourages everyone to know their body, so they can recognize when something feels different or wrong. "When it comes to stroke, every moment counts," she says. "A person could lose everything to stroke, so it's important to call 911 the moment something seems off." The Centers for Disease Control and Prevention (CDC) reports that almost half of African Americans have at least one risk factor for stroke, including manageable conditions like high blood pressure and diabetes, as well as genetic conditions like sickle cell disease. That is why it's important for everyone to be aware of their risk factors and learn the signs to watch. According to experts, immediate medi-

cal attention is vital when it comes to stroke and relies on everyone learning and being able to recognize the BE FAST signs and symptoms of a stroke in themselves and others and calling 911 immediately. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time and refers to these signs of stroke: • Balance: Sudden loss of balance • Eyes: Loss of vision in one or both eyes • Face: Face looks uneven or droopy • Arm: Arm or leg is weak or hanging down • Speech: Slurred speech, trouble speaking or seems confused • Time: Immediately call 911. For more information and resources, visit StrokeAwareness.com, developed by Genentech Inc, a member of the Roche Group.

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How to use medical patches safely

83-year-old Ethel asked me, "Is it okay to go water-walking while wearing my pain patch? I don't want it to come off in the water."

"Where are you applying it?"

"On my stomach."

"That should be fine, as long as you avoid putting it where your waistband could rub against it. Whenever you apply a patch, you'll want to make sure your clothing doesn't touch it in a way that could eventually peel it off."

Patches are easy and convenient. They offer a way to get several days of medicine at a time instead of needing to take a pill multiple times a day. An increasing number of prescription and over-the-counter (OTC) medicines are available as pills and as patches.

There are prescription-only patches for birth control, hormone replacement, high blood pressure, Attention Deficit Disorder, motion sickness, chest pain, dementia, and pain.

Some patches don't require a prescription. You can purchase patches containing nicotine to help you quit smoking and patches to help relieve irritable or overactive bladder symptoms, called Oxytrol®. Several types of analgesic patches are available OTC, including ones with nearly as much lidocaine as their more expensive, prescription-only counterparts.

Most patches are designed to deliver the same amount of medicine, hour after hour. Compared to pills or liquid medication, patches begin working slowly, their effects building up over time. It can take several days for the full impact of a patch to be experienced.

After removing a patch, the medication continues traveling into your body for several hours afterward, and its effects taper off slowly unless another patch is applied.

The potency of a patch is directly related to how much surface area touches your skin. The bigger the patch, the greater the amount that is delivered to your body. This relationship makes it very tempting to adjust the dose of medicine by cutting the patch. Unfortunately, this practice can be dangerous to do with certain types of patches.

Most medication patches use either a reservoir or a



matrix delivery system for their active ingredient. A reservoir patch contains a liquid or gel-like reservoir of concentrated medicine inside, designed to deliver medication at a controlled rate as long as it stays intact.

Suppose a reservoir-type patch gets torn or is cut. When that happens, the potent medicine in the liquid or gel can leak out of the patch onto the skin, dramatically increasing the amount of medicine absorbed and creating an overdose.

A matrix patch incorporates its active ingredient into the adhesive layer of the patch. This allows some matrix-type patches to be cut to adjust the amount of medicine delivered, unlike the reservoir-type patch.

One of the most significant advantages of taking medicine as a patch is delivering a consistent dose of medicine over an extended period. With a patch, you could apply one every 3 days instead of taking a pill every day.

By delivering its medicine into your bloodstream through your skin, patches completely bypass your stomach, which can reduce stomach upset.

Some disadvantages of using a medicated patch include itching and burning from a reaction to the patch's adhesive, a delay in experiencing the effects of the medicine due to the slower delivery system, and a higher cost compared to an equivalent dose of a pill.

Here Are 10 Tips on Using Medication Patches Safely:

1. Keep track of the time or date you apply a patch.

Most patches need to be removed or replaced at specific intervals. Nitroglycerin patches need to be removed for 8-12 hours every day, or they stop working.

2. Don't double up.

ALWAYS remove your old patch before applying a new one.

3. Apply only to recommended areas, and rotate the site.

Watch for restrictions on where the patch should NOT be placed, and always choose a different spot for the next one you apply.

4. Apply to clean, dry, and (mostly) hairless areas.

Avoid applying patches to broken or irritated skin. This can increase the absorption of the medicine in the patch, creating an overdose.

5. Avoid areas that rub against clothing.

Keep patches from being peeled off by avoiding applying them to areas that rub against clothing, like waistbands or edges of sleeves.

6. Remove any inner liners before applying.

Once you remove the outer wrapper, an inner liner may need to be peeled off before you apply it. If you don't do this, the patch will not work correctly.

7. Avoid cutting or tearing.

If you need to adjust a patch's dose, check with your pharmacist first to see if it can be cut safely. Many patches are generics and can be a different type of patch than the original brand name. The brand name medicine might be a matrix patch, which could be cut safely. At the same time, one of its generic versions could deliver the same medicine as a reservoir patch, which should never be cut.

8. Avoid high heat.

Extra heat can increase the amount of medicine your body absorbs from a patch, causing an overdose. When wearing a patch, avoid putting a heating pad on over it or submerging it in a hot tub.

9. Be careful when using tape to anchor a patch.

Heavy, occlusive coverings can increase the potency of a patch, with tragic results. Avoid taping all the way around a patch with heavy tape or plastic wrap. If a patch is trying to peel off, try anchoring it with two strips of narrow tape in a cross-cross pattern.

10. Don't apply patches in front of children.

The boxes that patches come in are not child-resistant. To children, a medicine patch may look just like a sticker.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2021 Louise Achey

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Senior Focus

A Guide to Healthy Living For Seniors & Others



Great ways to keep your mind sharp as you age

STATEPOINT - September, which is World Alzheimer's Month, is an excellent reminder to keep your mind and body healthy through the years. Experts say that doing so can reduce your risk for cognitive decline. Try taking on these new hobbies to keep your mind sharp as you age:

• **Cooking:** Not only can the development of a new complicated skill such as cooking improve cognitive functions like problem-solving and concentration, but having the ability to create your own nutritious meals at home has the added benefit of being good for brain health. From TikTok tutorials to online classes taught by master chefs, today, there are more avenues for picking up culinary know-how than ever before.

• **Music:** Learning to play a musical instrument has countless benefits for brain health, helping improve memory, hand-eye coordination and

more. It's also a mood booster, which is important, as depression is considered a risk factor for dementia. Check out instruments designed to build skills quickly. Whether you're a total novice or taking up the piano after a long hiatus, Casiotone Keyboards, for example, are portable, easy to use and connect to an app that features lessons and more.

• **Exercise:** The mind-body connection is strong. For ultimate brain health, stay physically active; and if you can do so outdoors, all the better. Research suggests that connecting with nature is good for one's mental well-being, reducing stress, anxiety and depression. Support your journey with tools that track your activity and inspire you to delve further into adventures, whether that be hiking, fishing or rock climbing. The watches in the Pro Trek line feature Quad Sensor technology to provide you with temperature

and barometric pressure so you can keep your eye on the weather conditions while out and about, as well as sunrise and sunset times, an app for anglers and much more.

• **Camaraderie:** Having an active social life can improve brain function. Unfortunately, if you aren't proactive about it, there are not always that many opportunities to make new friends in adulthood. Whether it's a sewing circle or a bowling league, consider joining a club or team for camaraderie and fun.

• **Fast fingers:** Did you know that you can use your calculator to keep your mind engaged when there's downtime or you're on-the-go? Calculator games can build math skills, improve memory and keep your mind nimble. Just as it is important to maintain physical fitness as you age, it's also critical to exercise your mind. Stay mentally active by trying new hobbies, building



(c) Ivanko, Brnjakovic / iStock via Getty Images Plus

The mind-body connection is strong. For ultimate brain health, stay physically active; and if you can do so outdoors, all the better.

new skills and seeking out new experiences.

Why now is the time to schedule that check-up or screening

STATEPOINT - If you haven't visited your physician since the start of the pandemic, medical experts say that the time is now to book check-ups and screenings for the entire family.

"The pandemic has had wide-scale negative health consequences beyond COVID-19. Many Americans have delayed important routine health services critical to keeping them healthy, including vital pediatric immunizations and preventive cancer screenings. Prevention is the best cure, so it's important to get your health back on track today," says Gerald E. Harmon, M.D., American Medical Association (AMA) president.

With school beginning and the cool weather

SINCE THE PANDEMIC BEGAN...

| | | |
|--|---|--|
| <p>Cancer screenings are still lagging: 725K The estimated combined total of missed breast, colon and cervical cancer screenings from March 2020 - March 2021</p> | <p>Preventive cancer screenings can catch cancer early to keep people healthy.</p> | <p>+10,000 Projected excess deaths in 2021-2022 due to breast and colorectal cancers alone.</p> |
| <p>While mental health screenings via digital health tools are up, routine care for mental health is down as the impact on mental health during the COVID-19 pandemic has worsened.</p> | <p>52% Adults with mental health conditions who delayed/forewent care since pandemic started.</p> | <p>14% The drop in vaccine ordering data in 2020-21 compared to 2019.</p> |
| <p>41% About 4 in 10 adults with one or more chronic health conditions reported delaying or forgoing health care since pandemic started.</p> | <p>Pediatric immunizations decreased, putting our youngest and most vulnerable at risk of health complications. Well-child visits and recommended vaccinations are essential and help make sure children stay healthy and are protected from serious diseases.</p> | <p>20% The drop in Measles vaccine ordering data 2020-21 compared to 2019.</p> |
| <p>1 in 3 adults reporting delayed or forgone health care reported doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities.</p> | <p>Adolescent and adult immunizations sharply declined during the pandemic.</p> | <p>An estimated 26M recommended vaccinations were missed in 2020 compared to 2019.</p> |

CONTACT YOUR PHYSICIAN'S OFFICE TO SEE IF YOU ARE DUE FOR PREVENTIVE CARE OR SCREENINGS.

Screenings, tests and preventive health measures are designed to keep you healthy and to help your doctor catch certain conditions before they become more serious.

months ahead, the AMA urges Americans to call their physician's office to learn if they are due for preventive care or screenings.

Lost and found: tips for managing commonly misplaced items

STATEPOINT - In the haste to break free from your pandemic routine, you may find your new schedule overwhelming and hectic. And with that, comes the inconvenience of misplacing commonly used items. According to a survey conducted by Bluetooth tracking company Pixie, Americans spend an average of 2.5 days out of each calendar year searching for lost items.

The most common reason we keep misplacing our items is absentmindedness. Psychologists have a phrase for this, "If you don't encode, you can't retrieve." This means that if you go through your day without consciously thinking about where you're placing your keys, your brain has no information stored about the item's whereabouts. Other factors, such as stress levels and overall mental health, can also play a role in how often you misplace items.

Here are a few tips on how to prevent your precious possessions from going missing:

1. **Set digital reminders:** If you regularly lose track of specific items, digital reminders might be for you.



(c) monkeybusinessimages / iStock via Getty Images Plus

The most common reason we keep misplacing our items is absentmindedness.

There are a variety of great productivity apps available on most smartphones to remind you to double check your wallet before leaving the house. Most calendar apps such as Google Calendar and Outlook have remind features that can help you organize your valuables. There are also useful apps like To do list that specialize in creating reminders and daily lists.

2. **Retrace your steps:** "Retracing your steps" after losing an item can be a useful approach when activating your brain's context-dependent memory. With

context-dependent memory, your memory is the strongest when you mentally or physically place yourself back in the environment in which the item was lost. Reconstructing these events visually can help trigger your memories and be an important step in rediscovering a misplaced item.

3. **Try a Bluetooth tracker for smaller items:** For smaller items like your phone, wallet and keys, Bluetooth trackers can provide much-needed tech relief. Trackers like these are designed for those times you lose an item within

close proximity. Instead of wasting precious moments searching for your lost item, you can pull up an app to tell you where it is.

4. **Use the power of GPS tracking devices for high-value items:** When it comes to highly valuable items like photography equipment, luggage and even pets, you'll need more protection. Products like T-Mobile's SyncUP Tracker uses a combination of GPS technology and T-Mobile's reliable nationwide network to track an item at any moment from anywhere. Other devices that rely on Bluetooth technology often have tracking range limitations and shorter battery life. T-Mobile's SyncUP Tracker includes a rechargeable battery and virtual boundaries that alert you if an item leaves the designated location, all via your smartphone through an app available on both iOS and Android.

Just because you lost an item doesn't mean that you should lose hope or panic. With a few changes to your routine and even some tech upgrades, you'll find it much easier to cope during those forgetful moments.

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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

OBITUARIES / DEATH NOTICES

Stephen Francis Hanford

March 20, 1944 – September 5, 2021



Stephen Francis "Fran" Hanford was a country boy at heart. He was born in Brewster, Washington, on March 20, 1944 to Lois and Emerson Hanford. He was the youngest of six children. He passed away on September 2, 2021 at home with his wife Gerry at his side. He was preceded in death by his parents, brothers Denny, Ralph, Doug and Lee and sister Margaret Ann Socci.

He was a Fresno State Bulldog fan and spent many happy hours cheering the dogs and tailgating with friends and family. Fran loved golf, bowling and fishing. He traveled to Alaska with 'the guys' for many years fishing for salmon and halibut. They were blessed with many nieces and nephews and three 'daughters' Isabella, Eugenia, and Junie who were exchange students that are family and given them four 'grandchildren' Charly, Engy, Tonya and Vova. He was loved and respected by them all.

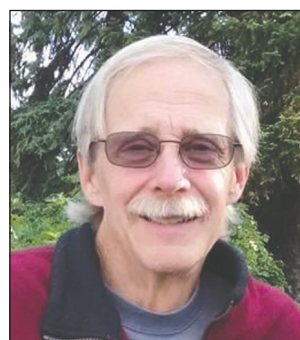
Fran learned the value of hard work on his parent's wheat and cattle ranch on Pearl Hill in Bridgeport, Washington. He excelled in sports in high school and was voted Athlete of the Year in his senior year. He attended Washington State University at Pullman and was a lifetime Cougar fan. He had a long career as an operating engineer and surveyor, both in Washington and California. He was a member of the International Union of Operating Engineers.

Family and friends are invited to attend an open house in remembrance of Fran on Wednesday, October 13 from 12-5 p.m. at the David Socci home at 529 12th Street, Bridgeport, Washington.

Fran married the love of his life Gerry on August 5, 1967 in Brewster, Washington. They moved from Wenatchee, Washington to Fresno, California in 1974. Together they traveled the world and visited sites from the Yukon to South America, Australia, New Caledonia, Africa, and Europe.

A Celebration of Life will be held in Fresno, California on Monday, October 25, 2021.

William Alan (Bill) Tuinstra



William Alan (Bill) Tuinstra, resident of Methow, Washington passed away at age 68 on August 11, 2020, following a long battle with early onset Alzheimer's disease. A memorial gathering for those who wish to honor and celebrate Bill's life will be held at 2 p.m. on Sept. 25, 2021, at the Methow Community Center (the old Methow Schoolhouse building behind the Methow Post Office).



Neal Scott McKee

Neal Scott McKee of Brewster Washington, passed away August 19, 2021. A Celebration of Life will be held Saturday, September 18, 2021, at 1 p.m., at the Church of Jesus Christ of Latter-day Saints in Brewster.

Major Wendell E Harris

Major Wendell E. Harris, U.S. Air Force Retired, will be laid to rest at the Omak Memorial Cemetery on Saturday, September 18 at 2 p.m.

COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday

Okanogan County Transportation & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is serving hot meals via Home Delivery on Tuesday, Wednesday and Thursday. Please reserve your meal by calling 509-689-2815. Suggested donation for those over age 60 is \$8.50. 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.

Sept. 16, 21, 23

'What's Up Vet!'

NCW - All Chelan and Douglas County veterans are invited to attend the new "What's Up Vet!" informational meetings via Zoom!

Every Tuesday/Thursday from 2-4 p.m.

Open to vets, spouses, dependents and anyone with questions regarding veteran benefits and resources.

Go to: us02web.zoom.us with Zoom platform meeting id: 863 5856 4972.

Call 509-664-6801 (Chelan County Veteran Service Office) or 509-683-3605 (DCV-

SO) for more information. Sponsored by CCVSO, DCVSO, Wenatchee Valley College and the Washington State Veteran Corps Navigation project.

Help available for Douglas County veterans

EAST WENATCHEE - Sarah Simonson the Veterans Service Officer for Douglas County, is available for appointments in her office at 211 11th St. NE in East Wenatchee. Call her at 509-683-3605. You can also find her on Facebook at facebook.com/douglascountyvso

Sept. 17, Oct. 8

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Oct. 8. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc.

On the third Friday of each month, Sept. 17, 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.

Sept. 17

Brewster Farmers Market

BREWSTER - The Brewster Farmers Market is held every Friday, 2-5 p.m. at the Brewster Grange Hall, located at the corner of Highway 97 and Grange Road in Brewster. The market will continue thru mid-October.

Sept. 18

Thrift store open

BREWSTER - The thrift store in the Brewster-Pateros-Bridgeport Senior Center will be open on Saturdays from 10 a.m.-2 p.m. New items added weekly.

Sept. 27

Okanogan County PUD meeting

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, Sept. 27, at 3 p.m. For more information okanoganpud.org

Sept. 27

Douglas County PUD meeting

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is Sept. 27, 1:30 p.m. at the District's East Wenatchee office.

Oct. 11

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.

Oct. 13

Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewster Chamber of Commerce will be held Wednesday, Oct. 13, 6 p.m. at Brewster Middle School. Everyone is welcome and encouraged to attend. For more information brewsterchamber@gmail.com or Mike Mauk at 509-449-0605

Submitting your Bulletin Board item - Deadline Friday at Noon p.m.

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Be sure and include date, time, place and cost if any.

OKANOGAN & DOUGLAS COUNTY SHERIFF, BREWSTER POLICE DEPT.

Douglas County Sheriff

September 3

Disturbance, 7th St. & Columbia Ave., Bridgeport.

CPS Referral, 700 Fairview Ave., Bridgeport.

Fraud/Forgery, 886 Highland Orchard Rd., Bridgeport.

Civil, 104 W. Locust St., Waterville.

Animal Problem, 700 Fairview Ave., Bridgeport.

September 4

Theft, 2400 Tacoma Ave. #14, Bridgeport.

Civil, 315 Sheldon St., Mansfield.

Trespassing, 356 McNeil Canyon Rd., Orondo.

Trespassing, 800 E. Locust St., Waterville.

September 5

Noise, Richards Ave., Bridgeport.

Harassment/Threat, McClain Lake.

Civil, 886 Highland Orchard Rd., Bridgeport.

Warrant, US Hwy 97 MP 229, Orondo.

Civil, 1016 Foster Ave., Bridgeport.

Civil, 800 E. Locust St., Waterville.

September 6

911, 700 Fairview Ave., Bridgeport.

September 7

Non-Injury Accident, Rd. 17

N.E. & Rd. B N.E., Mansfield.

Malicious Mischief, 2437 Monroe Ave., Bridgeport.

Assist Public, 557 SR 173, Bridgeport.

Suspicious Activity, 327 S. Central Ave., Waterville.

Traffic Offense, Columbia Ave. & SR 173, Bridgeport.

September 8

Civil, 1631 Tacoma Ave., Bridgeport.

Suspicious Activity, 102 Coronado St., Bridgeport.

September 9

Suspicious Activity at the 100 block of Coronado St., Bridgeport.

CPS referral at the 1600 block of Raymond Ave., Bridgeport.

Juvenile Problem at the 1400 block of Tacoma Ave., Bridgeport.

Domestic Disturbance at the 1100 block of Foster Ave., Bridgeport.

Okanogan County Sheriff

September 3

Suspicious Activity at Pateros Mall.

September 4

Driving While Suspended at Indian Dan Canyon Rd. & Hwy 97, Brewster.

Wild-land Fire at Old Hwy 97, Brewster.

September 5

DUI at Hwy 97, Brewster.

Weapon Offense at Swanson Mill Rd., Brewster.

September 6

Non-Injury Accident at Monse Bridge Rd., Brewster.

September 7

Non-Injury Accident at Old Hwy 10 Spur & Hwy 97, Pateros.

Vehicle Prowl at Pariseau Rd., Bridgeport.

Assault at S. Dawson St., Pateros.

September 8

Welfare Check at Antoine Creek Rd., Chelan.

Automobile Theft at Jack Wells Rd., Bridgeport.

Non-Injury at N. Star Rd. & Daniel Dr., Brewster.

September 9

No Report.

Brewster Police Department

September 3

Violation of Order at S. 4th St., Brewster.

September 4

Driving While Suspended at India Dan Canyon Rd. & Hwy 97, Brewster.

September 5

No Report.

September 6

Trespassing at W. Griggs Ave., Brewster.

September 7

Burglary Alarm at E. Main Ave., Brewster.

Non-Injury Accident at Hwy 97, Brewster.

Wanted Person at Hwy 97, Brewster.

Domestic Dispute at S. Dawson St., Pateros.

September 8

No Report.

September 9

Domestic Dispute at W. Griggs Ave., Brewster.

Non-Injury Accident at W. Cliff Ave. & 7th St., Brewster.



A little bit Omak, a little bit Spokane.

“STCU will be great for our community.”

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9/11 'Smell of Death' Continues to Claim Lives

JOSE JIMENEZ/PRIMERA HORA/GETTY IMAGES

PETR SVAB

Toxins from the rubble of the former World Trade Center continue their poisonous streak even 20 years on, leading to serious ailments and death. It's not just the first responders who took part in rescue efforts after the terrorist attacks of Sept. 11, 2001; also affected were the tens of thousands of civilians who volunteered to help with the cleanup or returned to work in the downtown area shortly after.

Everyone from security guards to office workers returned to do their jobs following an assurance from the government that the clouded air was safe to breathe. People questioned the assurance, as the air quality was palpably bad. How bad it truly was, though, they realized only after people started getting sick. The government came to recognize dozens of ailments linked to the toxic exposure, including respiratory issues and more than 60 types of cancer.

In 2010, Congress passed a law providing health care coverage and financial compensation to anybody diagnosed with one of the recognized ailments who can prove presence in the lower Manhattan affected area on 9/11 or sometime in the following months. The bill was expanded and reauthorized several times, most recently in 2019.



Policemen and firemen run away from a huge dust cloud caused by the collapse of the World Trade Center's Tower One, in New York on Sept. 11, 2001.

It looked almost like snow every morning.

Chris Sorrentino, former specialist, New York Stock Exchange

Chris Sorrentino is one of those covered by the bill. He worked as a specialist on the floor of the New York Stock Exchange several blocks from Ground Zero.

On the morning of Sept. 11, 2001, he was on a bus from Brooklyn, stuck in an exit from the Brooklyn-Battery Tunnel due to a traffic jam. Unbeknownst to him, the gridlock was caused by the first plane hitting the World Trade Center. Eventually, the driver let the passengers off the bus, and Sorrentino started walking toward Wall Street.

"I heard a plane just screaming. I looked up and I saw a huge jetliner, a passenger jetliner," he told *The Epoch Times*.

It was way too low, he thought. "This isn't going to be good." As the plane disappeared from view, he heard an explosion and saw a massive cloud of smoke and flame engulfing all the buildings in the area. The second tower had been struck.

He started to walk toward the area, still unsure what was going on. He met a few colleagues who also worked on the floor. They told him this was the second plane to hit.

"This is like a war," one of them said.

They decided to still go to the exchange, but received a call on the way to head uptown instead.

They headed for FDR Drive, which was open for people to walk north. On the way, he saw a person, possibly a government worker, with a satellite phone. Cell reception was down at this point, so he asked if he could call his wife.

"Make it quick," the man said.

His wife was watching what was happening on the news. He told her to get his boat, parked south of the Verrazano-Narrows Bridge in Brooklyn, and come to the South Street Seaport on the west side of lower Manhattan.

She had never taken the boat out by herself before, but she agreed to do it.

As Sorrentino and his colleagues walked toward the seaport, the towers collapsed.

"All you saw was a dust cloud just rummaging through every street and alleyway," he said.

Although they were already close to the western edge of Manhattan, across the width of the island from



Pedestrians make their way through the dust in Lower Manhattan, following the terrorist attack on the World Trade Center, on Sept. 11, 2001.

the towers, they were still covered head-to-toe with soot.

"You couldn't see 50 feet in front of you," Sorrentino said. "That's how thick it was."

People immediately wrapped clothing around their faces, as the cloud was "choking" to breathe in, he said.

About two hours after the phone call, his wife arrived. There was already a crowd of people on the pier trying to jump on any boat that pulled up.

"Just make a quick sweep, don't even stop," he yelled at his wife.

He jumped on the boat and made another pass, picking up about 10 people.

"We left the island," he said.

On their way to Brooklyn, they were stopped by the Coast Guard inquiring about who they were, since the entire area was supposed to be sealed off.

"My wife, I guess, snuck in under the radar before they shut it down," he said.

Back to Work

Sorrentino and thousands of his colleagues returned to work the following Tuesday. There was pressure at the time to reopen the stock exchange to restart trading, but also to show defiance in face of the attacks.

Christine Todd Whitman, then-head of the Environmental Protection Agency and a former governor of New Jersey, announced that the air quality was acceptable for people to return to the area.

"Governor Whitman assured everybody that the air quality was fine and there was nothing wrong," Sorrentino said. "Which was a 100 percent lie."

It was no mystery to anybody who came downtown that the air quality

"was not acceptable," he said.

The dust was ever-present, impossible to completely clean out. Sanitation workers were hosing down the streets every day, but it wasn't enough.

"It looked almost like snow every morning," he said.

In addition, the fire underneath Ground Zero kept burning for about three months.

"There were still plumes of smoke coming out every day," Sorrentino said. "It was the most rancid smell you would ever want to smell in your life." Many of those who experienced it, including Sorrentino, described it as the "smell of death."

It reeked like asbestos and rotten flesh and filled lower Manhattan for "a good three weeks to a month," he said.

Building workers had to constantly replace air filters in their ventilations systems as they were quickly getting clogged, he heard from other workers.

The smell was so irritating it made some people's eyes water, he said.

Yet many, it appears, didn't grasp the full weight of the consequences of breathing it in.

"I definitely didn't think long-term on it," Sorrentino said.

Looking back, he wasn't even sure if regular workers there knew what an N95 mask was. Many were wearing simple cloth masks, such as those handed out by the National Guard, he said.

"I would say I know well over a hundred people that passed away or got cancer from 9/11," he said.

Through the years, anytime he heard about somebody getting sick, he said, "We must be the lucky ones."

Then, in 2018, he started to feel pain in his abdomen. He went to doctor after doctor, but nobody could figure

out what was wrong. It got to the point where the doctors considered sending him to a psychiatrist, thinking the pain was psychological.

He finally had an upward cystoscopy done in 2019, which revealed an aggressive bladder cancer. He agreed to undergo a biopsy on the spot with no anesthesia, "the most painful thing" in his life, he said. He went on to undergo advanced bladder surgery and began a grueling recovery.

He was told that if he was diagnosed a few months later, there would have been nothing doctors could have done for him.

Sorrentino was able to register for the 9/11 compensation fund, as his type of cancer is one of the ailments presumed to be linked to the toxins.

Involved Lawyer

While it's not necessary, many people file claims with the compensation fund through a law firm—in Sorrentino's case, Barasch and McGarry.

The firm, which represents more than 25,000 clients with claims against the fund, used to be a small practice handling work injury claims, mostly by firefighters. However, with offices less than three blocks from Ground Zero, the firm was fundamentally changed by the attacks, according to Michael Barasch, managing partner at the firm.

On the day of the attacks, Barasch was at a gym on Vesey Street, about a block from the towers, when he heard an "enormous explosion," he told *The Epoch Times*.

Somebody said a plane hit the World Trade Center.

"We went out to the corner of Broadway and Vesey Street and we're just watching in horror as people were leaping out of the building," he said.

As the fire ate its way through the tower, the second plane hit.

"Holy cow! We're under attack," Barasch realized.

He ran back to his office.

"Get out of here. We're at war," he told everyone.

He stayed behind with a partner whose wife worked at one of the towers. The man wasn't sure if his wife had made it to work that morning and was trying to get in touch with her.

"Finally, the doorbell rang and it was his wife," Barasch said.

They all stood there in astonishment watching the grisly scene when the first tower started to collapse.

"We better get out of here," they realized.

They ran down 18 flights of stairs.

"By the time we got to our lobby, it was already filling up with dust from the first implosion," he said.

They ran north.

Coming Back

Barasch and his coworkers returned to their offices a month later, after power was restored.

The outage saved them from exposure to the worst of the contamination, but the place still "absolutely reeked" when they got back, Barasch said.

"Even if the windows were shut, it would come through the air conditioning system," he said.

The smell was so irritating it would prompt nosebleeds in some people, he said.

About half his office ended up with health problems, from respiratory issues to various forms of cancer. Some died. Barasch himself went through prostate cancer.

His firm got involved in the first wave of victim compensation, representing about 1,000 clients. The initial program was designed to shield airlines from liability for the attacks. Claims against the fund were conditioned on waiving one's right to sue the airlines.

The first wave ended in 2004 after paying out \$7 billion.

"But people didn't stop getting sick," Barasch said.

After a protracted back-and-forth over the scope and funding, Congress reopened the compensation fund and health program through the 2010 James Zadroga 9/11 Health and Compensation Act. It was named after one of Barasch's clients, NYPD detective James Zadroga, who participated in the 9/11 rescue and recovery efforts and died of pulmonary fibrosis in 2006.

The 2019 reauthorization extended the program to 2090. At the time, the Victim Compensation Fund had already paid out some \$5 billion under the Zadroga Act and was projected to spend another \$10 billion by 2029. The health program paid out about \$1.5 billion by 2019, based on an earlier estimate by the Congressional Budget Office.

The law limits lawyer fees to 10 percent of the compensation award.

"The government did the wrong thing when it told us the air was safe, but ... the government did the right thing by creating the victim fund, the health program, and then permanently extending both programs," Barasch said.

"I PASS ON YOUR ARTICLES TO ENLIGHTEN SOME OF THE UNENLIGHTENED." —Philip Lewis

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19 Governors, 2 AGs Resist Biden's Vaccine Mandates

MIMI NGUYEN LY



President Joe Biden speaks about combating the coronavirus pandemic at the White House, on Sept. 9, 2021.

More than a dozen governors and two attorneys general late on Sept. 9 issued statements defying the Biden administration's impending vaccine mandates for federal workers and private-sector workers.

President Joe Biden earlier in the day signed an executive order to require all federal workers to be vaccinated against COVID-19, the disease caused by the CCP (Chinese Communist Party) virus. There would be no option to opt out via COVID-19 testing. The mandate also applies to government contractors and their employees.

The president later announced he would direct the Department of Labor to create a rule to have companies with over 100 employees mandate vaccinations or weekly testing, a move that affects more than 80 million workers in the private sector.

At least 19 governors and two attorneys general immediately issued statements disagreeing with the administration's move, with several vowing to defy it.

They include the governors of Arizona, Alabama, Alaska, Arkansas, Florida, Georgia, Idaho, Iowa, Missouri, Mississippi, Montana, Nebraska, North Dakota, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, and Wyoming.

They were joined by at least two state attorneys general as of that night—Sean Reyes from Utah and Todd Rokita from Indiana.

Arkansas Gov. Asa Hutchinson, the chair of the National Governors Association, said in a statement: "I fully support continued efforts to increase vaccination rates across our nation, but the federal government mandates on private businesses are not the right answer.

"I have been consistent in freedom of businesses to require their employees to be vaccinated, and I have opposed the government from saying businesses cannot exercise that freedom. The same principle should protect the private sector from government overreach that requires them to vaccinate all employees."

Multiple Republican governors, including for Arizona, Georgia, and South Dakota, hinted or announced that they would seek legal avenues to resist the mandates.

"The COVID-19 vaccines are safe and effective tools to prevent the dis-

ease, but getting the vaccine is and should be a choice," Arizona Gov. Doug Ducey said in a statement. "These mandates are outrageous. They will never stand up in court. We must and will push back."

Georgia Gov. Brian Kemp wrote on Twitter, "I will pursue every legal option available to the state of Georgia to stop this blatantly unlawful overreach by the Biden administration."

South Dakota Gov. Kristi Noem wrote on Twitter, "South Dakota will stand up to defend freedom. @JoeBiden see you in court." She later shared another Twitter post saying her legal team is prepared to stand up to the Biden administration's mandates.

The Biden administration didn't immediately respond to a request for comment.

Biden earlier in the day commented on the issue of vaccine mandates in schools, saying, "If these governors won't help us beat the pandemic, I'll use my power as president to get them out of the way."

Biden said the matter of getting more shots into arms "is not about freedom or personal choice. It's about protecting yourself and those around you—the people you work with, the people you care about, the people you love."

Statements from the remaining governors and attorneys general as of late Sept. 9 are as follows:

- Alabama Gov. Kay Ivey (in part): "I support the science and encourage folks taking the vaccine. However, I am absolutely against a government mandate on the vaccine, which is why I signed the vaccine passport ban into law here in Alabama. This is not the role of the government."
- Alaska Gov. Mike Dunleavy: "This is ridiculous and unenforceable. If there was ever a case for the 25th Amendment..."
- Florida Gov. Ron DeSantis (at a press conference): "I do not believe that people should lose their jobs over this issue, and we will fight that. If they try to do that through a rule like the Department of Labor, I don't think they have the legal authority to do that, but we obviously would want to support protections for people who are just trying to earn a living."
- Idaho Gov. Brad Little: "Today's actions from President Biden amount to government overreach. Government should stay out of decisions involving employers and their employees as much as possible. I've advocated for and championed fewer government regulations and mandates on business."
- Iowa Gov. Kim Reynolds: "President Biden is taking dangerous and unprecedented steps to insert the federal government even further into our lives while dismissing the ability of Iowans and Americans to make healthcare decisions for

themselves. Biden's plan will only worsen our workforce shortage and further limit our economic recovery. As I've said all along, I believe and trust in Iowans to make the best health decisions for themselves and their families. It's time for President Biden to do the same. Enough is enough."

- Missouri Gov. Mike Parson (in part): "Vaccination protects us from serious illness, but the decision to get vaccinated is a private health care decision that should remain as such. My administration will always fight back against federal power grabs and government overreach that threatens to limit our freedoms."
- Mississippi Gov. Tate Reeves: "The President has no authority to require that Americans inject themselves because of their employment at a private business. The vaccine itself is life-saving, but this unconstitutional move is terrifying. This is still America, and we still believe in freedom from tyrants."
- Montana Gov. Greg Gianforte: "President Biden's vaccination mandate is unlawful and un-American. We are committed to protecting Montanans' freedoms and liberties against this gross federal overreach."
- Nebraska Gov. Pete Ricketts: "President Biden's announcement is a stunning violation of personal freedom and abuse of the federal

government's power. This plan isn't about public health—this is about government control and taking away personal liberties."

- North Dakota Gov. Doug Burgum: "President Biden's misguided plan steers our country down a dangerous path away from states' rights and the freedom of private businesses to make their own decisions on vaccinations. We stand opposed to this blatant federal overreach."
- Oklahoma Gov. Kevin Stitt: "It is not the government's role to dictate to private businesses what to do. Once again President Biden is demonstrating his complete disregard for individual freedoms and states' rights. As long as I am governor, there will be no government vaccine mandates in Oklahoma. My administration will continue to defend Oklahoma values and fight back against the Biden administration's federal overreach."
- South Carolina Gov. Henry McMaster: "The American Dream has turned into a nightmare under President Biden and the radical Democrats. They have declared war against capitalism, thumbed their noses at the Constitution, and empowered our enemies abroad. Rest assured, we will fight them to the gates of hell to protect the liberty and livelihood of every South Carolinian."
- Tennessee Gov. Bill Lee: "This is not about freedom' is a phrase that should never come out of a U.S. President's mouth. For a fight that requires working together, a lot of cynical and divisive edicts came out of the White House today pitting the vaccinated against the unvaccinated, businesses against employees, and the federal government against states."
- Texas Gov. Greg Abbott: "Biden's vaccine mandate is an assault on private businesses. I issued an Executive Order protecting Texans' right to choose whether they get the COVID vaccine & added it to the special session agenda. Texas is already working to halt this power grab."
- Wyoming Gov. Mark Gordon (in part): "I have asked the Attorney General to stand prepared to take all actions to oppose this administration's unconstitutional overreach of executive power. It has no place in America. Not now, and not ever."

US Doubles Fines for Violators of Mask Mandate at Airports, on Trains

ZACHARY STIEBER

President Joe Biden's administration on Sept. 9 doubled the fines for people who are caught violating the federal mask mandate in effect at airports and on some modes of public transportation.

The fees, previously ranging from \$250 for first-time offenders to up to \$1,500 for repeat offenders, will now be \$500 and up for people caught violating the mandate for the first time and up to \$3,000 for people caught violating it more than once.

The mask mandate is in effect at airports, on airplanes, and in other modes of public transportation, such as buses.

The boosted penalties took effect Sept. 10.

"Wearing a mask protects the traveling public and all of the personnel who make the travel experience safe, secure, and comfortable," Secretary of Homeland Security Alejandro Mayorkas said in a statement. "We will continue to enforce the mask mandate as long as necessary to protect public health and safety."

"We appreciate the majority of travelers each day who voluntarily follow the requirement, but find this action

necessary to maximize the protections for those who use and work within the transportation system, and to contain COVID-19," added David Pekoske, administrator of the Transportation Security Administration. "By doubling the range of penalties, we seek to reinforce the importance of voluntary adherence."

The mandate, imposed by the administration on Feb. 2, is currently in place until Jan. 18, 2022.

Biden directed the Department of Homeland Security, which includes the administration, to double the fines as part of a fresh plan to try to curb the Delta variant of the CCP (Chinese Communist Party) virus.

While campaigning last year, Biden promised he would stop the virus when he entered office. Instead, cases, hospitalizations, and deaths jumped over the summer, though they're on the decline in some states.

Experts blame the Delta variant, which has been described as more transmissible than other variants, and which vaccines aren't able to mitigate as well as previous strains.

Biden also announced new CCP virus vaccine mandates, including for companies that have more than 100 employees.

Judge Blocks Florida's 'Anti-Riot' Law, Says It Violates First Amendment Rights

ISABEL VAN BRUGEN

A federal judge has temporarily blocked Florida's new "anti-riot" law championed by Republican Gov. Ron DeSantis, saying it violates First Amendment rights.

U.S. District Judge Mark Walker on Sept. 9 didn't rule the entire statute likely violated the U.S. Constitution, but found that the state legislature's new definition of the word "riot" was too vague and confusing to satisfy free-speech rights guaranteed under the First Amendment.

"If this court does not enjoin the statute's enforcement, the lawless actions of a few rogue individuals could effectively criminalize the protected speech of hundreds, if not thousands, of law-abiding Floridians," the Obama-appointed judge wrote in a 90-page ruling that includes a three-page history of the civil rights movement in Florida dating back to 1956.

The so-called anti-riot measure, known as HB1, was signed into law by DeSantis on April 19. The Republican governor said at the time that it's "the strongest anti-rioting, pro-law-enforcement piece of legislation in the country."

The law increases criminal penalties for assault, defacing monuments, and vandalizing public property dur-

ing riots. Local governments that interfere with law enforcement trying to contain violent demonstrations will be penalized.

The bill changed the definition of what a "riot" is in the state of Florida. Under the law, a riot is defined as a violent public disturbance involving three or more people acting with a common intent that causes damage to public property or injuries—or can cause imminent injury or damage.

The law also creates a new second-degree felony—"aggravated riot"—for any riot involving more than 25 people and resulting in grievous bodily harm or more than \$5,000 in property damage. It would also apply if participants use or threaten to use a deadly weapon or block roadways by force or by the threat of force.

DeSantis said during the signing event in April that the left-wing idea of "defund the police" that echoed throughout Black Lives Matter demonstrations last year is an "insane theory" and is "not going to be allowed to ever carry the day in the state of Florida."

Democrats and the American Civil Liberties Union (ACLU) have said that the law is designed to intimidate Black Lives Matter and related protesters. The ACLU and several other groups sued the governor, state

Attorney General Ashley Moody, and others over the measure earlier this year.

DeSantis in a written statement said that he "vehemently" disagrees with the judge's decision.

"But this case was always going to be decided by the 11th Circuit Court of Appeals," the governor said. "There is a difference between a peaceful protest and a riot, and Floridians do not want to see the mayhem and violence associated with riots in their communities."

The ACLU of Florida welcomed the decision in a statement shortly after the ruling, saying that the law "appears designed to target those who protest police violence."

"We are glad the court has agreed to suspend enforcement of this key provision while we continue to advocate to ensure that protesters in Florida can safely exercise their right to speak out against injustice," it said.

Meanwhile, DeSantis said during a press briefing on Sept. 9 that Florida would be appealing the decision.

"That's a foreordained conclusion from that court," DeSantis said, The Washington Post reported. "I guarantee you, we'll win that on appeal."

Jack Phillips and Reuters contributed to this report.

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Wanted

PATEROS SCHOOL DISTRICT 122-70J SCHOOL BOARD VACANCY
DIRECTOR POSITION #3
The Board of Directors of the Pateros School District is seeking applicants to fill board director position #3. Applicants must reside in the boundaries of district No. 3 of the Pateros School District, be a United States citizen and a qualified voter. District Position No. 3 is SW of the Methow River and Hwy 97. Please contact the district office for exact boundaries. Position open until filled. Application and additional information can be obtained online at www.pateros.org from the district office (509) 923-2751 ext. 4 or from Superintendent Greg Goodnight at ggoodnight@pateros.org.

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Help Wanted



ER NURSE Full-time/ Nights
Three Rivers Hospital is seeking an ER Nurse to provide nursing assessment, treatment and evaluation of ER patients and outpatients. Current WA State RN license required. Current BLS / CPR, ACLS, TNCC and PALS certifications. Two years' Med/Surg experience or one-year ER experience preferred. Rotating days and includes some weekends. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](mailto:opportunity@trhospital.net)



RADIOLOGY/ CT TECH Full-time

Three Rivers Hospital is seeking a Rad/ CT Tech to produce CT scans and assist the Radiologist with interventional procedures that require CT guidance and to provide the best diagnostic images possible for the providers. Registered by the ARRT and Certified WA State. Graduation from an AMA - approved school of Radiologic Technology. Minimum of one year CT experience. (Technical staff can be crossed trained). Current BLS certification. Prefer ARRT certification in CT. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](mailto:opportunity@trhospital.net)



OR Manager Full-Time

Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/ GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Monday-Friday, 8-hour shifts. No call time. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](mailto:opportunity@trhospital.net)



Help Wanted



Director of Quality Full-time

Three Rivers Hospital is seeking a Director of Quality to manage our quality program, including risk and compliance. Registered Nurse with a BSN degree is preferred; however, a minimum of a bachelor's degree in Business or related field may be considered. Three to five years healthcare experience is preferred. Strong skills required: organizational, interpersonal, communication, analytical, risk assessment, computer, statistics & math, and problem-solving. Attention to detail and a high moral integrity is crucial. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](mailto:opportunity@trhospital.net)



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

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



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Three Rivers Hospital is seeking a full-time Occupational Therapist. This position practices in the hospital and/ or clinic setting for inpatient and/ or outpatient care. Includes oversight of the hospital swing bed program. A bachelor's degree in Occupational Therapy from an accredited/ AOTA approved OT program is required, and studies were accredited by the APTA. Current WA State OT license. Two years' work experience preferred. BLS required. Must have strong communication and interpersonal skills. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](mailto:opportunity@trhospital.net)

Help Wanted



Certified Coder Full-time

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

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Help Wanted



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



Med/ Surg RN Full-time/ Nights

Three Rivers Hospital is seeking a Med/ Surg RN to perform general nursing duties in an acute care setting with adequate supervision. Current WA State RN license and must have current BLS/ CPR & obtain ACLS certification within one year. Rotating days and includes some weekends. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](mailto:opportunity@trhospital.net)

The North Central Educational Service District is seeking a qualified individual for the following position: Student Assistance Professional

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Help Wanted

Brewster School District Opening Brewster School District is accepting applications for 3 Para-Professionals Sub Technology Assistant Health Room Assistant Night Custodian
Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

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Help Wanted

THREE RIVERS HOSPITAL
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To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth cards like:
Wish you were here with me in Leavenworth.
'Special Friends' Or I miss you.
Happy Birthday from Leavenworth!
Many more titles. No boxed cards. Thank you for your support.

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

Husqvarna GT48XLSi Smart Switch 48" (3 blades) HD fabricated mower deck. 24HP Garden Tractor. Briggs and Stratton Endurance V-Twin Engine, Hydrostatic Transmission, Cruise Electric Blade Engagement. Attachment Agri-Fab 42 inch two stage Snowblower model LST42C. See full description and photo on NCWMARKET.COM

Pets

Free 4x8 foot chain link dog run Free Booster dog bath tub Janet: 541-760-1994

Real Estate

Homes for Sale

FOR SALE
415 Fairview, Bridgeport '78 Nashua 14x70 Mobile-home on 2 city lots each 25'x120' 2Bedroom, 2Bath 2 additional rooms. \$125,000 OBO Please do not disturb tenants. Call 503-583-3279

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR PIERCE COUNTY IN THE MATTER OF THE ESTATE OF TAMARA LYNN TOOKE, Deceased.
No. 21-4-01800-8
PROBATE NOTICE TO CREDITORS
RCW 11.40.030
THE PERSONAL REPRESENTATIVE NAMED BELOW has been appointed as Personal Representative of this Estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW Section 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's Attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW Section 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW Section 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: September 1, 2021
Personal Representative: s/ Alexander C. Tooke Attorney for Personal Representative: Daelyn Julius Address for Mailing or Service: VANDEBERG JOHNSON & GANDARA, LLP Attorneys for Personal Representative 1201 Pacific Avenue, Suite 1900 Tacoma, WA 98402-4391 Court of probate proceedings: Pierce County Superior Court Cause Number: 21-4-01800-8 Published in the Quad City Herald September 1, 8, and 15, 2021. #2630

Public Notices

Notice of Land Sale Hearing
The Mansfield School district is considering the declaration of real property bordered by Wall Ave, Main St. and E 3rd Ave. as surplus (Lots 09600200100, 09600700100, and 09600400100). Following RCW 28A.335.120 the Mansfield district is soliciting input prior to, and during the public hearing at 6:30 pm on September 21, 2021, in the District Library. For additional information or to share a comment please contact Superintendent Mike Messenger by email at: mmessenger@mansfield.wednet.edu. Published in the Quad City Herald and Lake Chelan Mirror September 8 and 15, 2021. #2620

Public Notices

Aging & Adult Care of Central Washington IS LOOKING FOR CONTRACTORS TO PROVIDE SERVICES

Seeking qualified CONTRACTORS to provide yard work and snow removal services to pre-determined eligible persons age 18+.
Service area: Adams, Chelan, Douglas, Grant, Lincoln & Okanogan Counties.
Yard work and Snow Removal services are provided to clients enrolled in the MAC and TSOA programs in order to:
• Maintain client health and safety;
• Allow safe egress/entry into the home;
• Reduce potential fire danger;
• Assist the client to comply with local city/county code issues or violations or other local requirements.
Yard work consists of maintaining lawn, shrubs, plants and/or trees by doing the following:
• Trimming bushes
• Raking leaves
• Mowing lawn
• Edging grass along walkways
• Watering plants/bushes
• Weeding
• Cleanup and removal of debris associated with yard work
Excluded is:
• General yard work such as planting flowers, shrubs, and trees for esthetic purposes.
• Maintenance of indoor plants.
Must comply with EOE & ADA requested Minority & women-owned businesses encouraged to apply. If interested please contact Erin Nelson for more information at 509-886-0700 x232 or erin.nelson@dshs.wa.gov
Published in the Quad City Herald, Lake Chelan Mirror, The Leavenworth Echo and The Cashmere Valley Record September 8, 15, 22, 2021 #2645

Looking for a home for your Furry friend?
Try the pet section on NCWMarket.com

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

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

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THEME: THE 1990s ACROSS
1. Ridden or pushed around yard
6. Chlorofluorocarbon
9. Spiral-horned antelope
13. Make a canyon, e.g.
14. Much of this about nothing?
15. Forest destroyers
16. Basic belief
17. Popular pickup
18. Lake scum
19. *Popular email service eventually bought by Microsoft
21. *CD "maker"
23. FEMA's assistance
24. Musician's time to shine
25. Stephen King's Christine, e.g.
28. Plural of locus
30. Mongolian monetary unit
35. Wraths
37. Jar covers
39. Like yellow polka dot bikini?
40. Desert in China and Mongolia
41. Knight's mount
43. Cogito ___ sum
44. Change the Constitution, e.g.
46. Ready and eager
47. Table mineral
48. *Jennifer Aniston-inspired haircut, with "the"
50. Bank on
52. Modern prefix
53. Beacon light
55. Oolong, e.g.
57. * Sese Seko, overthrown Zairian dictator
60. *African National Congress leader released from prison
64. Like a candle?
65. *1997's "Fly" by Sugar
67. Lowest point
68. Smart ___
69. Marching insect
70. Opposite of digest
71. *Tonya Harding and Nancy Kerrigan's domain
72. Employer Assisted Housing, acr.
73. Fender bender consequences DOWN
1. Crystalline hydrochloride, colloquially
2. Nabisco top best-seller
3. Refuses to
4. Bodily swelling
5. Not wholesale
6. Lewis of sprinting and long jumping fame
7. Vaccine-approving agency, acr.
8. Burger, fries and soda
9. Brick-drying oven
10. It's hard to resist
11. Precedes Abby
12. Consume, as in drugs
15. Slang for radical or cool, 2 words
20. America's singer choices
22. Last, abbr.
24. Weapon in a holster
25. Fidel Castro's smoke
26. Pleasant odor
27. Renaissance instrument resembling a violin
29. *TV hit "Sex and the ___"
31. "Bee ___"
32. What many TV hits have done
33. Fireplace
34. * ___ Protocol, climate change-related international treaty
36. Hyperbolic sine
38. Withered
42. COVID-19 variant
45. Expose the falseness
49. " ___ the Games Begin!"
51. Pined
54. Sign of a saint, pl.
56. "Bad news travels fast," e.g.
57. Algeria's neighbor
58. Plow-pulling duo
59. "Where It's At" singer
60. Urban story
61. Adam and Eve's garden
62. *Oscar winner "Schindler's ___"
63. A in BA
64. *Gulf ___ or Bosnian ___
66. American Nurses Association