

Tree sculpture parking needed

Bridgeport updates Shoreline Plan, O.K.'s water line replacement

By Mike Maltais  
STAFF WRITER

BRIDGEPORT – Work is underway to update the city's Shoreline Master Plan (SMP) as required by the state Department of Ecology (DOE). City planner Kurt Danison reported on the process to the city council at its regular monthly virtual GoTo meeting on February 17.

The plan has been a requirement of all state counties and municipalities with shorelines since the Shoreline Management Act was passed by initiative in 1971. Danison said shoreline includes water frontage extending 200 feet landward from the high-water mark. Bridgeport has until June this year to update its plan. The city's plan was last updated in 2009.

Danison said the city can utilize Douglas County's regional master plan that was approved by DOE last January 26.

"So, we have a plan that has already passed muster," Danison said noting that the city can revise the regional plan by eliminating parts applicable to other areas of the county and make its version more specific to Bridgeport. A state grant of nearly \$11,000 will help cover the expense of updating the city's SMP.

**Water main replacement**

City Public Works Superintendent Stuart Dezellem reported that about three blocks of antiquated water line that runs along Columbia Avenue through the main downtown business district needs to be replaced. The old thin-walled 10-inch steel pipe installed in late 1940's is so outdated that it is no longer available, Dezellem said.

"If the city is moving forward with this grant money to work on the revitalization (SR 173 Revitalization Plan) we really need to consider replacing this water main at least from 13th Street down to 10th Street," said Dezellem.

Dezellem strongly recommended that the city repair the patched line before proceeding with any downtown beautification projects. He used a similar past project to estimate the cost of the Columbia Avenue project at about \$225,000 is the city self-funds the work. He asked for – and received – council consensus to initiate the capital facilities project estimated to commence in 2022.

**Tree sculpture parking**

Visitor interest in the dozen-plus custom carved sycamore trunks along both sides of Foster Creek Avenue has prompted the city to consider a specified parking area, crosswalk, and kiosk in the area to accommodate off-street parking and promote public safety.

"This has been a big concern," said Mayor Janet Conklin.

"We have cars that stop right in the highway; they don't have a shoulder anymore because of the sidewalk."

Danison consulted with city engineers SCJ Alliance for a cost estimate that far exceeded what the city can afford. It was proposed that the issue be taken up at the next revitalization meeting to see where the project can be scaled down or completed in stages to fit the city budget.

**Washington Street development**

The city is looking at options for a shared R1 development with a landowner who wants to build some houses on Washington Street west of Berryman Park and east of Leisure Manor. The city owns adjacent property that would benefit from the infrastructure that could be economically installed through a joint venture.

"If the city paid for the materials and had the developer actually hire the contractor to do the installation, I think that's a prudent way that we get this water and sewer line installed," said Dezellem. "You're talking about \$36,000 in material cost."

The need for low-income housing in the city and the revenue from property taxes were among topics considered with the 15-lot project. The city owns four of the parcels under discussion and the landowner owns 11.

Council members agreed to move forward with the discussion phase with Erlandson & Associates surveyors to see what form of agreement can be negotiated.

The next regular meeting of the Bridgeport City Council is at 7 p.m., March 17.



Courtesy okanogancountry.com  
**Tree sculpture**



Mike Maltais/QCH  
**Pateros Fire Chief Kerry Heen, (right, front), poses with members of the Douglas-Okanogan Fire District 15 crew at the retirement of Chief Keith Zweigle, (center, front) last September.**

Pateros council appoints new member, approves sidewalk bid.

By Mike Maltais  
STAFF WRITER

PATEROS – The city appointed a replacement for departing council member Christine Perry, heard updates about the volunteer fire department, the museum, Pop-up Market, and green lighted the city engineer to begin the bid process for a major sidewalk addition at its February 16 virtual Zoom meeting.

**Warren Avenue Sidewalk Project**

The Warren Avenue Sidewalk Project is being funded by a nearly \$400,000 grant from the Transportation Improvement Board (TIB). The sidewalk will extend along the north side of Warren from approximately Chris Street west to the tennis courts on Riverside Avenue.

"Adding sidewalks for a safe route to the school has long been a priority of the city," said City Administrator Jord Wilson in a February 8 letter to Pateros residents. Features and advantages of the new pedestrian addition will include:

- Pedestrian safety with curb and gutter and eight-foot

- green space.
- Reduce the width of Warren to help reduce traffic speed.
- Minimize use of city right-of-way to reduce private party conflicts.

City engineer Varela & Associates will initiate the bid process.

**Pateros Museum at City Hall**

With Museum Week just around the corner on May 11-17, Wilson reported on some upgrades at the Pateros Museum at city hall to get the facility ready for visitors. An old restroom in the annex has been converted into a storage room, locks and glass were repaired or replaced on display cases, and artifacts and photos held in storage have been hung on the block and concrete walls.

Eight draft interpretative boards covering topics including Town History, Carlton Complex at Pateros, The Confluence, and Hydroelectric Project are ready for review and editing by the Museum Committee.

"We try to spend a little bit of time each winter on museum repair and maintenance

projects," Wilson said in his report.

**Pop-up Market**

A request for applicants interested in being the city's new Market Coordinator has yet to draw any responses.

"I have continued to have discussions with people about the opportunities available," said Wilson in his report. "

**Fire Department**

Pateros Fire Chief Karry Heen and Assistant Chief Matt Coffman reported that the all-volunteer department has five new recruits who, added to three returning firefighters, brings the total number of volunteers to nearly 20 this year.

The new recruits include Pateros High School students Aleeka Miller-Smith, Josh Smith, recent Pateros graduate Abigail Harrild, and Brewster High School students A.J. Garcia, and Kaitlin Garcia. Chief Keen's son, Ricky, a former volunteer, has moved back to the area and has rejoined the crew. Pateros School Superintendent Greg Goodnight is also one of the volunteer firefighters.

Chief Heen said the de-

partment will host a training burn of a donated double wide manufactured home at 128 Independence Street., on Saturday, March 6.

"We are always looking for new volunteers anywhere from high school age to retired," said Heen. "There's a spot for everybody and each volunteer brings something to the table." District 15 fire personnel meet at 7 p.m. every Thursday at stations in Pateros, Methow, Brewster, and Rocky Butte. Anyone interested in becoming a volunteer can attend one of the Thursday night meetings or call Chief Heen at 509-733-2395.

**New councilman**

Council members interviewed four candidates who applied to fill the seat of Christine Perry, who announced her resignation effective March 2021 at the January meeting. The candidates were Chantel Poole, Greg Wagg, Bruce Henne, and Frank Herbert. Following the interviews Herbert was selected by the council voting in executive session. He will be sworn in on or before the council's March 15 meeting.

HR803: Hawkins cautious, Newhouse angry, Schrier 'applauds' federal wildland expansion

By Gary Bégin  
MANAGING EDITOR, NCW MEDIA

WASHINGTON – Representative Dan Newhouse (R-WA), in a news release issued Friday, February 26, stated why he was opposed to the "massive federal land grab" and how it will impact counties already dominated by federally controlled property.

The release, "A Voice for Rural Communities: Standing Strong Against the Massive Land Grab," was adamantly opposed to the creation of more "wilderness" designated land.

Meanwhile, at nearly the exact same time, Rep. Kim Schrier had the exact opposite

feelings and voted accordingly. "This legislation will protect and preserve our public lands, while also promoting outdoor recreation, a balance many Washingtonians will appreciate," she stated.

State Senator Brad Hawkins (R-East Wenatchee), representing Washington's 12th Legislative District (Chelan, Douglas, parts of Okanogan, Grant counties), commented late Friday night (Feb. 26) that, "I am a supporter of certain lands becoming public lands if they receive ample public input and community support. However, I do believe we need to be very thoughtful about transitioning private lands to public lands or further to des-

ignate certain lands as wilderness areas. This is especially the case in Chelan County where nearly 80 percent of its lands are public lands. This can lead to reductions in overall assessed valuation over time or tax shifts to remaining landowners. While I am not opposed to certain lands becoming public, taking on more public lands can create additional, cumulative responsibilities for our county governments and its taxpayers so we should be thoughtful about doing so and expect those partnering jurisdictions to adequately maintain their lands."

Newhouse, representing Washington's 4th Congress-

sional District, stated, "I spoke on the House floor last week in opposition to H.R. 803, a massive, partisan federal land grab package affecting lands and waters in Colorado, Arizona, California, and Washington. The bill creates 1.5 million acres of new wilderness (the most restrictive federal land use designation), permanently withdraws 1.2 million acres from mineral production, and expands nearly 110,000 acres of national monument land."

Schrier, a second term Democrat, issued her news release with the headline, "Schrier Applauds House Passage of Wilderness and Public Lands

SEE EXPANSION ON PAGE B1

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# Senior Focus

A Guide to Healthy Living For Seniors & Others



## Can you recognize signs of stroke?

STATEPOINT -Many people are avoiding in-person doctor's visits to limit potential exposure to coronavirus -- or are simply ignoring health concerns altogether. However, when it comes to medical emergencies such as stroke, immediate medical attention is critical.

The fifth leading cause of death in the U.S., stroke occurs every 40 seconds and it can happen to anyone, of any age, at any time. When 59-year-old Paul "David" Dyches had a stroke on the job this past August, he quickly realized something was very wrong.

"I never experienced a feeling like this before, and I knew we had to do something right away," says Dyches, who was experiencing classic stroke symptoms of weakness in his arms and legs. Upon his arrival at the hospital, he was evaluated via tele-neurology by experts over 150 miles away. After doctors confirmed he was experiencing a stroke, they delivered treatment immediately and he was able to be discharged the following day.

While in some cases quick action can help with recovery, statistics suggest that many Americans may be avoiding hospitals when they need them most due to anxieties surrounding the pandemic. A recent study published in "JAMA Internal Medicine" showed that emergency room visits to five major healthcare systems decreased by more than 40 percent as COVID-19 cases spiked.

As patients such as Dyches are learning firsthand, hospitals have a range of protocols in place to help keep patients and staff safe from coronavirus infection.

"The hospital staff set me at ease right away," says Dyches.

Beyond pandemic fears, one age-old barrier to seeking timely medical attention for stroke is simply awareness of signs and symptoms. While Dyches can credit himself with recognizing a classic symptom -- arm and leg weakness -- and

reacting rapidly, only one in five U.S. adults are able to recognize 10 signs and symptoms of stroke, according to a nationwide survey\*. What's more, nearly 70 percent of the survey respondents say they're knowledgeable about stroke, yet 62 percent falsely believe that signs of stroke come on slowly over a day or two, when in fact symptoms of stroke can come on suddenly.

Experts say that immediate medical attention, which is vital, 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 shareable information and resources, visit [Strokeawareness.com](https://Strokeawareness.com), developed by Genentech Inc, a member of the Roche Group.

"I am a testament to the fact that emergencies like stroke don't stop for a global health pandemic," says Dyches. "Anyone who experiences stroke symptoms should call 911 and get themselves to the ER as quickly as possible."

"BE FAST" was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. ©2011 Intermountain Healthcare. All rights reserved.

\*On behalf of Genentech, a nationwide Stroke Awareness Survey was conducted on March 25 – April 10, 2020 among 2,009 adults ages 35+ in the U.S.

## Resolve to achieve healthy sleep in 2021

BPT - According to a recent survey from the American Academy of Sleep Medicine (AASM), 85% of U.S. adults do not get the recommended seven hours or more of sleep every night. After a challenging and stressful year, the New Year provides Americans with the opportunity to refocus on the importance of making healthy sleep a priority. "Our survey findings show a worrying trend of national sleep deprivation," said AASM president Dr. Kannan Ramar. "Insufficient sleep contributes to the risk for several of today's public health epidemics, including cardiovascular disease, diabetes and obesity. As such, it is critical that we incorporate healthy sleep habits and routines into our daily lives to be our best in 2021."

### Why should we make healthy sleep a New Resolution?

The AASM recommends that adults sleep at least seven hours each night to promote optimal health and well-being. In the same survey, slightly more than one-third (34%) of Americans said they sleep for seven or more hours only two nights - or fewer - each week, in line with findings from the Centers for Disease Control and Prevention (CDC). Regularly sleeping less than seven hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke and frequent mental distress. Resolve to make 365 days of healthy sleep your goal for 2021 by keeping in mind its extensive benefits:

- Sleep makes you healthier - Without good sleep, both mental and physical health suffer greatly, putting Americans at an increased risk of chronic disease.
- Sleep makes you happier - Sleep has a positive effect on mood and overall sense of well-being and can improve relationships with others.
- Sleep makes you smarter - Getting the right amount of sleep is conducive to learning, memory recall, creativity and cognitive function.



Courtesy BPT

The AASM recommends that adults sleep at least seven hours each night to promote optimal health and well-being.

### What is inhibiting us from achieving the recommended seven hours of sleep?

Despite evidence showing the importance of adequate sleep, it often can take a back seat to other behaviors we find important. According to the AASM's July 2020 survey, a vast majority (68%) of U.S. adults lose sleep due to drinking alcohol past bedtime. Americans also report staying up past their bedtime to binge-watch a TV show or stream a video series (88%), read a book (66%), watch a sporting event (58%) and play video games (50%).

### How has the pandemic impacted sleep?

With a change in daily routines, the COVID-19 pandemic is also disrupting sleep for Americans. According to the AASM survey, one in five Americans (22%) are sleeping worse due to the pandemic, and 19% are getting less nightly sleep. "Despite the fact that many Americans are no longer commuting to and from work, it is paramount to establish and maintain morning and bedtime rituals, such as getting up and going to bed at regular times to achieve adequate sleep," added Ramar.

### What are some tips for healthy sleep?

- Obtain adequate sleep - Set a bedtime that allows you to get enough sleep so you wake up feeling refreshed and alert. Identify an appropriate bedtime for your age and lifestyle using the AASM bedtime calculator.
- Establish a bedtime and wake time routine - Consider developing a nightly routine that evokes calm and relaxation, which may include reading, journaling or meditation.

tating. Even for those working remotely, allow ample time to wake, reflect and prepare for the day ahead.

- Ensure the bedroom is a space for sleep - Limit noise and distractions by making your bedroom quiet, dark and a little bit cool - and only use the bed for sleeping, not watching TV or reading.
- Set boundaries for blue light exposure - Consider setting a technology curfew by turning off your TV and other electronic devices 30 minutes to an hour before bedtime.

Silence your notifications and charge your devices away from your bed so you are not tempted to look at social media or news alerts.

- Limit alcohol, caffeine and large meals before bed - Avoid consuming caffeine after lunch and avoid alcohol near bedtime, as both can disrupt sleep. If hungry after dinner, keep snacks small, sugar-free and easily digestible so as to not disrupt sleep.

For more information on the importance of healthy sleep, visit [SleepEducation.org](https://SleepEducation.org).

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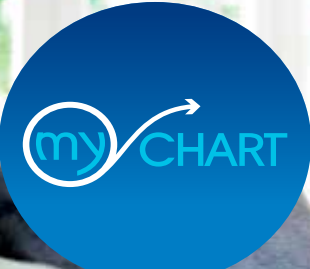
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# Senior Focus

A Guide to Healthy Living For Seniors & Others



## How to navigate Transitions of Care

By DR. LOUISE ACHEY,  
DOCTOR OF PHARMACY

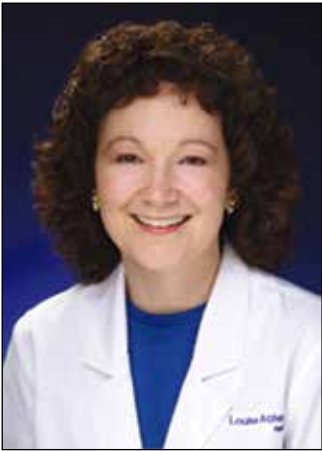
My stepmother is going to have her hip replaced next week. After the surgery, she will wake up in a recovery room and possibly stay overnight in the hospital. Afterward, she'll be discharged directly back to her home or to a skilled nursing facility (AKA a nursing home) for several weeks of strengthening therapy, called rehab.

Each time she moves from one health care setting to another, her doctors and nurses must communicate any vital information about her to the next person. Each time she moves from one care setting to another is called a Transition of Care.

Medical care is a lot like a relay race. When the nurse or doctor taking care of you goes off shift, another transition of care occurs, from them to the medical professional coming on shift. This "handoff" is where important information about you can easily get lost, leading to potentially serious problems.

That's what happened to Emma. My friend Sherry accepted the responsibility of being her widowed elderly aunt Emma's medical power of attorney, or POA. Emma fell the first week of January, breaking her hip, which required surgery and several weeks of rehabilitation at a local nursing home.

Emma received her first COVID vaccine while a resident of that nursing facility, then discharged back to her own



Dr. Louise Achey

home before it was time for her booster.

Sherry called me yesterday morning and asked, "How do I get Emma her booster shot of COVID vaccine? The nursing home says she'll have to go somewhere else."

I called the nursing facility to find out who gave her the initial COVID vaccine. They explained the vaccines were given by CVS, a pharmacy chain with a federal contract to immunize nursing home residents. CVS came and gave every resident their first COVID vaccination. They supposedly contacted anyone who had been discharged to register them for the booster. The company had just finished its last booster clinic the day before.

There are no CVS pharmacies in our area. I asked the nursing home for contact information to find out if CVS would be in any other nursing facilities in our area. Unfortunately, when I called them, no one could connect

me with whomever was administering the COVID vaccine. They couldn't even tell me who I could contact to find out more. It was like CVS swooped into town, gave the vaccine to those nursing home residents, then left without a trace.

When I asked for a copy of Emma's COVID vaccine card, the nursing home said they didn't have it anymore. They explained that it had been mailed to Emma's POA. Unfortunately, my friend never received it, so we recreated one from the nursing home records on a blank COVID vaccine card, documenting the date, manufacturer, and site where Emma received her COVID vaccine.

Although Emma received the Pfizer COVID vaccine, our local pharmacies only have the Moderna vaccine. Is it okay if Emma gets a Moderna booster?

Yes, The Centers for Disease Control and Prevention (CDC) states that if someone residing in an assisted living or a nursing facility has moved, it is okay to get a booster with the Moderna vaccine even if the initial vaccine dose was from Pfizer and vice versa. Since they are both mRNA vaccines, the CDC states that it is acceptable.

The CDC now states you can delay getting the booster beyond the 3 weeks recommended by the manufacturer for the Pfizer COVID vaccine or the 4-week booster recommended for the Moderna vaccine. Up to 6 weeks is considered acceptable, especially in light of the

recent weather-related delays in shipping the vaccines.

**Here are 4 ways to protect yourself or loved one during Transitions of Care**

1. Make a current list of all your medications, and keep it updated.

This is especially important when coming home from the hospital or nursing home. There may be changes or duplications during the time you or your loved one have been away.

2. Bring your discharge summary paperwork to your next medical appointment.

Doctor's offices are not always kept informed of what happens to you during a recent hospitalization. Bringing the latest information with you helps to keep everyone in the loop.

3. Ask.

With COVID restrictions making face-to-face discussions rare, misunderstandings are commonplace. Medical providers stretched for time and may not take the time to explain the plan of care.

4. Be a Squeaky Wheel.

Speak up whenever something doesn't seem right to you. You may be the only one who notices an omission or discrepancy.

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



Courtesy StatePoint

**Made of skin-safe, medical-grade, adhesive tape, MaskTite strips eliminate common mask problems like gaps, fogging glasses and slipping, and are sized for adults and children.**

## How and why to improve the fit of your mask

STATEPOINT - As more Americans get vaccinated against COVID-19, you may find yourself out and about more. Whether you're returning to the workplace or just getting a haircut, mask requirements may be in place in certain venues you frequent. New Centers for Disease Control and Prevention (CDC) recommendations highlight the importance of snugly fitting masks. The good news is that innovations are helping people secure the fit of their masks, and, at the same time, solve some of the most common complaints they have when wearing them.

"As we began to wear masks in 2020, we found ourselves frustrated by things like fogging glasses and slipping masks. Our team has extensive experience solving health-related challenges and thought there had to be a way to address this," says Dave Franchino, co-founder at MaskTite, a company that makes a medical-grade, double-sided tape designed to adhere to the inside of a mask for a more secure fit.

Franchino, with his background in medical product design, set to work with his team to design a way to give people of all face sizes and shapes a fast and easy way to make every mask fit better. Made of skin-safe, medical-grade, adhesive tape, MaskTite strips eliminate common mask problems like gaps, fogging glasses and slipping, and are sized for adults and children.

Here Franchino explains how to solve some of most common mask woes, some of which you've likely experienced:

• Loose fit and slipping masks: Readjusting your mask when it starts to slip is not always possible, whether it's because you have your

hands full of groceries or work tools or you simply want to avoid touching your face. Keeping the mask affixed to your face with tape can eliminate slipping when it matters most, and achieve a tighter fit, supporting the latest CDC recommendations.

• Foggy glasses: The warm air of your breath escaping from the top of your mask can quickly make glasses foggy, causing a new hazard -- an inability to see. While it can be tough to find a mask that fits securely enough to eliminate fog, applying a solution like MaskTite to the inside of your mask means you can get a proper fit and better visibility, no matter what mask you're using.

• Irritating straps: A tight-fitting mask is great in many respects, but the straps can put a strain on the backs of one's ears. Plus, there are times when mask straps can simply be in the way, such as when you're getting a haircut. Securing your mask to your face with tape means you can go strap-free.

Waterproof and hypoallergenic: MaskTite strips can improve mask fit in a variety of environments, including healthcare, schools, retail and restaurant settings, salons, offices, manufacturing and more. Packaged in a resealable, plastic pouch that's easy to throw into a pocket, purse, backpack or briefcase, they are currently available for sale through Amazon. MaskTite is made in the U.S. from U.S. materials. Learn more at MaskTite.com.

"From fogging glasses to slipping, nearly every issue that stems from wearing a mask is related to the mask's fit. For those spending a lot of time in a mask, at school, work or elsewhere, a good mask-wearing experience can make all the difference," says Franchino.

## 6 Ways to tell if you have enough life insurance

STATEPOINT - If we've learned anything from 2020, it's that life can be unpredictable. Having sufficient life insurance can provide financial stability and security to loved ones during times of uncertainty.

Forty-one million Americans say they need life insurance but don't have it, according to LIMRA's 2020 Insurance Barometer Study. Others are insured but don't have enough coverage. If this describes you, your spouse or children could find themselves in a financial lurch, expected to pay off debts, loans and final expenses when you die, especially if you're the main source of income.

"Having insurance isn't just about financial protection," says Louis Colaizzo, senior vice president of Erie Family Life. "It also helps maintain some sense of normalcy for family members. Kids can continue their extracurricular activities,

partners can maintain their lifestyle and families can stay in the home they know and love."

So, how do you know if you have enough? An annual reminder to financially protect loved ones, here are six questions from insurance experts to help you find out.

1. Do you have enough to cover final expenses? Make sure you can accommodate funeral or burial expenses, end-of-life costs or unpaid medical bills. Otherwise, your family may be responsible for paying these. According to the National Funeral Directors Association, the national median cost of a funeral with viewing and burial for 2019 was \$7,640 -- a steep sum many can't pay out of pocket without notice.

2. Will your family receive enough to cover income loss or debt? If you're your household's primary earner, you'll want to ensure

you have enough money to maintain your family's lifestyle. For example, can your policy help pay off a mortgage or multiple car loans in full or cover expenses like groceries? If not, your spouse or dependents might find themselves struggling, putting them at risk for foreclosure or other financial hardships.

3. Do you have dependents? A dependent is someone who relies on your income to make ends meet. According to the U.S. Department of Agriculture, the average cost of raising a child through age 17 is \$233,610, not including the cost of a college education. That's a big strain.

4. What kind of retirement do you want? How do you guarantee you'll have enough for the future and won't need a second career late in life to cover living expenses? One way is to tap into the cash value of a permanent life insurance plan and use it as supplemental income during retirement.

5. Do you have unique

lifestyle considerations? Do you own a business or want to leave a legacy when you're gone? Having an insurance plan will protect these assets and give you peace of mind that your money goes exactly where you want it.

6. What if your circumstances change (again)? Some life insurance companies, offer a Guaranteed Insurability Option rider to help with the quickly changing times, making it possible for you to purchase additional insurance later, even if circumstances deem you "uninsurable." This means the death benefit can be increased as your needs change but you won't have to answer medical underwriting questions -- a relief for many.

To revisit your life insurance policy, contact an independent Insurance agent who can discuss your personal options by visiting [erieinsurance.com](http://erieinsurance.com).

According to experts, one of the easiest ways to protect loved ones and their financial futures is to prepare for the unexpected.



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Okanogan County Transportation & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is still serving hot meals Tuesday, Wednesday, and Thursday. Take out only. Please reserve your meal by calling 509-689-2815. Pick-up time is between 11 a.m. and 12 noon. The home-delivered meal program is not interrupted and is on its regular schedule. 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

**Tuesday, Wednesday, Thursday**  
BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and

Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$8.50. For those 60 and under the cost is \$10.00.

Senior meals, March 3-4, 9-11

**Wednesday, March 3**  
Hot Turkey Sandwich, Mashed Potatoes, Peas & Carrots, Tossed Veggie Salad, Cranberry Salad, Dessert

**Thursday, March 4**  
Beef Stew, Spinach Salad, Banana, Biscuit, Cereal Bars

**Tuesday, March 9**  
Beef Enchiladas, Spanish Rice, Baja Veggie Blend, Mexican Style Slaw, Spiced Apple-sauce, Dessert

**Wednesday, March 10**  
Chicken Cordon Bleu, Garlic Mashed Potatoes, Venetian Vegetables, Greek Salad, Fruit Salad, WW Roll, Dessert

**Thursday, March 11**  
Salmon & Dill Sauce, Pesto Pasta, Mediterranean Vegetables, Garden Salad, Waldorf Salad, WW Roll, Dessert

March 4 Brewster Chamber of Commerce

BREWSTER - The Brewster Chamber of Commerce will hold their next general meeting on Thursday, March 4 at 1 p.m. via Zoom. Join Zoom Meeting: Meeting ID: 895 8397 7411  
Passcode: 676193 . One tap mobile  
+12532158782,,89583977411# US (Tacoma)  
+16699006833,,89583977411# US (San Jose)  
Go to: [us02web.zoom.us/j/kcNDnPF2Ow](https://us02web.zoom.us/j/kcNDnPF2Ow)

**March 4, 9, 11**  
**‘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 p.m. – 4 p.m.

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

Go to: [us02web.zoom.us/j/86358564972](https://us02web.zoom.us/j/86358564972)

Call 509-664-6801 (Chelan County Veteran Service Office) or 509-683-3605 (DCVSO) for more information. Sponsored by CCSVSO, DCVSO, Wenatchee Valley College and the Washington State Veteran Corps Navigation project.

March 8 Okanogan County PUD meeting

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will held Monday, March 8 at 3 p.m. For more information [okanoganpud.org](http://okanoganpud.org)

March 8 Douglas County PUD meeting

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is March 8, 1:30 p.m. at the District’s East Wenatchee office. To comply with the Open Public Meetings act due to COVID-19, a conference phone line number will be provided at the top of the Draft Agenda posted on their website under Latest News the Friday before the meeting.

March 12, 19

Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is March 12. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc.

On the third Friday of each month March 19, 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.

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](https://facebook.com/douglascountyvso)

April 30 deadline P.E.O. Scholarship Opportunity

NCW - 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 in 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, 2021. Scholarship funds will be available by the Fall of 2021, 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 contacting: Mimi Keller Chair, Scholarship Committee at [mimikeller5@icloud.com](mailto:mimikeller5@icloud.com)

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Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.

Please call or email your church listed below if you need more information.

May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

QUAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

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

BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL

Saturday Bible Study 9:30 a.m.

Saturday Worship 10:45 a.m.

Church: 509-689-3537

17 Hospital Way NE, Brewster

[www.brewstersda.com](http://www.brewstersda.com)

School: 509-689-3213

115 Valley Road, Brewster

[www.brewsteradventistschool.com](http://www.brewsteradventistschool.com)

Pastor Matthew Axford

CALVARY BAPTIST CHURCH

Sunday Worship 9:30 a.m.

509-689-2920 • 6th & Jay

[www.cbcbrewster.com](http://www.cbcbrewster.com)

Pastor Greg Thorn

COMMUNITY LOG CHURCH

Sunday Worship 10 a.m.

509-689-2224 • 501 W. Indian Avenue

[www.communitylogchurch.com](http://www.communitylogchurch.com)

Pastor Gordon Wright

HOPE LUTHERAN CHURCH

Sunday Worship 11:00 a.m.

Holy Communion 1st, 3rd, & 5th Sunday

Bible Study & Sunday School 10:00 a.m.

509-689-3106 • 1520 Sunset Dr.

Pastor Kevin Moore

NEW TESTAMENT BAPTIST

Sunday 10 a.m., 11 a.m. & 6 p.m.

Wednesday 7 p.m.

Adult Prayer & Bible Study and King's Kids

509-689-2420 • 412 W. Hanson

“With men this is impossible; but with God all things are possible.”

~ Matthew 19:26

QUAD CITY HERALD

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310 E. Johnson Ave., Chelan, P.O. Box 37, Brewster, WA 98812

Phone: (509) 689-2507

Fax (509) 682-4209

Office Hours

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

On The Internet

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e-mail: [qchreporter@gmail.com](mailto:qchreporter@gmail.com)

advertising e-mail: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)

Services

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

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Legals: Noon, Friday

Classified Ads: Noon, Friday

Obituaries/Deaths: 4 p.m., Friday

Subscriptions

Okanogan/Douglas Counties (yearly) print \$40

Okanogan/Douglas Counties (yearly) print & web \$45

In State (yearly) \$50

Out of State (yearly) \$52

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

News Tips

Have an idea for a story?

Call Quad City Herald at 689-2507

Corrections

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

Quad City Herald (USPS 241-920) is published every Wednesday by NCW Media, Inc.

215 14th St., Leavenworth, WA

Telephone: (509) 548-5286.

Fax: (509) 548-4789.

Periodical postage paid at Brewster, Wash.

Postmaster: Send address corrections to: Quad City Herald, P.O. Box 37, Brewster, WA 98812

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NCW MEDIA

Bringing the community to your door



# County hospitals, clinics explain COVID-19 vaccine process

*Editor's note: The following joint media release issued on Feb. 19 by Three Rivers Hospital, Mid-Valley Hospital, Okanogan County Public Health, North Valley Hospital, and Family Health Centers is printed to help inform the public concerning available COVID-19 vaccines. Please note that as of this writing all regions of the state are now in Phase 2*

BREWSTER -- Gov. Jay Inslee announced the launch of Phase 1B in the state's vaccination plan on January 18. Since then, health care providers throughout the county have been working tirelessly to meet the demand, vaccinating thousands in less than a month.

### Creating a free, mass vaccination program

Immediately after the Federal Drug Administration approved the Pfizer and Moderna vaccines for emergency use, hospitals and clinics found themselves in the unique situation of building an entire mass vaccination process from scratch. At the same time, health care organizations were urged to start administering the vaccine without delay.

"It has been a challenge to implement a brand-new vaccination process as we're giving it out, but it's important to all

of us to make sure our rural communities have equal access to the vaccine," said Jennifer Best, Business Development Coordinator at Three Rivers Hospital. "We're all sharing ideas and information every week to make this easier for our county residents as well as our health care workers."

"Full vaccine roll-out is a marathon that will likely take us most of the rest of the year to complete," said Afton May, Director of Quality and Risk at Mid-Valley Hospital. "The only element in our control is the fact that we care about our neighbors and will continue to give 110 percent until the work is done."

### Tips for frustration-free registration

For those eligible to receive the vaccine under the current or previous phases, it is best to choose only one healthcare provider to register. In Okanogan County, designated vaccine distributors include Three Rivers Hospital, North Valley Hospital, Mid-Valley Hospital, and Family Health Centers.

Once the registration form has been submitted, all that is left for residents to do is wait for a phone call for an appointment. Wait times may be a week or more, but residents will receive

a call if they submitted vaccine paperwork. It is important to note that residents are not signing up for a specific vaccination event; rather, the events are created from the lists of residents who have already registered.

When it comes to deciding where to register, it is best to choose a facility based on factors such as proximity. The amount of vaccine doses provided to each facility varies week to week, so it is difficult to plan more than a week ahead for vaccine appointments.

Each vaccine provider now offers multiple ways to register that do not require a computer or email address. Hard copies of registration forms can be picked up and returned. Mid-Valley Hospital launched a call center service that enables residents to get registered in under five minutes at either Mid-Valley, Three Rivers, or Family Health Centers. The direct line to register by phone is 1-866-458-0169.

Eligibility can be determined by completing the state's online PhaseFinder tool at findyour-phaseWA.org. The tool operates using the honor system, which has added a layer of complexity to the registration process. Health care facilities are screening registrations to

ensure the correct people get the vaccine per the state Department of Health guidelines. Facilities that do not comply risk losing their designation as a vaccine distribution site.

### Vaccination events

News of vaccine events spreads rapidly among the communities, but the events are all created from lists of residents who have already registered, so they are all by appointment only.

"Residents don't have to call us; if they're already on the wait list, they could get an appointment based on when they registered with their chosen hospital or clinic," Best said.

Many of the larger vaccine events are hosted at centrally located sites, rather than at the hospitals or clinics. These locations have included the Okanogan County Fairgrounds, the Douglas-Okanogan County Fire District 15 station in Pateros, and Liberty Bell High School in Winthrop.

Because the healthcare organizations do not know in advance how much vaccine they can expect, these events are planned and executed within a matter of a few days. The Biden Administration has ordered an extra 200 million doses from Pfizer and Moderna, to be delivered by the end of July. As more vaccine is available, distributors may be able to plan more frequent events.

### Wait times and appointment delays

All available vaccine supply is distributed weekly from the federal government to the state and tribal governments. Designated vaccine sites place orders for more vaccine each week, but if there is not enough supply at the state level, not every order is filled.

"We have not received any vaccine for first doses in three weeks," said Gretchen Aguilar, Chief Nursing Officer at Three Rivers Hospital. "We are getting just enough supply from the state to cover our second doses, but that's it for now. We don't know yet when we will have new supply for first doses."

Three Rivers Hospital had to stop scheduling first dose appointments in late January. Once they can resume vaccine events, they will pick up where they left off with people who registered around Jan. 21. In the meantime, the hospital has been posting regular updates on its Facebook page and website.

### More improvements coming up

While residents are encouraged to only register at one location for now, soon they will be able to register in one system that will be shared among the country's vaccine distributors.

"Rural facilities in particular do not have the resources and infrastructure in place for such a massive undertaking such as whole community vaccination," May said. "It is important that we create a more sustainable process to relieve the burden on our pandemic weary healthcare teams. Okanogan County healthcare partners are working with Public Health and Okanogan County Emergency Management to automate and centralize our preregistration and notification processes, which will be a game changer as we go forward."

Some facilities are already working with Emergency Management to send out pre-recorded appointment reminders. The goal for centralized registration is to simplify the process for residents while reducing extra work the hospitals and clinics are currently doing, such as sharing their completed vaccine lists to eliminate duplicate registrations.

### Call for continued patience

The bottleneck of vaccine supply trickling down to health care organizations has triggered a wave of frustration among residents who have been waiting to get their first dose.

"Not having new vaccine supply on a consistent basis has really drawn out the wait times for us at Three Rivers, and other facilities have been in a similar position of having to postpone scheduling new appointments," Best said. "Most

people have been incredibly understanding and kind, and we're so grateful for that. We have received some frustrated calls and emails, and we're taking all feedback into account while we're improving our communications."

"I feel that most of our negative calls are due to lack of communication and fear they will be forgotten in the process. Overall, people have been incredibly supportive and understanding of our effort to get them vaccinated," May said.

While people wait for their turn, all local healthcare organizations are continuing to encourage following three basic guidelines for preventing the virus' spread. Those precautions include wearing a mask that covers your nose and chin, frequent handwashing for at least 20 seconds, and keeping a distance of at least 6 feet from others who are not in your immediate household.

"We know it's hard, but we've been doing this for a year now and we can keep going for a while longer," Aguilar said. "Please continue to stay the course to keep each other safe."

### Where to find vaccine information

- **Three Rivers Hospital - Moderna**  
threeivershospital.net  
facebook.com/threerivershospital  
covid@trhospital.net
- **North Valley Hospital - Pfizer**  
nvhospital.org  
facebook.com/nvhospital.org
- **Mid-Valley Hospital & Clinic - Moderna**  
mvhealth.org/  
facebook.com/midvalley.hospital
- **Family Health Centers - Moderna**  
myfamilyhealth.org/covid-vaccine  
facebook.com/MyFamilyHealth
- **Okanogan County Public Health**  
okanogancountycovid19.org  
facebook.com/OKCPH
- **Okanogan County Vaccine Call Center**  
1-866-458-0169

# Give NCW: A Hail Mary that filled our hearts

BY DENISE SOROM,  
DIRECTOR OF PHILANTHROPY AT  
THE COMMUNITY FOUNDATION OF  
NORTH CENTRAL WASHINGTON



Denise Sorom

It was a long shot, a gamble—a Hail Mary even—but ultimately, a huge success. Last year's Give NCW campaign was unlike any of its predecessors. Typically, this crowd-funding campaign promotes 25 nonprofit organizations that have received grants from the Community Foundation and asks the public to donate online to increase the amount of the grant awards. It runs from Thanksgiving through the end of the year and results have been steady: CFNCW usually puts in about \$225,000 and the community usually contributes roughly same amount.

But 2020 was different. The unrestricted dollars that we normally use for Give NCW had already been committed to emergency Covid relief grants. We knew this community had already done so much charitable giving to respond to the pandemic and feared it may be too exhausted to give more. But nonprofits still needed help, so what were we going to do?

We decided to open the flood gates: We invited any nonprofit in Chelan, Douglas or Okanogan County to participate in Give NCW as long as they were in good standing with the IRS and had received at least one grant from us in the past. We did not have any grant money to seed their

awards; we just said "y'all come" and we will see what happens.

The result was phenomenal. Sixty nonprofits participated in the campaign representing the arts, environment, education and health and human service organizations throughout the region. Our Trustees committed \$90,000 to the campaign for matching challenges and this community stepped up as never before with an additional \$471,189. The campaign raised a total of \$561,189 for the 60 organizations – the highest amount ever raised through Give NCW!

So while we may have thrown that Hail Mary pass, it was you – our incredibly generous community – who caught it. Time and time again we are astounded by the generosity of the people of North Central Washington. Whether it is helping folks rebuild after wildfires, offering pandemic

relief, or support for beleaguered healthcare workers, this community steps up to answer the call. Take for example, one donor who said of the experience of making donations through Give NCW: "I always look forward to Give NCW every year. It's a great reminder, especially when things are tough, of how many wonderful people there are in our communities. I'm proud to contribute in the little ways that I can. It really is a wonderful program." Or, another donor, "I really enjoyed watching the amounts increase for all the nonprofits. I also was amazed to see all the nonprofits out there that I had no idea existed, I probably would never have known about them if it were not for Give NCW." Furthermore, 61% of people who participated in Give NCW said they gave more than they normally do and 38% said they gave to nonprofits that were new to them.

We have witnessed this generosity for the better part of 40 years at the Community Foundation and we realize we have something special here. The more opportunities we offer for people to give – to help their neighbors – the more they give. We send a huge thank you out to everyone who participated in the 2020 Give NCW campaign and we invite you to discover all the ways you can be part of this community of giving at [www.cfncw.org](http://www.cfncw.org).

Expect to see more "y'all come's" in the future!

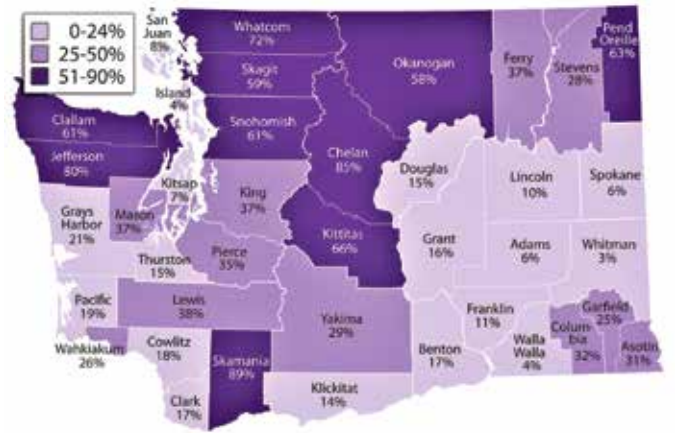
## EXPANSION

CONTINUED FROM PAGE A1

Act," and that she voted in favor of HR 803, the *Protecting America's Wilderness and Public Lands Act*."

Newhouse said, "The American people deserve to access our nation's public lands - not to be locked out of them. A wilderness designation does not guarantee the protection of these lands. In fact, in many cases, this designation can hinder our ability to properly care for them. This package will not only harm our energy independence, restrict public access and recreation on our lands, and increase the poor health of our nation's forests; but it will devastate rural communities in the West."

Schrier added, "This legislation will take steps to conserve public lands and waters and protect communities from the



effects of climate change."

Newhouse continued, "As a lifelong farmer, I have always considered myself on the front lines of responsible conservation efforts. My livelihood depends on the health of our lands and natural resources. Similarly, the livelihoods of ranchers, miners, foresters, and pipeline workers are also dependent on active, responsible management of our lands."

Schrier continued, "We are facing an urgent climate crisis that is threatening our beloved public lands and resources. I want to make sure that my child and future generations will still be able to enjoy our state's treasured wild lands and rivers."

Newhouse concluded, "The partisan wilderness bill does

SEE EXPANSION ON PAGE B2



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Critical infrastructure damaged

## Okanogan PUD approves 3.25 percent overall revenue increase

By Mike Maltais  
Staff Writer

OKANOGAN – Damage to critical infrastructure from the Cole Spring wildfire last September and the August 2020 Palmer Lake wildfire has compelled the Okanogan PUD to approve a 3.25 percent overall revenue increase effective April 1. As a consequence of that damage, the utility has borrowed \$40 million to pay for pressing infrastructure projects and refinancing debt, said PUD Community Relations Coordinator Sheila Corson.

“Current projects include replacing the fire-damaged wooden Okanogan-Brewster transmission line with a new steel line for about \$13 million,” said Corson.

Recently approved FEMA funding will not cover the total upgrade project.

“The PUD also plans to rebuild the Tonasket substation for just over \$4 million, which needs additional capacity in order to improve reliability,” Corson said.

In addition to Tonasket several substations need new or upgraded transformers which will add another \$2.4 million to the tab.

Corson said the utility came in about \$1 million under budget from last year’s power sales. It also borrowed from the rate stabilization fund to cover losses from 2020’s planned two percent increase that the PUD cancelled due to COVID-19.

To keep from overtaxing the budget the utility has deferred other projects, estimating that repairs over the next couple of years will use up some \$35 million of that borrowed \$40 million.

“In order to pay back that debt and provide more capital funds, the PUD will raise revenue this year,” said Corson illustrating the following changes that will occur on bills after the April 1 effective date:

1. The COPA (Cost of Power Adjustment) will roll into the current kilowatt-hour energy charge. For example, residential has a \$0.006/kWh COPA, which will be rolled into the energy rate of \$0.045650/kWh to make it \$0.05165/kWh. The COPA will be revisited every April 1 to reflect changes in power costs from the PUD’s sources of power (such as Bonneville Power Administration, Wells Dam, etc.).
2. State taxes will become an additional line item on bill statements (similar to how city-based taxes are currently designated). This leads to additional transparency for the PUD to show customers more specifically where their dollars go. The PUD pays about \$2.8 million per year in state taxes.
3. Tiered residential kilowatt-hour charges will slowly be merged into a single rate

over the next five years. PUD staff looked at consolidating them in one year, but it would have led to a more dramatic increase in rates to the average user. This will both simplify the billing process and give relief to low- or fixed-income customers who have higher usage.

4. Base charges, kilowatt-hour charges and demand charges will be adjusted differently to achieve the revenue needed per customer class. Most will decrease to reflect the state tax designation. For example, the \$0.05165/kWh residential energy rate (see COPA rate above) will be reduced to \$0.05127.

Although the board reviewed a 10-year plan in their Feb. 22 workshop and board meeting, the revenue adjustments were only approved for 2021. Any other adjustments will be reviewed and considered later by commissioners.

“The rate design process is still to be determined,” Commissioner Jerry Asmussen said. “I’m committed to the (2021) increases because of the debt incurred.”

Part of the 10-year plan is also to move rates to a more equitable structure, where the customer classes pay for their actual cost of service. Because of this, each customer class will have individualized percentage-based increases to achieve the overall 3.25 percent revenue increase.

- Residential: 4.5 percent increase
- Small general service: 3 percent increase
- Large general service: 1.18 percent increase
- Irrigation: 2.5 percent increase
- Industrial: 1.18 percent increase
- Frost control: 5 percent increase
- Area lighting: 3.25 percent increase
- Street lighting: 3.25 percent increase
- Domestic pump base charge: raised from \$10 to \$14.95

Originally, the PUD had considered a ten percent increase for frost control, but amended the resolution to five percent instead, to try to ease any burden on agricultural producers.

“We have to protect our biggest asset in the county,” Commissioner Scott Veraska said, mentioning that he had recently discussed the revenue increase at a producers’ meeting.

“Ag is the No. 1 industry in the state,” Commissioner Bill Colyar agreed.

Votes were unanimous for both the frost control amendment and Resolution 1742 approving the new rate schedules and general provisions.

Visit the PUD website [okanoganpud.org](http://okanoganpud.org) for recordings of the meetings and the final resolution approving new rates and charges.

SUBMITTED BY OFFICE OF  
SENATOR BRAD HAWKINS

OLYMPIA -- Legislation introduced by 12th District Sen. Brad Hawkins to implement recommendations by the Electric Utilities Wildland Fire Prevention Task Force on ways to prevent wildfires was approved today 46-0 by the Senate.

Senate Bill 5158 would direct state Commissioner of Public Lands Hilary Franz to work with the Utility Wildland Fire Prevention Advisory Committee to implement recommendations recently offered in this report issued in December 2020. According to Hawkins’ proposal, this would be accomplished by Aug. 1 and the group’s work would be maintained and updated on the Department of Natural

Resources’ website.

“I’m pleased the Senate has passed this important bill for my district and other wildfire-prone parts of our state,” said Hawkins. “Our state’s electric utilities have shown strong support for this bill, which is very helpful. If our utilities and DNR can keep working together to implement these key recommendations to avoid wildfires and utility liability, that would be a huge benefit for our state and its PUDs.

“These recommendations are very important to many of my utilities, especially considering the 12th District’s recent history of devastating wildfires,” added Hawkins. “It is important to keep the momentum going for this group, finalize its recommendations, and ensure

ongoing communications with the Legislature.

“I’m very excited to be partnering with Chelan PUD and DNR on this bill. Commissioner Hilary Franz and her staff have been awesome to work with in past years and we accomplished some great things together in my first Senate term. I look forward to keeping that going this year as I begin my next term.”

During Senate Bill 5158’s public hearing in the Senate Ways and Means Committee on Feb. 8, Chelan County PUD General Manager Steve Wright provided key testimony and appreciates Hawkins’ sponsorship of the bill. Wright said, “Commendation to Senator Hawkins. This is an important step to address the collaboration necessary to

address a pervasive risk like wildfire that could impact everyone in Chelan County.”

Franz previously spoke to the bill and her positive working relationship with Hawkins. Franz said, “A big ‘thank you’ to Senator Hawkins and his leadership on this bill and to all the stakeholders who took time to be part of the task force during a year of uncertainty. We had long-overdue and difficult conversations that brought us to consensus on many issues that will support all our wildfire prevention work as well as post-wildfire processes. The recommendations in this bill will solidify our work and ensure we keep the momentum of the task force going.”

Senate Bill 5158 now heads to the House of Representatives for consideration.

## DOUGLAS COUNTY SHERIFF

### Feb. 20

Domestic disturbance at 120 Second St. on Bridgeport Bar. Theft at 826 Fairview Ave. in Bridgeport.

Animal problem at 1800 Fisk Ave. in Bridgeport. Domestic disturbance at 255 Columbia Ave. in Bridgeport.

### Feb. 21

Fall at 530 Columbia Ave. in Bridgeport. Hazard at 965 Maple St. area in Bridgeport. Bridgeport Hill Road and N. Mansfield Road in Bridgeport.

Traffic offense at Foster Creek Avenue and 25th Street in Bridgeport.

### Feb. 22

Fall at 129 Walnut St. in Mansfield. Suspicious incident at 112 First St. on Bridgeport Bar.

### Feb. 23

Malicious mischief at 9 Washburn Ave. on Bridgeport Bar. Burglary at 1621 Tacoma Ave. in Bridgeport. Malicious mischief at 1717 Foster Creek Ave. in Bridgeport. Agency assistance at 1206 Co-

lumbia Av. in Bridgeport. Suspicious incident at 611 Columbia Ave. in Bridgeport.

### Feb. 24

Suspicious incident at 314 19th St. in Bridgeport. Animal problem at 233 Third St. in Bridgeport. Noise at 15th Street and Tacoma Avenue in Bridgeport.

### Feb. 25

Unknown accident at 12052 State Route 17 in Mansfield. Vehicle prowl 120 Second St. on Bridgeport Bar. Animal problem at 826 State

Route 173 on Bridgeport Bar. Welfare check at 111 First St. on Bridgeport Bar. Public assistance at 1445 Tacoma Ave. in Bridgeport. Animal problem at 1701 Fisk Ave. in Bridgeport. Alarm at 1106 Columbia Ave. in Bridgeport.

### Feb. 26

Burglary at 44 Crane Orchard Rd. in Bridgeport. Animal problem at the 0 block of Pearl Hill Rd. in Bridgeport. Alarm at Bridgeport Middle School, 1300 Douglas Ave. in Bridgeport.

## EXPANSION

CONTINUED FROM PAGE B1

more to hurt the lives and livelihoods of Americans in the West than it does to protect and conserve our public lands, and that is why I voted against it. We should be encouraging local conservation and preservation efforts - not top-down bureaucratic mandates that ignore the voices of the communities most impacted.”

Hawkins stated, in an exclusive NCW Media interview, “I look forward to learning

more about the bill and what lands, if any, in Washington state that could potentially be receiving a change in designation.”

Hawkins took time out from his busy schedule to comment on the federal bill. “The Washington State Senate has been very busy in recent days advancing bills in Olympia as the state Legislature quickly approaches a critical deadline for passage of bills. As such, I do not usually follow individual federal legislation, except for much larger bills such as

federal stimulus measures with funding back to the states.”

According to a federal map showing lands in Washington state owned or controlled by federal agencies, Chelan County is the second highest in the state with 85 percent of its land mass listed as federal. Only Skamania County in southwest Washington with 89 percent, is higher than Chelan, but it is half the size.

Douglas County has 15 percent, Okanogan County 58 percent and Grant County

with 16 percent.

The U.S. House of Representatives passed the Democrat Party sponsored bill by a 227 – 200 majority, based mostly on party lines. It now goes to the Senate for approval, then to President Joe Biden for his signature, before it becomes law.

Follow NCW Media for updates on this story.

Managing Editor Gary Bégin can be emailed: [Gary@NCWMedia.net](mailto:Gary@NCWMedia.net). Comments received may be subjected to publication as Letters to the Editor.

## Outtakes

• Outdoor Report – This week looks at Trout season opening around the state.

• Schrier has multi-topic, Wenatchee-based town hall, her second in three months

• Douglas County PUD meeting recap, two honored for service

Check out our website [qcherald.com](http://qcherald.com) for these and other important stories we didn't have room for in this weeks edition



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**ZOMBIE OUTBREAK**

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## Administrative

### Puzzle Solution

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

### Lost & Found

**LOST AND FOUND**  
can be placed in our local newspaper and online for **ONE week for FREE.** Limit 30 words

Leavenworth/Cashmere  
509-548-5286  
or email  
[classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
or  
Lake Chelan Mirror  
509-682-2213  
or  
Quad City Herald  
509-689-2507  
or email  
[mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)

**Deadline: by Noon on Friday**



Need to promote your event?  
Have you thought about  
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the best online promotion available

## Happy Ads

Do you have a **SPECIAL EVENT COMING UP?**  
**HAPPY BIRTHDAY CONGRATULATIONS!**  
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**HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at  
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Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

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It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

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or email  
[mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)  
For  
**The Leavenworth Echo or Cashmere Valley Record**  
Call 509-548-5286  
or email  
[classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

## General Interest

The Democrats and their cohorts (the press) are constantly on the attack. They love to find new ways to label others who do not agree with their political philosophy. Conservatives are homophobic. They are xenophobic. They are racist. Lately, instead of being "racists", the charge is "white supremacists" and they say it's endemic within our culture. President Biden has picked up on this, calling 74 million Trump supporters this new racist term. He uses this label for military and law-enforcement officers as well. All are great supporters of Trump, and as such, must be discredited. Isn't it strange that the groups that do so much good for the American people are accused of being threats to democracy? The military has been the one part of the federal government which has not been politicized. Now, with the Democrats in power they, are being investigated. Is it too much to hope, that the not-so-liberal Democrats out there, would see through all the garbage the Democrat leaders are spouting, and join the team who really want to make our country better? Wallace Aunan, Leavenworth


## Wanted

**DONATE YOUR CAR TO UNITED BREAST CANCER FOUNDATION!**  
Your donation helps education, prevention & support programs.  
**FAST FREE PICKUP**  
**24 HR RESPONSE**  
**TAX DEDUCTION**  
1-833-611-0531

## Employment

### Help Wanted

Mansfield School District is hiring for the following positions: Para-Educator, Bus Driver, Maintenance/ Grounds and District Secretary. To view job descriptions and download an application, access our website at [www.mansfield.wednet.edu](http://www.mansfield.wednet.edu) We are an equal opportunity employer.




**CASCADE  
SCHOOL DISTRICT**

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

Elementary School Counselor

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



**wheatland bank**

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Wheatland Bank seeks upbeat and energetic individual with outstanding customer service skills to work on a full-time basis, in our Chelan branch.

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## Help Wanted

The Brewster School District is accepting applications for a Professional Medical Careers individual to teach within the classroom, laboratory/ or clinical settings and may entail fundamentals of nursing and care giving, critical thinking in nursing practice, legal, psychiatric, mother/ baby, pediatrics, health promotion and education, and medical nursing for children and adults. Courses currently include an afternoon session of approximately 15-20 students. In addition, to two morning classes.

The complete job description and application are available on the district's website [www.brewsterbears.org](http://www.brewsterbears.org)

Start Date: Fall of 2021

A complete application consists of the following:

- Letter of Interest
- Application
- Resume
- Copy of Nursing Degree/ License
- Three current letters of recommendation

This position is open until filled.



**THREE RIVERS  
HOSPITAL**

Three Rivers Hospital is currently accepting applications for the following positions:

**Revenue Cycle Director**  
- Full-time

**Med-Surg RN –**  
Full-time Days  
(Sign-on Bonus \$5,000)

**Med-Surg RN –**  
Full-time Nights  
(Sign-on Bonus \$5,000)

**ER RN –**  
Full-time Nights  
(Sign-on Bonus \$5,000)

**Occupational Therapist**  
- Full-time  
(Sign-on Bonus \$5,000)

**Medical Lab Tech -**  
Full-time  
(Sign-on Bonus \$1,500)

Interested Candidates may apply online or by mailing their resume to:

Three Rivers Hospital  
Human Resources Dept.  
PO Box 577  
Brewster, WA 98812  
(509) 689-2517  
[www.threerivershospital.net](http://www.threerivershospital.net)  
[opportunity@trhospital.net](mailto:opportunity@trhospital.net)  
EOE

## Help Wanted




**CASCADE  
SCHOOL DISTRICT**

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

Substitute:  
Teachers  
Emergency Teachers  
Para Educators  
Custodians  
Bus Drivers  
Food Service

Fast Track application process and information can be found on our website at:  
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**FULL TIME DENTAL ASSISTANT FOR LEAVENWORTH OFFICE**  
Monday - Thursday. The position entails all aspects of chairside assisting and supporting our hygiene team. We are looking for someone with a great work ethic and a great personality. Experienced in Dentrix or Eagle Soft a plus. Please mail or drop off your cover letter and Resume to: Dr. Brad O'Brien 11779 Hwy. 2, Ste. #201 Leavenworth, WA 98826 or email to [drbradobrien@gmail.com](mailto:drbradobrien@gmail.com)



**Northeastern  
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We are looking to hire a Personal Assistant to the Director of Procurement Services of NORTHEASTERN UNIVERSITY. We are looking for a part time, work from home, PERSONAL ASSISTANT. It pays \$400 per week plus benefits and only takes a little of your time. To be considered for this position the candidate must be detailed-oriented, a problem solver, able to work independently, and have above-average organizational and troubleshooting skills. Basic computer skills are also essential to this role. This job requires 2-3 hours access to the internet weekly. The position requires excellent customer service skills orally. We will train the right person. Must be over 24 years of age, be efficient and dedicated. If you are interested and need more information contact:  
[Mi.mcnamara87@gmail.com](mailto:Mi.mcnamara87@gmail.com)  
for more details. Text at 1-617-586-2587.

## Help Wanted

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509-548-5286  
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**Deadline: Friday by Noon for the following Wednesday issues of all newspapers.**

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**Lake Chelan Mirror Quad City Herald**  
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or call  
**The Leavenworth Echo Cashmere Valley Record**  
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[classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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

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**BLEWETT PASS**  
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**SNOQUALMIE PASS**  
Interstate 90  
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2 large wood desks with side desk attachment.  
One nice metal desk.  
One large all wood conference table.  
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All items located in Cashmere.  
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Let others know what items you are selling!

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'Special Friends'  
Or I miss you.

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1 bedroom apartment \$478.00  
2 bedroom apartment \$573.00  
3 bedroom apartment \$660.00  
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Must have earned a minimum of \$3,000.00 in the last 12 months in agricultural income to qualify  
Ex: Packing shed, orchard, vineyard, some truck driver positions or forklift – call to inquire.

Must qualify by income. Rent amount is based on income level  
Waiting list applies.

Apply today at:  
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1555 S Methow Street, Wenatchee (509) 663-7421 (TDD Equipped)

This institution is an equal opportunity provider and employer.

Rentals

**Entiat Gardens Apartments**

- Rent based on income (if eligible)
- No application fee!
- Waiting lists apply

**2331 Albin Dr, Entiat**  
1-3 bedroom units

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This institution is an equal opportunity provider and employer.

**1 bedroom senior apartment**

Lake Chelan Community Apartments  
509 E Gibson Ave, Chelan  
Senior Housing (62 and older)

- Rent based on income (if eligible)
- Newly remodeled
- Close to medical facilities & stores
- On site new laundry facility
- No application fee

Housing Authority of Chelan County  
1555 S Methow Street, Wenatchee (509) 663-7421 (TDD equipped)

This institution is an equal opportunity provider and employer.

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1300 Commercial Street, Leavenworth  
Senior housing (62+)

**1 bedroom apartments**

- Rent based on income (if eligible)
- Quiet, wooded setting on the river
- Close to shopping & medical facilities
- Waiting list in place

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Housing Authority of Chelan County & the City of Wenatchee  
1555 S Methow Street Wenatchee, WA 98801 (509) 663-7421 (TDD Equipped)

Rentals

**Gibson Gardens**  
309 E Gibson Street  
Chelan, WA

**NOW ACCEPTING APPLICATIONS FOR THE WAITING LIST**

We offer:

Rent Based Upon Income (if eligible)

Quiet neighborhood

Onsite Laundry

A/C

Playground

Close to stores & school

**NO APPLICATION FEE!**

Call:  
Chelan County/ Wenatchee  
Housing Authority  
1555 S Methow St Wenatchee (509) 663-7421

**River Run Apartments**  
115 E Pleasant Avenue  
Cashmere, WA

Now accepting applications for the waiting list.  
1-2 bedroom apartments  
Must income qualify

Rental assistance may be available if you qualify.

Quiet neighborhood  
Onsite Laundry  
A/C  
Close to bus line, stores and park.

**NO APPLICATION FEE!**

Call or stop by:  
Chelan County/ Wenatchee  
Housing Authority  
1555 S Methow St Wenatchee (509) 663-7421 (TDD Equipped)

Rentals

**Affordable Senior or Disabled Housing**

- Rent based on income (if eligible)
- No application fee!
- Waiting lists apply

Garten Haus (Senior 62+ only)  
1300 Commercial St, Leavenworth

Man\*Sun Villa (Senior 62+ or disabled)  
200 Green Ave, Manson

Chelan Gardens (Senior 62+ or disabled)  
210 W Gibson St, Chelan

Housing Authority of Chelan County  
1555 S Methow St, Wenatchee (509) 663-7421 (TDD Equipped)

This institution is an equal opportunity provider and employer.

**Chelan Bluff Apartments**  
1135 S Bradley Street, Chelan

Rent is based on income. 2-3 bedroom units.

Agricultural Worker Housing  
(Year round, retired or disabled from agriculture work)

For more information, please call:

Housing Authority of Chelan County & the City of Wenatchee (509) 663-7421 (TDD Equipped)

Apartamentos Chelan Bluff  
1135 S Bradley Street, Chelan

Renta esta basado en ingresos. 2-3 recamaras unidades.

Vivienda para trabajadores de agricola (Todo el año, retirado o discapilitado por la agricultura).

Para mas información, por favor llame:

Housing Authority of Chelan County & the City of Wenatchee (509) 663-7421 (TDD Equipado)

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Includes:

- Fiber-optic Internet
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- Private bath
- Break area including new refrigerator/ microwave

\$1500/month. Lease term negotiable. Building regulations do not permit retail business. Call 425-478-6103 for additional information and to arrange a tour.

Need some CASH?

Place a For Sale ad and turn your 'junk' into someone else's treasure!

• Place your ad 24/7 at [ncwmarket.com](http://ncwmarket.com)  
• Email: [heraldads@qcherald.com](mailto:heraldads@qcherald.com)  
• Call 689-2507

CROSSWORD PUZZLE

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62						63			64			

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THEME: HEAD TO TOE ACROSS

1. \*A or O, to blood  
5. Catch a wink  
8. "Don't know what to say" sound  
11. Eon, alt. sp.  
12. Severe blow  
13. \*Blood \_\_\_\_, type of blood test  
15. Eastern \_\_\_\_, 1947-1991  
16. \*Respiratory rattling  
17. Enormous ones  
18. \*Annual exam  
20. Largest city of Norway  
21. Like a romantic movie?  
22. \*Anatomical pouch  
23. Work over with fists (2 words)  
26. Levee next to water mill  
30. Not cooked  
31. What a terrorist wants to spread  
34. Continental currency  
35. Wide open  
37. Charged particle  
38. Colorado resort  
39. Hipbones  
40. Recede, as in tide (2 words)  
42. Laos resident  
43. Stinging shrub, pl.  
45. Handrail's main supports  
47. Caribou kin  
48. Relating to a lobe  
50. Saint's topper  
52. \*L in ACL  
55. Bad-tempered  
56. Affirm with confidence  
57. Stain on Santa  
59. Work the dough  
60. Tiger Woods' pegs  
61. Ruptured  
62. "\_\_\_\_ my party, and I'll cry if I want too..."  
63. Store posting, abbr.

64. \*Largest organ DOWN  
1. Can opener 2. Crowd's judgement  
3. Tubby little cubby  
4. Enclose within a cyst  
5. W.E.B Du Bois's org.  
6. Assuage  
7. Spa treatment  
8. 2016 western "\_\_\_\_ or High Water"  
9. Type of shark  
10. Not Miss or Ms  
12. Influenza  
13. Sandbar  
14. \*Cardiac, smooth or skeletal ones  
19. Quickly fry  
22. Knightly title  
23. \*Cerebellum location  
24. Two under on one hole  
25. Look forward to  
26. \*Kissing disease?  
27. Having two parts  
28. Beatles: "He's \_\_\_\_ nowhere man" (2 words)  
29. Plural of #26 Down  
32. \*12 pairs of these  
33. Rip off  
36. \*a.k.a. kneecap  
38. Mr. T's team  
40. Comic book cry  
41. Unlocks the gate  
44. Andrew Webber's middle name  
46. Forcefully grabs  
48. \*Blood filter  
49. S-shaped moldings  
50. "The \_\_\_\_ for Red October"  
51. Greek god of war  
52. Strip of wood  
53. Breakfast spot?  
54. Spelling or Kelly  
55. Biathlon equipment  
58. One less than jack

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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.