

Gov. Inslee announces new restrictions

OLYMPIA - Gov. Jay Inslee on Sunday, Nov. 15 announced a four-week statewide set of restrictions in response to the recent rapid spread of the COVID-19 virus in Washington and across the country.

take effect Wednesday, Nov. 18 at 12:01 a.m. Activities not included in the modified restrictions should follow current guidance. All K-12/higher education, child care, and courts and court-related proceedings are exempt from the new restrictions.

Recent cases traced to family gatherings and travel

Health officials urge caution as COVID-19 cases are predicted to rise in Okanogan County

SUBMITTED BY OKANOGAN COUNTY PUBLIC HEALTH

OKANOGAN - Okanogan County Public Health (CPH) is asking residents to exercise caution around the upcoming holiday. There are concerning increases in COVID-19 cases in neighboring counties and states, and travel over the holiday could negatively impact case rates in Okanogan County.

close again. It's important to remember that 'schools don't keep schools open, communities do'.

On Nov. 10, state public health experts reported that Washington state is experiencing extremely rapid growth of COVID-19 cases statewide and urged the public to limit in-person gatherings as much as possible, continue to wear a face covering around those whom you don't live with, make plans for alternate ways to celebrate the holidays, and to refrain from traveling.

2. Reduce the burden on our nursing homes and long-term care facilities. When transmission increases and case numbers are high in the community, these facilities must regularly test staff and residents more frequently. The increased demands of testing on staff and elderly patients is stressful and expensive.

Recent cases in Okanogan County are primarily being traced to family gatherings and travel.

3. Keep our hospitals from becoming overburdened. Our rural healthcare resources are limited. When at capacity, patients must be transferred to other counties such as Yakima or Spokane, which are also experiencing increases in COVID-19 cases and hospital admissions.

OCPH urges residents to refrain from traveling or attending gatherings with people outside of your household for the upcoming Thanksgiving holiday.

4. Keep our businesses open and viable. We had a lockdown at the beginning of the pandemic and we have the ability to prevent that recurring with our individual and community choices.

Projections suggest that Okanogan County will see a surge of COVID-19 cases as we move into the fall and holiday months. OCPH is urging the community to take precautions in order to:

The most effective way to prevent the spread of COVID-19 is to avoid gatherings, wear a facial covering, and keep six feet of distance when you are around people you don't live with.

1. Keep our schools open. Okanogan County health officials and superintendents are monitoring the situation closely. Currently, the incidence rate is within the range to maintain in-person instruction and there have been no COVID-19 outbreaks in county schools. But, if cases continue to rise in the community, schools may have to

As the holidays approach, please celebrate in a COVID-19 safe way

Fence replacement continues after Pearl Hill fire



Mike Maltais/QCH

With miles of fence destroyed in the Pearl Hill wildfire last September needing replacement along State Route 17 between Bridgeport and Leahy Junction, a crew using a post-driving attachment installs steel posts between Bridgeport and Leahy Junction.

Douglas County welcomes Jose Solis as Veteran Corps 'Navigator'

By GARY BÉGIN, MANAGING EDITOR

EAST WENATCHEE - Jose Solis is the new Veteran Corps Navigator working in the Douglas County Veteran Service Office with DCVSO Sarah Simonson.



Solis was previously head of the Wenatchee Valley College veterans organization and is now with DCVSO.

Jose as he poses for NCW Media camera while attending a meeting at The Bunker, aka Vets Servicing Vets, in Wenatchee.

"I served as a sergeant in the Army in both Iraq and Afghanistan as an infantryman," said the 34-year-old Solis.

Part of his duties will be to take part in the newly estab-

SEE SOLIS ON PAGE A2

Legion Auxiliary hosts annual Christmas Crafts Bazaar

By MIKE MALTAIS STAFF WRITER



Courtesy Margie Allen

This eye-catching gourd birdhouse was one among scores of items on display at the annual Christmas Crafts Bazaar held at the Columbia Post 97 American Legion Auxiliary in Brewster last weekend.

BREWSTER - Columbia Post 97 of the Brewster American Legion held its annual Christmas Craft Bazaar last Friday and Saturday, Nov. 13-14, at 102 N. Third St. The annual crafts event is one of several fundraisers held every year to raise money for Legion causes and projects. Buyers found a wide array of items to select from including Christmas ornaments, quilts, baked goods, handmade soaps, soy candles,

handcrafted items, and more.

Proceeds are earmarked for veterans housing.

In honor of Veterans Day, Nov. 11, the Legion served a special brunch in observance of the occasion. The Legion also opened for inside dining on Nov. 6 with a limited menu every Friday,

Saturday, and Sunday and still offers curbside service for those who prefer that service. Inside dining hours are: Friday: 3-7 p.m. (dinner 4-7 p.m.), Saturday: 1-5 p.m. and Sunday: 9 a.m. - 2 p.m. (breakfast 9-11 a.m.)

Shop Local and Give Local to support our businesses this holiday season. Includes images of gift boxes and a reindeer.

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## Wenatchee Valley Dispute Resolution Center welcomes new board members

SUBMITTED BY WVDRC

WENTCHEE - Wenatchee Valley Dispute Resolution Center (WVDRC) is pleased to welcome Selina Danko and Corey Kane to the organization's Board of Directors.

Selina serves as the Outreach Specialist for Link Transit. She comes to the Board with extensive experience in community involvement including volunteer management, event planning, and professional writing.

"I see tremendous potential in the work WVDRC does to peacefully resolve issues between individuals through productive, facilitated conversations," Selina said. "Trained mediators are capable of taking pressure off of the court system and empowering individuals to find solutions to conflict by working together."

Corey is an attorney for Lacy, Kane, & Kube with experience in civil litigation conflict resolution, including mediation. He has a passion for providing for the needs of the community and is looking forward to serving on the Board.

WVDRC, a 501(c)(3) non-profit organization serving Chelan and Douglas counties, has a mission of changing relationships through peaceful conflict resolution. Its mission is achieved by providing cost effective mediation, training, community education, and other programs.

The organization currently has openings for additional Board members. For more information, please contact WVDRC via their website at [www.wvdr.org](http://www.wvdr.org) or call (509) 888-0957.



Corey Kane



Selina Danko

### About the WVDRC:

Mediation is a voluntary process that provides an opportunity and an environment for mutually and efficiently resolving conflicts in a private, safe, and positive environment. With the help of certified skilled mediators, parties share their views and have the opportunity to address important issues in a cooperative constructive way. Resolutions are created together and accepted by both parties that reflect the individual values and needs of both.

PO Box 3391 (5 S Wenatchee Ave Ste 315), 509-888-0957, [wvdr.org](http://wvdr.org).



From left: Bob Ashford, George Turner and Ron Bruno at a recent planning meeting to discuss the Wenatchee Valley Veterans Hall at 1202 N. Wenatchee Ave. It will be available to all veterans from the entire Wenatchee Valley area and no membership will be required.

# Veterans Hall for Wenatchee Valley opens in former Eagles banquet hall

BY GARY BÉGIN, MANAGING EDITOR

WENATCHEE -- Wenatchee Mayor Frank Kuntz has designated a venue for a new Wenatchee Valley Veterans Hall, the former banquet room in the Fraternal Order of Eagles Aerie 204 on North Wenatchee Avenue.

Former Army vet George Turner, Marine vet Bob Ashford and Marine and Army vet Ron Bruno are the three local veterans responsible for organizing and creating this "safe space" for all vets, no matter what unit or branch they were in, or if they served in peace or war.

"We plan on hiring someone local to paint some murals to give the hall a lighter look. Right now, without windows, it is kind of claustrophobic and many veterans do not respond well to these type of rooms," said Ron Bruno, spokesman for the founding trio.

"We'd like to have a peace-

ful scene, maybe a beach, painted on the wall," he said.

Ashford said there will be colors (flags) representing every branch of service including the Merchant Marine and Coast Guard.

"The colors will be placed on the stage and lit. The colors will never be taken down for any reason, even if the Hall is rented by other groups," Ashford said.

The three men were adamant that no military criteria or membership will be required to visit the Hall, where Ashford plans on serving coffee and donuts on the first Tuesday of every month from 8 a.m. to noon.

Plans for the room include kitchen facilities, an office and maintenance closet. It already has ADA approved restrooms. The room already has a large dance floor and small stage.

Army veteran Dan Beat-tiger will be the Secretary of the Hall organization. Douglas County Veterans Service Of-

ficer and Air Force veteran Sarah Simonson will also be involved.

The 3,000 square foot hall can accommodate about 250 people. No smoking or alcohol will be allowed in the Hall, but the Eagles club has a full bar and also serves food if anyone wants to step next door to buy those amenities and consume them there, but Eagles membership would be required to be served.

That membership is \$42 annually, but a sponsor is required to apply for membership. Visit the Eagles for more information.

The Veterans Hall will have a private entrance apart from the Eagles and will not have any doors leading into the Eagles club.

The city of Wenatchee is leasing the Hall for the benefits of the veterans in the area. The old Veterans Hall at a former Catholic Church, was not considered a "dedicated" veterans facility since it was

often used by other citizens and groups of the Wenatchee community and was not always available to veterans.

Bruno states that any veterans organization will be able to use the Hall at no cost for whatever event they wish. The Hall will also be available for rent by individual veterans at no fee if the event is veteran related.

Other members of the community and organizations can also rent the Hall, but that fee hasn't been set yet.

For more information, email [ron.bruno@frontier.com](mailto:ron.bruno@frontier.com) or call him, 509-679-2359. The Hall is in need of donations, both physical and financial, to get started, according to Bruno, but once the basic structural needs are met, it will be able to operate on a frugal budget.

Electricians, plumbers, carpenters and painters are welcomed to donate their skills or hopefully offer low cost services to get the Hall started.

## RESTRICTIONS

CONTINUED FROM PAGE A1

negative COVID-19 test result no more than 48-hours prior to the gathering. Outdoor gatherings are limited to no more than five people.

For long-term care facilities, only outdoor visits will be permitted for essential support persons or end-of-life care.

Restaurants and retail: Restaurants and bars will be closed for indoor service, with to-go services and restricted outdoor dining allowed. In-store retail, grocery stores and personal services are

limited to 25% of occupancy and must close any congregate areas.

Religious services, weddings and funerals: Religious services will be limited to 25% indoor capacity or 200 people, whichever is less, and choirs, bands or ensembles are prohibited from performing. Wedding and funeral ceremonies can go on with limited attendance, but receptions of any size are prohibited indoors.

Entertainment and fitness: Indoor service will be closed at fitness facilities and gyms.

Bowling alleys, museums, zoos, aquariums, and movie theaters will be closed for indoor services.

## SOLIS

CONTINUED FROM PAGE A1

lished Washington Department of Veterans Affairs Vet Corps Navigator program occurring every Tuesday and Thursday via Zoom - meeting ID: 86358564972.

First go to [omous and then input meeting ID number.](http://us02web.zo-</a></p>
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The meetings take place from 2 p.m. to 4 p.m. and will feature Navigators like Solis as well as Veteran Service Officers Tony Sandoval (Chelan County) and Simonson (Douglas County).

Solis can be reached by calling: 509-683-3605 for more information.

**Thanks, Hawkins Gebbers**  
For taking a turn with your water tender around the perimeter of our house just before the Cole Spring (per Madeline Kincaid) fire swept through. Your actions helped me save what otherwise could have been our second home lost to wildfire in the past 6 years. Thanks also for picking up and protecting our dog, Piper, until the danger had passed. You are our special superhero, Hawkins, and a great credit to your family and community.  
**Mike & Kathleen (Joy) Maltais**  
406 Cameron Lake Road

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# Case counts on the rise again in Douglas, Chelan counties

SUBMITTED BY CHELAN DOUGLAS HEALTH DISTRICT

EAST WENATCHEE - The COVID-19 case count for Chelan and Douglas counties this week climbed back to more than 200 cases per 100,000 people, a number the area has not seen since mid-September.

The current case count is at 240.4 cases per 100,000 people. In the last 14 days, the health district has reported 290 new cases of COVID-19 between the two counties and four new deaths related to COVID-19.

The last time the area was at over 200 cases per 100,000 people was during the week of Sept. 14.

The Washington State Department of Health last week warned that coronavirus activity was intensifying across the state, both on the western and eastern sides of the state. The increases seen

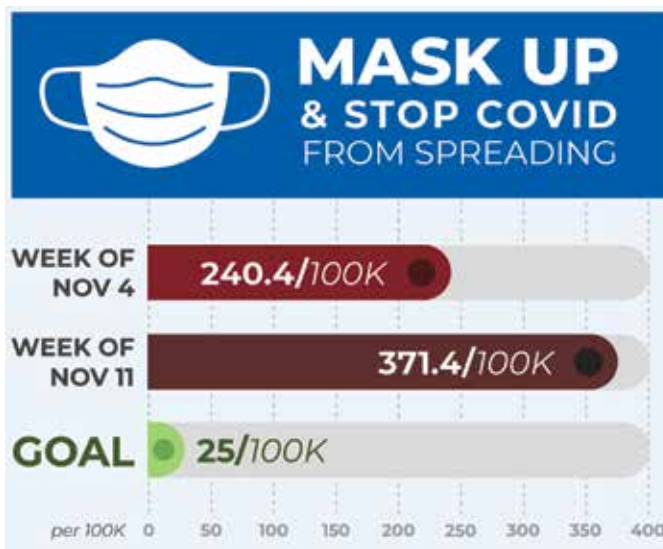
locally mimic what is going on around the state, said Dr. Malcolm Butler, health officer for the Chelan-Douglas Health District.

"It is pretty clear now that here in Chelan and Douglas counties, we are rising up into our third wave," Butler said. "From our data, we also can see that locally the 20 to 39 age group is the main group spreading the virus in our community."

The health district reminds the community that it is more important than ever to not stray from masking, social distancing and other COVID-19 precautions.

"Responsible gathering will play a key factor in how our case numbers grow in the coming weeks," Butler said. "Our hospital is not overburdened with COVID patients. Let's work hard to keep it that way."

The health district recommends wearing a mask



around people you don't live with (even close friends and family) and limiting the number, size and frequency of gatherings. Wash your hands frequently, get your flu shot and stay home if you're sick.

If you do choose to gather with others, there are steps

you can take to reduce risk. You can get tips for responsible gatherings and ideas for alternative celebrations at [www.coronavirus.wa.gov/gatherings](http://www.coronavirus.wa.gov/gatherings).

For more information, visit [www.cdhd.wa.gov/covid-19](http://www.cdhd.wa.gov/covid-19). Follow CDHD on Facebook and Twitter.

# Wenatchee Valley Humane Society asks for community's help in reaching veterinary clinic expansion goal

SUBMITTED BY WENATCHEE VALLEY HUMANE SOCIETY

WENATCHEE, WA - Something new is on the horizon for shelter animals at Wenatchee Valley Humane Society (WVHS) as a long awaited veterinary clinic expansion nears completion. Located next door to the shelter, the clinic will be a fully functioning veterinary clinic for shelter animals and a low cost spay/neuter option for income qualified pet owners.

WVHS has made great strides in saving lives. Less than a decade ago, humane euthanasia was a heartbreaking, daily reality at WVHS. Since 2014, WVHS has implemented life-saving programs such as Trap, Neuter, Return (TNR) for free roaming community cats, a behavior modification program and an in-house medical team. Today, the shelter's live release rate is near 97%, compared to less than 60% in 2012.

Saving lives involves costly medical care. Each year, nearly 5,000 animals find their way to Wenatchee Valley Humane Society. Even healthy pets require vaccinations and spay & neuter. WVHS ensures all shelter pets receive the medical attention they need to give them a second chance. In the

past, the cost of outsourcing expensive medical procedures may have meant the difference between life and death.

To reduce rising costs and increase life-saving efforts, WVHS began its own clinic in 2016 by repurposing a small, 320 sq. ft. grooming room into a tiny clinic with one veterinarian and one assistant. Today, WVHS employs six clinic staff including two full-time veterinarians, specializing in shelter medicine. The tiny clinic has quickly outgrown its space, and plans for expansion have been in the works for two years.

With the help of consultants, the decision was made to repurpose the building next to WVHS, formerly home to Club Pet, into a 4,500 sq. ft. clinic with two examination rooms, four surgery tables, an X-Ray machine, lab area, ICU, and three recovery suites. The space will also include seven kennels, a training arena and a "Real Life Room" to help treat and train dogs in the shelter behavior modification program.

"We couldn't let COVID stop us," says WVHS Executive Director, Dawn Davies. "Pets don't stop reproducing because of a global pandemic."

SEE VETERINARY ON PAGE B2

# Get three bids from contractors for wildfire repairs

SUBMITTED BY DEPT. OF LABOR & INDUSTRIES

TUMWATER — Cleanup from recent wildfires will be a big job, one that could be made worse by unregistered contractors taking advantage of people at risk.

The Washington State Department of Labor & Industries (L&I) cautions homeowners to work only with registered contractors, and to obtain three bids for any repairs. Though a homeowner may be in a rush to repair storm damage, keep these

tips in mind to Hire Smart and avoid shoddy work or bad contractors:

Check whether a contractor is registered by clicking on the link at [protectmyhome.net](http://protectmyhome.net). You can verify whether contractors are licensed, how long they have been in business and see the amount of their insurance coverage and bond.

Beware of red flags, including contractors who ask to be paid in cash, have a check made out to someone other than the business, or work only evenings or on weekends. Unregistered contractors or

scam artists typically use these tactics.

Don't pay in full until the job is done.

See more tips and download the "Hire Smart" worksheet at [protectmyhome.net](http://protectmyhome.net). Also on the page are reminder signs in English and Spanish.

Additional information on recovery from a natural disaster, including reconnecting power to your home, is also available from L&I. Simply go to [www.L&I.com](http://www.L&I.com), and enter "Disaster recovery" in the search bar, or call your nearest L&I regional office.

qcherald.com

## Rollover accident



Mike Maltais/QCH

The Washington State Patrol responded to a rollover accident on State Route 17 east of Bridgeport Monday morning, Nov. 9. A vehicle pulling a trailer left the highway just west of milepost 129 and overturned between Bridgeport and Leahy Junction. No further details are available at this time.

## Focus on Education

November 2020

The 29 Public School Districts in North Central Washington thank you for your continued support of our students and schools!

Your support for public schools is changing lives!

[www.ncesd.org](http://www.ncesd.org)

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## Wishing you all the happiest of holiday seasons!

Our office will be closed Thurs., Nov. 26 & Fri., Nov. 27 so our staff can enjoy the holiday with their families

Advertising Deadlines for Dec. 2

5 p.m., Wed., Nov. 25 for Display Advertising

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## Happy Thanksgiving!



LETTER TO THE EDITOR

I can handle it

Just tell me the truth. Our country's voting system is a MESS. I had no idea it was so filled with corruption. As citizens, we deserve to have confidence in our voting process, to know that every legal vote will be counted, and that no amount of money or political party can illegally influence our elections.

And why aren't all the parties jumping on board to make sure our voting system is simple, clear and easy to validate? If there's nothing to hide, no amount of scrutiny should be a problem. This isn't a Republican or Democrat or Libertarian or Independent issue. This is a national security issue.

If we can't trust our voting system, we have no republic. So I am all for digging deep into the voting systems in each state to make sure they are only counting legal votes, and that no political party can disenfranchise any other party from observing the vote count, or manipulate the voting system, or count votes after the voting deadlines.

So go for it—dig deep—expose the truth. I can handle it. And by the way, no one should be claiming victory at this point in the election. Each state has to officially validate their election results, and then the electors for each state (via the electoral college) vote appropriately. We are a long way from that happening. So cool your jets—let's see how all this plays out.

*Chrystal Perrow, Winthrop*

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COMMUNITY BULLETIN BOARD

Bazaar canceled

**BREWSTER** - The Brewster Grange has canceled its Christmas Bazaar, normally held in December.

Holiday Events

Nov. 28-Dec. 19

**WENTCHEE** - Encouraging Words Bible and Gifts invite you to visit every Saturday from Nov. 28-Dec. 19, and will feature live appearances of local authors, musicians and story-tellers in the store, at 529 S. Wenatchee Ave., Wenatchee. Or call 509-664-3250, Facebook Encouraging Words.

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

Senior meals, Nov. 19-Nov. 24

**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 \$4. For those 60 and under the cost is \$8.50.

Thursday, Nov. 19

Pork Roast, Stuffing & Gravy, Peas & Carrots, Spinach Salad, Applesauce, WW Bread, Dessert

Tuesday, Nov. 24

Cabbage Patch Stew, Pasta Salad, Pea Salad, Pears, Cornbread, Dessert

Wednesday, Nov. 25

Roast Turkey, Mashed Potatoes, Stuffing, Green Beans, Green Salad, Cranberry Salad, Pumpkin Pie

Thursday, Nov. 26 - CLOSED for Thanksgiving

Nov. 19, Nov. 24

'Whats Up Vet!' - Informational Zoom meetings now available NCW - All Chelan and Douglas County veterans are invited to attend the new "Whats Up Vet!" informational meetings via Zoom!

Every Tuesday/Thursday from 2 p.m. - 4 p.m. Open to vets, spouses, de-

pendents 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 (DCVSO) for more information.

Sponsored by CCVSO, DCVSO, Wenatchee Valley College and the Washington State Veteran Corps Navigation project.

Nov. 20, Dec. 11

Brewster bus trips

**BREWSTER** - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Dec. 11. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc.

On the third Friday of each month Nov. 20, 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.

Nov. 23

**EAST WENATCHEE** - The next meeting of the Douglas County PUD Commission is Nov.

23, 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.

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: <https://www.facebook.com/douglascountytvso>

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](mailto:ruthk@lakechelanmirror.com), subject line QCH Bulletin. Deadline: Friday at Noon p.m. Be sure and include date, time, place and cost if any.

Time to gather together and fight ... but not each other

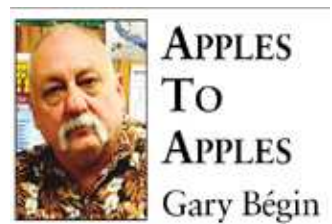
It matters not how you voted on Nov. 3, what matters is the future well being of our country. It is time to gather our diverse population together and fight to ensure future freedoms, economic prosperity and yes, world peace.

Sounds corny, but world peace means economic stability which translates into American wealth without sacrificing American lives. Coronavirus will hinder any solutions throughout the world.

The issues of immigration, racial injustice, poverty, international trade, affordable housing among others are all going to be mitigated by prudent actions, including the enforcement of existing laws. Mitigated, but never removed completely.

There will always be a small percentage among us who are want to prey upon the weaker citizens. Those less aware of their surroundings are often victims to these evil parasites. Evil, through lawful actions, can be excised from our culture with precision surgery, not through carpet bombing of entire demographics.

Trump voters, Biden voters and those in between can



now focus on connecting the extremes towards the middle where compromise can occur.

Some advise caution against "giving away the farm" to those who do nothing but mooch off of the hard work and tax dollars of others. Other citizens think it makes sense to coddle the weakest among us as Jesus would command.

Without getting overly religious or sacrilegious, our society is constitutionally bound to not allow one belief to hold sway over all others, but that is not the case for ideology.

Some say President Trump did not truly represent the Republican Party and that is partly why he lost. A "cult of personality" is how Trumpism is described. The man who spent his life living large, donating to both political parties, declaring bankruptcy and golfing, will be relieved of duty in January of 2021.

In my opinion, Trump's

moving of the American embassy to Jerusalem is one of the most significant acts in recent diplomatic history. Others may not like his choices for the SCOTUS.

President-elect Joe Biden must take charge and fight against the continuing pandemic and all the other issues mentioned above, but without Republican collaboration, our group suffering will keep on keeping on.

Republicans ought to give Biden the respect he deserves for the next four years as members of the "loyal opposition," as they would say in Great Britain.

Rioting, militias, rage in the media, none of these will mend fences. There are solutions to improved immigration policies, affordable housing and racial parity, but it will take hard work to erase previous prejudices, whether real or imagined.

I don't like giving away free college education because I think if we all had college degrees it would cheapen all of them, but I do believe no Americans should suffer homelessness, hunger or undue bias when medical care is needed.

However, the woof and warp of our society requires a quid pro quo from those who comprise the fabric of this - the greatest country that ever existed.

Flotsam and jetsam will always exist and efforts must be made to clean the swamp of same. A team effort is required, nothing less will get the job done. All Americans kettles must stop calling all American pots black.

We're all percolating on the same burner and will all boil over into revolution against one another, i.e., civil war, unless we learn to meet other opinions half way.

DEATH NOTICE

Howard H. Asmussen

Howard H. Asmussen, 86, of Pateros, Washington, passed away on Nov. 13, 2020.

Please leave any thoughts and memories for the family at [www.barneschapel.com](http://www.barneschapel.com). Services are under the direction of Barnes Chapel of Brewster.

**QUAD CITY CHURCH GUIDE**

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

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115 Valley Road, Brewster  
[www.brewsteradventistschool.com](http://www.brewsteradventistschool.com)  
Pastor Matthew Axford
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"With men this is impossible; but with God all things are possible."  
- Matthew 19:26

To place your Church information in the Church Guide call Ruth at 682-2213 or email: [ruthk@lakechelanmirror.com](mailto:ruthk@lakechelanmirror.com)



## THE WASHINGTON OUTDOOR REPORT

### A Wild Thanksgiving

By JOHN KRUSE

Turkeys are running scared across the nation and for good reason, a lot of them are going to be consumed for dinner on November 26! The vast majority of these Thanksgiving birds are store bought turkeys but have you considered some wild game alternatives?

The first option of course is the wild turkey. Turkey season remains open through the end of December in Northeast Washington and harvesting a turkey or two of either sex can make for a fantastic Thanksgiving or Christmas dinner. With over 2500 birds harvested in the combined counties of Stevens, Ferry, Spokane and Pend Oreille last year chances for success are good.

Other options include wild pheasant. They are very tasty birds but you'll need a couple of them to feed a small family and at least a three-rooster limit for a big meal. Unfortunately, wild pheasant can be hard to come by in the Evergreen State these days.



Courtesy of Camp Chef

#### A spatchcocked turkey in a pellet grill.

Having said that, if you do want to work for your dinner the Washington Department of Fish and Wildlife reports, "Grant County is the state's top pheasant producer, averaging 12,000 birds harvested annually. Whitman County hunters harvested about 9,700 ring-necks a year over the past five years, followed by Walla Walla (7,100), Yakima (6,600) and Franklin (4,600) counties."

Another option for pheasant hunters? Pen-raised birds that are released on to several of our State Wildlife Areas. This pheasant stocking program is not as robust as it used to be and in Eastern Washington,

bird plants often only occur two or three times a season. Traditionally, these plants occur before the youth hunt, before the general season opener in October and either a few days or up to a week prior to Thanksgiving. You can download a document from WDFW with details about where these releases take place in Washington through this web link - <https://wdfw.wa.gov/publications/02166>

Turning from getting your holiday bird to cooking it I reached out to Ryan Neeley, the Marketing Manager for Camp Chef, who had some great advice about cooking



Courtesy Guy Miner.

#### Pheasant hunters can provide a non-traditional holiday meal offering. John Kruse with a limit of roosters.

turkey which applies to both the store bought and wild varieties:

1. Don't overcook that bird! The standard turkey with a pop-out red meat thermometer shows that it's done in your oven after the internal temperature reaches 190 degrees. Neeley says that temperature should be 165 degrees and that's why so many people suffer through a dry turkey meat holiday meal.
2. Instead of putting that tur-

key in the oven, consider cooking it in a pellet grill. Smoke flavored wood pellets can infuse the meat with flavoring. One popular option for holiday turkeys? Applewood pellets. As for cooking the bird, Camp Chef (and other companies) have internal thermometers in the grill you can insert into the breast of the bird. Neely suggests seasoning the bird over and under the skin. After that, just set the pellet grill to 300 degrees

and cook the bird until the temperature reaches 165 degrees for a fantastic meal.

3. Want to put more flavoring into the bird and get moist meat out of it too? Consider using a Turkey Cannon, a large tube sold by Camp Chef. Fill the tube with water, herbs and spices, beer or wine. This puts the moisture in the middle of the bird and helps cook it from the inside out. If you are cooking a pheasant you can use the 'beer can chicken' method of cooking it for similar results.
4. There's spatchcocking too. Neeley says this technique takes away from the presentation of the bird but since you are cutting it up anyway the flavor you get out of this cooking method makes it worthwhile. To spatchcock a bird you remove the spine from it, open up the bird, break the breastbone, and lay the bird flat on the grill. This helps the bird cook more evenly and also retains moisture in the meat.

If you want to find out more about cooking a holiday turkey or other birds (whether or not you are cooking them in a pellet grill) tips and advice are available at <http://campchef.com>

# The difference between enriched and fortified foods

Q: What's the difference between enriched and fortified foods?

Starting in the 1920s, the federal government addressed diseases caused by nutritional deficiencies by encouraging food manufacturers to add certain nutrients to specific foods.

The earliest example of adding something to a food product to address a public health issue is adding iodine to table salt.

In the late 1890s, between 26% and 70% of children living in the Great Lakes, Appalachian, and the Pacific Northwest regions suffered from enlarged thyroid glands due to goiter, a disease caused by iodine deficiency. Called the "Goiter Belt," the soils of these regions contain little or no natural iodine. Livestock raised in these areas also suffered from goiter.

In the 1830s, a French chemist observed that goiter was less prevalent in areas of France that consumed salt



containing iodine. This led to his discovery that iodine prevented and cured goiter. Doctors first tried giving children drops containing iodine, but accidental overdoses created problems. Instead, adding a small amount of iodine in the form of iodide to salt used in food preparation successfully treated and prevented goiter in both children and livestock.

In 1922, the Michigan Medical Society set up a committee to implement adding iodine to table salt. They worked with salt suppliers to create a market for a new, "iodized" formula. By 1924, iodized salt became available at groceries across the state and country. Over the next decade, the incidence of goiter plummeted.

Today, table salt continues to be available in both iodized and non-iodized forms, side-by-side on your grocery shelf.

Every box of iodized salt can be identified by the presence of the statement, "this salt contains iodide, a necessary nutrient." Curiously, iodine is also present in today's cow milk and dairy products due to the widespread use of sterilizing agents containing iodine.

Cow's milk is another food that's been modified to address a nutritional deficiency. In the 1930s, many children suffered from rickets, a disease caused by lack of vitamin D. Rickets causes bones to become soft, creating leg deformities in children and broken bones in adults.

The government decided to add vitamin D to cow's milk because most children drank it daily. Adding vitamin D as cod liver oil to milk made it taste "fishy." Irradiating the milk was also tried, which changes the inactive form of vitamin D already present in milk into its active form. Adding concentrated vitamin D to milk ended up the simplest

solution, creating today's "fortified" milk.

In the 1930s and 1940s, nearly 7,000 Americans died every year from pellagra. Pellagra and another nutritional deficiency disease, beriberi, became rampant when new techniques transformed the milling process.

Millers were able to remove the tough outer covering of wheat, corn, and rice. This produced white rice from brown rice and a more refined wheat flour much preferred by bakers and consumers

for making bread and other baked goods.

The outer coverings of rice, wheat, and corn are excellent sources of vitamins B1 (thiamine), B2 (riboflavin), B3 (niacin), and iron. Removing these vital nutrients from flours and cereals contributed to an alarming rise in pellagra and beriberi. Pellagra is caused by the deficiency of niacin (B3), and beriberi is from a lack of thiamine (B1). In 1940, a disturbing incidence of these nutritional deficiencies was noticed in young men

enlisting to serve in World War II.

In May 1941, President Roosevelt's National Nutrition Conference for Defense recommended that flour and bread have vitamins B1, B2, B3, and iron added to it. Barely one year later, 75% of white bread in the United States used flour "enriched" with those nutrients. Most flours, cereals, corn products, breads, noodles, and macaroni sold today are made with

SEE FOODS ON PAGE B2

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## Veterans Day honors those who served, COVID-19 vaccine well underway

SUBMITTED BY REP. DAN NEWHOUSE

WASHINGTON, D.C. - Honoring those who served: On Wednesday, we celebrated Veteran's Day in honor of all who served in the U.S. Armed Forces.

Meeting, helping, and honoring veterans across Central Washington has been one of the most humbling parts of my job as your Representative in Congress. These brave men and women have sacrificed so much to preserve our freedoms, and we should all take the time to thank them for their service.

If you are a veteran in need of assistance with a federal agency like the VA or the IRS, I encourage you to reach out to my office.

This week, we also celebrated the 245th birthday of the U.S. Marine Corps. Last year, I had the opportunity to honor one of Central Washington's own fallen Marines, Sergeant Dietrich Schmieman. By establishing the "Sergeant Dietrich Schmieman Post Office" in West Richland, current and future generations will always be reminded of his service and sacrifice to our nation.

COVID-19 Vaccine Well Underway

Operation Warp Speed is an innovative White House partnership between the public and private sectors. With billions of dollars going straight to research and development, Operation Warp Speed will deliver more than 300 million doses of effective vaccines that meet our strict safety standards. Several vaccine candidates are applying for emergency distribution ap-

proval from the Food and Drug Administration this month or will do so very soon. This is good news for Central Washington and for the whole country.

Central Washington Leads on Clean Energy

A solar power plant in Tri-Cities is not only producing clean energy for our communities but also contributing to critical battery storage research happening at the Pacific Northwest National Laboratory.

Energy storage and solar power play an important role in our state's clean energy future, and Central Washington continues to lead the nation in clean energy innovation and development. I will continue to support efforts to advance a renewable, secure energy grid in Central Washington and across the country - while continuing to advocate for our region's reliable nuclear and hydroelectric baseload power.

Celebrating 131 Years of Statehood

Wednesday, Nov. 11 marked 131 years since Washington became the 42nd state. Our state continues to make vital contributions to our nation - from aerospace and agriculture to manufacturing and international trade. I am proud to hail from our great state and to represent its 4th Congressional District. Happy Birthday Washington!

To stay current on the work I am doing around the District and in Washington D.C., I encourage you to follow me on Facebook, Twitter, and Instagram and to read updates on my website.

It is an honor and a privilege to represent you in Congress.

## FOODS

CONTINUED FROM PAGE B1

enriched flour.

In response to evidence that inadequate folic acid intake during early pregnancy contributes to severe birth defects like spina bifida, the Food and Drug Administration (FDA) changed the description of enriched flour in 1998 to include the B vitamin folic acid or folate. Folic acid was approved for addition to corn masa flour used in tortillas, tortilla chips and tamales in 2016.

2 Final Facts About Food Fortification in the United States:

1. It's not mandatory. The FDA does not require

modification of foods. Non-fortified flours and cereals can be sold as long as they are not labeled as fortified or enriched.

2. Calcium fortification is not standardized.

Unlike enriched flour or fortified cow milk, extra calcium can be added to orange juice and several types of milks, such as dairy, almond, and soy.

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*. Check out her *NEW website TheMedication-Insider.com for daily tips on how to take your medicine safely.* ©2020 Louise Achey

## NCESD receives \$87,600 grant for fostering collaborative partnerships that expand child care capacity in Okanogan County

SUBMITTED BY NORTH CENTRAL EDUCATIONAL SERVICE DISTRICT

WENTCHEE - The North Central Educational Service District has been awarded a grant of \$87,600 to establish connections and offer ongoing learning and resources to Family, Friend, and Neighbor (FFN) caregivers in support of positive long-term outcomes for Okanogan County children and families.

This award is part of the Washington State Department of Commerce Child Care Partnership Grants program which has awarded funds across the state to develop community-based plans for expanding child care capacity.

The North Central Educational Service District will partner with a number of community-based organizations in this work. Partners include (listed alphabetically) the Apple STEM Network, Catholic Charities Serving Central Washington, the Coalition for Children and Families of NCW, Family Health Centers, North Central Washington Libraries, the Omak School District, the Tonasket School District, and the Wenatchee Valley College.

Dr. Michelle Price, Superintendent at North Central Educational Service District applauded the effort of all of the partners and said, "We are thrilled to have been awarded the Child Care Partnership Grant. Family, friends, and neighbors play a critical role in the growth and development of the children they serve. Partnering with community-based organizations to provide support and training for this vital group of caregivers will expand the skills and support system to positively impact the health,

foundational skills, and well-being of children across Okanogan County."

While the entire North Central Region is impacted by significant childcare shortfalls, this project will focus primarily on supporting informal Family, Friend, and Neighbor (FFN) caregivers in Okanogan County, for whom there are substantially fewer educational and community resources available, and for whom there are often more significant barriers to accessing those resources that are available. Local listening sessions and conversations with community stakeholders identified the primary type of childcare was informal FFN care. There is a notable absence of childcare centers per capita across the rural and remote region. This has likewise, limited the investment in professional learning opportunities in the region for informal caregivers. Informal caregivers, properly developed and reinforced, could grow to meet the greater regional need if systemic foundational supports were available.

Early learning has a profound impact on many foundational skills: learning, relationships, social-emotional health and wellness, and brain development. Early learning practitioners in rural communities like North Central Washington, are most commonly Family, Friend and Neighbor providers.

FFN caregivers offer families quality, affordable, available, accessible, trusted, and caring options that notably oftentimes reflect the families' own culture and values.

These are considerable advantages! Investment in the professional learning,

and support, for FFN caregivers is a way to build on those foundational strengths and expand professional knowledge and skills to provide safe and developmentally stimulating environments.

The Washington State Department of Commerce Child Care Partnerships Grant will enable the North Central Educational Service District and its partners to:

- Establish relationships with caregivers and regional partners
- Offer opportunities for ongoing learning
- Share best practices for developmentally appropriate care
- Build a foundation for addressing ongoing needs of providers
- Strategically expand child care capacity in rural communities
- Increase accessibility of care for isolated families in Okanogan County

About North Central Educational Service District

The mission of the North Central Educational Service District is to provide leadership and quality service in advocating for innovative educational programs for the children and communities we serve. This is achieved through four fundamental areas of focus: Communication, Advocacy, Leadership, and Relationships.

Educational Service Districts (ESDs) were established at the state level as a vehicle to link local public schools with state and national educational resources. Initially established as Intermediate School Districts, or ISDs in 1969, ESDs have since evolved through a series of legislative directives that today serve 39 counties within Washington State.

ESD programs allow districts to eliminate duplication of services, realize significant savings and receive special programs that might otherwise be unavailable to them.

As directed by Washington State law RCW 28A.310, ESDs are specifically responsible for:

- Providing cooperative and informational services to local school districts,
- Assisting the State Superintendent of Public Instruction (OSPI) and State Board of Education in the performance of the respective statutory and constitutional duties;
- Providing services to school districts to assure equal educational opportunities for all students.

About Washington State Department of Commerce

The Washington State Department of Commerce's mission is to strengthen communities in Washington. They are the lead state agency charged with enhancing and promoting sustainable community and economic vitality in Washington. The Department of Commerce administers a diverse portfolio of more than 100 programs and several state boards and commissions, all focused on helping communities achieve positive growth. Their key customers include businesses, local governments, tribes and community-based organizations. The Department of Commerce also plays the crucial role of convening numerous local, state, regional and federal partners and stakeholders, both public and private. Together they work to support the Governor's priorities and achieve shared goals and objectives for the citizens of Washington.

## Community Foundation receives \$1.7M bequest to benefit Methow Valley

SUBMITTED BY COMMUNITY FOUNDATION OF NCW

METHOW VALLEY - The Community Foundation of NCW has received a \$1.7M bequest that will support Methow Valley nonprofits in perpetuity through the Methow Valley Fund.

The bequest came from Ken Westman, a long-time Methow Valley resident who cared deeply about providing charitable resources to benefit the Methow Valley and its citizens. Throughout his lifetime, Ken was an active participant with many local organizations that served to enhance the quality of life in the Methow Valley. In addition to financial support, Ken devoted much of his time to serving on committees, as a volunteer on boards and in leadership positions. His lifetime of service and legacy in this community is legendary.

The bequest secures an endowment that supports the Methow Valley Fund, a fund of the Community Foundation of NCW which provides a competitive grant program benefiting Methow Valley nonprofits. Currently, the

fund awards over \$60,000 in grants each year. This bequest will significantly increase the amount of funding available for grants to Methow nonprofits.

An endowment is one of the most significant ways to leave a legacy in your community. The original gift is invested by the foundation and grows over time. An annual distribution is made available each year to provide for grants to charitable organizations.

"This bequest will have a significant impact on the quality of life for the Methow Valley for generations" said Beth Stipe, the foundation's executive director. "Ken was always so kind and generous. We knew he was planning to leave a gift to benefit the Valley he loved, but we were stunned at the magnitude. I can only imagine his delight

and much loved laugh, knowing the surprise he pulled on all of us! We are honored to be able to continue Ken's generosity and to support the Valley and the many causes that make it such a special place, forever!"

For more information on the Methow Valley Fund or leaving a legacy in your community, visit [www.cfnw.org](http://www.cfnw.org).

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$85 million in assets through 500+ individual funds and has awarded over \$35 million in grants and scholarships.



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## VETERINARY

CONTINUED FROM PAGE A3

At this moment, there are over 300 pets on the wait list for a spay/neuter surgery. We need to alter them as soon as possible to avoid hundreds of unplanned litters." Construction began in July and is on schedule for completion in early spring 2021.

"Thanks to generous benefactors, careful no-debt planning, grants from ASPCA and PetSmart Foundation, donations from friends, volunteers and supporters, the WVHS Board of Directors were able to approve \$950,000 toward the \$1.2 million dollar project," Davies said about the project. "But, \$250,000 is still needed to purchase

necessary equipment such as surgery tables and lamps, lobby furnishings, recovery kennels and supplies." "We are continually humbled by the support of our community who sees the value in these services." Davies continues, "We have no doubt that we will reach our goal of opening the doors to provide both medical care and expand the low-cost Spay and Neuter program, a proven solution to pet overpopulation and homelessness."

If you would like to donate and help open the doors to this life-saving program, please visit: [www.wenatcheehumane.org/clinic](http://www.wenatcheehumane.org/clinic).

Founded in 1967, the Wenatchee Valley Humane Society is a private, non-profit organization with a mission

to serve Chelan and Douglas Counties through education, protection and pet adoptions. WVHS cares for displaced pets, rescues injured and lost animals, investigates animal cruelties, and finds homes for orphaned animals. WVHS engages in a Pets for Life philosophy by providing low cost spay/neuter programs, periodic vaccination clinics, and hosting pet food assistance banks to income-qualified residents throughout its community. By caring for pets and the people who love them, WVHS is creating a humane society in the Wenatchee Valley. If you would like to volunteer, donate, or more information on how you can help, visit [wenatcheehumane.org](http://wenatcheehumane.org), email [vvhs@wenatcheehumane.org](mailto:vvhs@wenatcheehumane.org) or call 509-662-9577.

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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  
Lake Chelan Mirror 509-682-2213  
or  
Quad City Herald 509-689-2507  
  
**Deadline is Noon on Friday**

**Happy Ads**

HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE  
  
24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)  
  
**HAPPY BIRTHDAY**  
CONGRATULATIONS!  
**WILL YOU MARRY ME?**  
**HAPPY ANNIVERSARY**  
Only \$15 for 30 days includes 3 photos  
  
Chelan-Brewster 682-2213 or Leavenworth-Cashmere 548-5286

**Employment**  
**Help Wanted**

**Find the Best Qualified Local Employee in our Classifieds Ads.**  
  
Place your ad online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)  
It is easy, just register and pay online.  
  
Print only?  
**Deadline is Friday by Noon for all papers:**  
  
Lake Chelan Mirror  
Quad City Herald 683-2213  
Leavenworth Echo  
Cashmere Record 548-5286  
  
Your ad will appear online and in the newspapers for one low price!  
  
Housekeepers Needed! Help create lasting vacation memories! Multiple positions available in: Leavenworth, WA \$17/hr + perk opportunities such as 401k, benefits based on hours worked, etc. Weekends & reliable transportation required. Apply today at: [www.vacasa.com/careers](http://www.vacasa.com/careers) Or text "Vacasa" to 97211

**Part-Time Assistant City Clerk**  
  
The City of Leavenworth, an equal opportunity employer, is seeking applicants for a part-time non-union position in the City Clerk Department. Hours vary with evenings for council meetings required. Responsibilities include clerical support to the City Clerk that includes preparation of city council meeting agendas, minutes and meeting support, filing and archiving of public records, and providing back-up coverage to the front desk. Applicant must have experience in electronic and paper records management, professional oral and written communication skills with exceptional attention to detail, and excellent customer service skills. Proficiency in Microsoft Office products required. A six-month probationary salary will start at \$20 to \$30 per hour DOE; position does require participation in the Public Employees retirement system. To apply, contact the City of Leavenworth at 509-548-5275 or visit the City's website at [www.city-of-leavenworth.com](http://www.city-of-leavenworth.com) to download the job description and application. Deadline for applications is 12/4/2020 at 5 p.m.

**CHELAN AUTO PARTS**  
  
Chelan Auto Parts is hiring Counter men for retail sales. Must be able to lift 50 pounds and have excellent customer service skills. Automotive knowledge is a plus. Must have Washington Drivers License in good standing. Full-time, competitive wage DOE and health benefits. Pick up an application or bring a resume to Chelan Auto Parts. Call Robert at 682-4561 for more information.

**Help Wanted**

**THREE RIVERS HOSPITAL**  
**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.  
  
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](http://www.threerivershospital.net)  
opportunity@trhospital.net  
EOE

**THREE RIVERS HOSPITAL**  
**DIETARY COOK/AIDE**  
**Part-time**  
  
Three Rivers Hospital is seeking a Dietary Cook/Aide. This position is responsible for preparing food in accordance with established menus, recipes and sanitary standards in a healthcare facility. High School Diploma or equivalent required, and previous experience in food service is preferred. Must have/obtain a Food Handler's permit and Servsafe certification.  
  
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](http://www.threerivershospital.net)  
opportunity@trhospital.net  
EOE

**Mansfield School District** is now accepting applications for a Part Time Nurse for the 2020-21 school year. To view job description and download an application, access our website at <https://www.mansfield.wednet.edu/>. We are an equal opportunity employer.

**Full and Part-Time Breakfast Catering Staff**  
The Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth



**Help Wanted**

**THREE RIVERS HOSPITAL**  
**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.  
  
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](http://www.threerivershospital.net)  
opportunity@trhospital.net  
EOE

**Full and Part-time Bedmaker, Laundry and Housekeeping**  
  
The Enzian Inn is hiring for full and part-time Housekeeping, Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

**Housekeepers Needed!**  
Do you have housekeeping and leadership experience? We want to talk to you! Help others create exceptional vacation memories! Multiple positions available in: Leavenworth, WA \$18/hr, 401K, benefits available based on hours worked, tools to do job! Weekends & reliable transportation required. Apply today at: [www.vacasa.com/careers](http://www.vacasa.com/careers) Or text "Vacasa" to 97211



**For Sale**

**Antiques & Collectibles**  
  
**Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds.**  
Place your ad with pictures online 24/7 at [NCWMarket.com](http://NCWMarket.com)  
Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price.  
**Deadline Friday at Noon for all papers:**  
  
Lake Chelan Mirror  
Quad City Herald 682-2213  
or call  
Leavenworth Echo  
Cashmere Record 548-5286

**Furniture**

**NCW Media Newspapers Cashmere**  
Office furniture available. Items: 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, wood credenza 2 metal and fabric room dividers. All other items are now only \$10 cash and carry out. Call to arrange a time to examine or pick up. All items located in Cashmere. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on [NCWMarket.com](http://NCWMarket.com)

**Garage & Yard Sale**

**CLEAR SOME SPACE WITH A CASH \$\$ AD**  
Let others know what items you are selling!  
  
Go online now to Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Print only?  
**Deadline Friday at Noon for all papers**  
  
Lake Chelan Mirror  
Quad City Herald  
Call 682-2213  
  
Leavenworth  
Cashmere  
Call 548-5286  
  
Your ad will appear online and in the newspapers for one low price.

**Real Estate**

**Acreage**  
  
  
  
Rare opportunity! 20 acre parcel near Manson. Great views of Lake Chelan! Water, power available. Pick from many parts of the land to build your dream home or cabin. 206-310-4904. See more photos, information at <https://www.ncwmarket.com/classified/20-acres-with-great-views-of-lake-chelan-listing-2120.aspx>

**Rentals**

Small, 2 bedroom, 1 bath house, Manson. \$1,100 month. No pets. No smoking. Application, cleaning/ damage deposit. W/E/G/S included. 509-470-0252.

ISO  
Clean, organized, senior male looking to rent a small economical house or apartment. Also willing to house sit. With good references. E-mail Oro at [globaloro@yahoo.com](mailto:globaloro@yahoo.com)

**Vehicles**

**Campers, Trailers & RVs**  
  
Need a space in close area of Leavenworth for a 22 ft. motorhome with 110 or 220 volt to plug in. Call Larry 347-756-2407.

**Legals**

**Public Notices**

**LEGAL NOTICE OF ELECTION**  
The Bridgeport Irrigation District #1 will hold an election on Tuesday, December 8, 2020 for the purpose of electing two directors. The polls will be open from 5:00 to 8:00 p.m. at the home of the Secretary, Alice van Zwoil, at 2611 Highland Dr., Bridgeport Washington. Any voter user who is qualified and wishes to run may acquire a Declaration of Candidacy from the District Secretary. If only one qualified water user files for each position, no election will be held and the one candidate filing for each position will be awarded the position. Alice van Zwoil, Secretary  
Published in the Quad City Herald November 18, 2020 and December 2, 2020. #1153

**Public Notices**

**Notice of Community Meetings**  
NOTICE IS HEREBY GIVEN that the City of the City of Pateros shall be holding a series of community round table meetings on the potential Pop Up Market in downtown Pateros. Said community meetings shall be held on December 1, December 8, and December 15, 2020 at 7:00 pm via Zoom. For additional Zoom information, please visit [pateros.com](http://pateros.com) or call city hall at 923-2571. Published in the Quad City Herald November 18, 25 and December 2, 2020. #1163



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



Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR THE COUNTY OF DOUGLAS NORTHWEST FARM CREDIT SERVICES, FLCA, a corporation,

Plaintiff, vs. WELTON ORCHARDS AND STORAGE LLC, a Washington limited liability company; MELVIN E. WELTON JR., and his marital community; LILLIAN I. WELTON, and her marital community; and ALL OTHER PERSONS OR PARTIES UNKNOWN CLAIMING ANY RIGHT, TITLE, ESTATE, LIEN, OR INTEREST IN THE REAL ESTATE OR FIXTURES DESCRIBED IN THE COMPLAINT HEREIN, Defendants.

NO. 20-2-00215-09 SUMMONS

The State of Washington to Defendants ALL OTHER PERSONS OR PARTIES UNKNOWN CLAIMING ANY RIGHT, TITLE, ESTATE, LIEN, OR INTEREST IN THE REAL ESTATE OR FIXTURES DESCRIBED IN THE COMPLAINT HEREIN:

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 11th day of November, 2020, and defend the above entitled action in the above titled court, and answer the complaint of the plaintiff NORTHWEST FARM CREDIT SERVICES, FLCA, and serve a copy of your answer upon the undersigned attorneys for the plaintiff Lukins & Annis, PS, at its office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.

This action arises from a breach of contract by Welton Orchards and Storage LLC, Melvin E. Welton Jr., and Lillian I. Welton and seeks to foreclose or satisfy a mortgage and fixture filing granted by Welton Orchards and Storage LLC, on real property located in Douglas County, Washington. Dated this 6th day of November, 2020.

LUKINS & ANNIS, P.S. By /s/ Trevor R. Pincock TREVOR R. PINCOCK, WSBA# 36818 Attorneys for Plaintiff 1717 W. Sprague Ave., Ste. 1600 Spokane, WA 99201 (509) 455-9555 Published in the Quad City Herald Nov. 11, 18, 25, Dec. 2, 9, and 16, 2020. #1132

Public Notices

SUPERIOR COURT OF WASHINGTON FOR KING COUNTY ESTATE OF DANA LAWRENCE MCDONALD, Deceased.

NO. 20-4-05867-7 SEA PROBATE NOTICE TO CREDITORS

The personal representative named below has been appointed as the personal representative of this estate. Any person having a claim against the decedent that arose before the decedent's death 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 11.40.070 by serving on or mailing to the personal representative or the attorneys for the personal representative at the address stated below a copy of the claim and filing the original of the claim with the court. 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 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 will be forever barred, except as otherwise provided in RCW 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: November 4, 2020 Personal Representative: LIESA L. PETERSON Attorneys for Personal Representative: Kara Kalenius Novak, WSBA #39559 Matthew J. Hart, WSBA # 49963 Address for Mailing or Service: Montgomery Purdue Blankinship & Austin PLLC, 701 Fifth Avenue, Suite 5500, Seattle, WA 98104 Court of Probate Proceedings: Superior Court of Washington for King County. Cause Number: 20-4-05867-7 SEA

Published in the Quad City Herald November 4, 11, and 18, 2020 #1072

Public Notices

Annual Equalization Meeting

THE BOARD OF DIRECTORS OF THE METHOW-OKANOGAN RECLAMATION DISTRICT WILL HOLD THEIR ANNUAL EQUALIZATION MEETING ON DECEMBER 1, AT 5:00 P.M. THE MEETING WILL TAKE PLACE AT THE OFFICE OF BREWSTER VETERINARY CLINIC, 21 GRANGE ROAD, BREWSTER, WA. Published in the Quad City Herald November 18 and 25, 2020. #

Public Notices

Annual Election

THE BOARD OF DIRECTORS OF THE METHOW-OKANOGAN RECLAMATION DISTRICT WILL HOLD AN ELECTION ON DECEMBER 8, 2020, FOR THE PURPOSE OF ELECTING ONE DIRECTOR FOR A THREE-YEAR TERM. THE POLLS WILL BE OPEN FROM 12 P.M. UNTIL 5:00 P.M. AT THE OFFICE OF BREWSTER VETERINARY CLINIC, 21 GRANGE ROAD, BREWSTER, WA. ANY DISTRICT WATER USER WHO IS QUALIFIED AND WISHES TO RUN, MAY ACQUIRE A DECLARATION OF CANDIDACY FROM THE DISTRICT SECRETARY. IT MUST BE RETURNED TO THE SECRETARY BY 5:00 PM NOVEMBER 27, 2020. IF ONLY ONE FILING IS RECEIVED, THERE WILL BE NO ELECTION AND THE POSITION WILL BE AWARDED TO THE FILER.

KARISSA REESE, SECRETARY TO THE BOARD OF DIRECTORS OF THE METHOW OKANOGAN RECLAMATION DISTRICT. Published in the Quad City Herald November 18 and 25, 2020. #

As COVID anxiety grows, tips to avoid crisis and conflict

STATEPOINT - Among mask mandates, social distancing, outspoken political views and personal challenges from the COVID-19 pandemic, there is a heightened risk for public spaces turning into places of conflict. According to experts at the Crisis Prevention Institute (CPI), the global leader in de-escalation training for over 40 years, mentally preparing and practicing responses can best ensure non-confrontational experiences. Potential challenging situations could include disagreements over mask requirements or social distancing, family gatherings, shopping lines, acclimating to more densely populated work environments or navigating political discussions.

"Having trained teachers, nurses and others who interact with the public, and being a social worker myself, I know the immense need for de-escalation training in the workplace and in everyday life," says Amber Belle, a global CPI trainer. "Learning conflict-prevention techniques can help ensure you have positive experiences in your community." CPI has identified probable areas of conflict and how to best mitigate tension. They recommend embracing four simple techniques to prevent and reduce conflict:

- 1. Avoid judgment. Understand that everyone has different life experiences and may be overwhelmed with struggles and anxiety from things



Courtesy Statepoint

According to experts at the Crisis Prevention Institute (CPI), the global leader in de-escalation training for over 40 years, mentally preparing and practicing responses can best ensure non-confrontational experiences.

you know nothing about. Listen and focus on the feelings behind the message.

- 2. Don't take it personally. Another person's behavior is not about you. You are likely not the true target of someone's behavior. Tell yourself, "This may not be about the two of us; it may be about other issues in their life." Or repeat to yourself, "I'm going to be respectful. I'm going to be respectful."
- 3. Control your reactions. You can't control another person's behavior, but you can control how you react. Avoid

using facial expressions, gestures and language that could make another person feel anxious or defensive.

- 4. Be prepared if you have to engage. Have a plan to acknowledge and redirect. Here are some things you could potentially say:

- "Yeah. This year has been difficult on everyone."
- "I can understand where you're coming from."
- "We'll all be glad to have this pandemic behind us."

Over four decades, CPI has trained more than 15 million individuals in its techniques,

spanning many industries and professions, especially health care and education. CPI tracks violent incidents in the industries it trains, and data shows that de-escalation skills, when used correctly, can quickly decrease violence regardless of the industry. For more de-escalation tips and information on de-escalation, visit www.crisisprevention.com.

During a particularly tense time in our nation's history, having a few techniques at the ready can help you avoid conflict wherever you are.

Tumwater fishway maintenance work will result in one-lane closure

Project will start late November

SUBMITTED BY RACHEL HANSEN, CHELAN PUD

WENATCHEE - A maintenance project to the fishway at Tumwater Dam will require intermittent, one-lane closures of eastbound Highway 2 starting in late November.

The PUD is also planning an 8-hour, one-lane closure of eastbound Highway 2 in mid-December, depending on weather conditions and river flows.

Chelan PUD will temporarily divert the river to allow crews to reinforce and stabilize the entrance of the fishway with concrete. Fish passage will be maintained during most of the \$370,000 project. The viewing platform will be closed to the public.

The work is expected to continue through January 2021. If weather or river flows delay the project this fall, the work may last into February or March 2021.

Tumwater Dam was originally constructed at the turn of the century to provide clean energy for trains trav-



Courtesy Chelan County PUD

Two maintenance projects to the fishway at Tumwater Dam will require intermittent, one-lane closures of eastbound Highway 2 starting in late November and an 8-hour, one-lane closure of eastbound Highway 2 in mid-December, depending on weather conditions and river flows.

elling through the long tunnel at Stevens Pass. Chelan PUD acquired the dam in the 1950s and rebuilt the fishway in its current configuration in the late 1980s.

The fishway at Tumwater

Dam is instrumental in helping Chelan PUD to collect adult fish to meet its hatchery obligations under its Habitat Conservation Plans for Rocky Reach and Rock

Island hydro projects. It is also an important site for fish study for several agencies, including Yakama Nation Fisheries, state Fish and Wildlife and Grant PUD.



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

Place your ad 24/7 at ncwmarket.com

Email: heraldads@qcherald.com

Call 689-2507

CROSSWORD PUZZLE

CROSSWORD grid with numbers 1-64. Includes clues for Across and Down.

ACROSS

- 1. "Back to the Future" antagonist
- 5. Government Printing Office
- 8. Frugal driver's acronym
- 11. 1952 Olympics site
- 12. Afghanistan's neighbor
- 13. Letter-shaped girder
- 15. Wing-shaped
- 16. Narcotics agent, for short
- 17. Call it quits
- 18. "One way to improve health
- 20. She played a TV genie
- 21. Cunning
- 22. Golfer's goal
- 23. "Kiss the Cook" garment, pl.
- 26. Keyboard instrument
- 30. Prefix for before
- 31. Greek god's libation
- 34. Door-stopping wedge
- 35. Full of meaning
- 37. Fleur-de-
- 38. Do penance
- 39. Type of parrot
- 40. \*Ask for procaine when at this office
- 42. "Unavoidable risk factor for many diseases
- 43. Rock grinding
- 45. \*Take a spoonful of sugar to avoid this taste
- 47. Genetic info carrier
- 48. Aqua-lung
- 50. Criticism
- 52. \*Annual
- 55. Fill with spirits
- 56. First rate
- 57. Purl partner
- 59. Vandalized a car
- 60. Coconut fiber
- 61. Bulgarian money
- 62. Filling station filler
- 63. More of the same
- 64. Water carrier

DOWN

- 1. Feathery scarf
- 2. \_\_\_ of Man
- 3. Linseed
- 4. Do without
- 5. Last Supper cup
- 6. Break down or analyze
- 7. Fairy-tale beginning
- 8. Internet share-able
- 9. Stepping stone to gain
- 10. Greenwich time
- 12. \*Use a scalpel
- 13. Like the Vitruvian Man
- 14. \*Stay in bed
- 19. \*Take antihistamines to avoid this kind of nose
- 22. A pop
- 23. \*Eat one a day?
- 24. Rap sheet listing
- 25. So out it's in
- 26. \*Worn until a bone heals
- 27. Piglet
- 28. Lightly color
- 29. Different spelling of emir
- 32. Horsety
- 33. "Wizard of Oz" man
- 36. \*Increase fluid intake
- 38. Elsewhere, in a courtroom
- 40. \* test
- 41. Maltreater
- 44. Tattooed
- 46. Gridiron position
- 48. Record a movie
- 49. Diogenes, e.g.
- 50. \_\_\_ market
- 51. Big name in chips
- 52. Show worry
- 53. All over again
- 54. In real-time
- 55. \*It checks your heart health
- 58. Road crew supply

SUDOKU PUZZLE

Sudoku puzzle grid with numbers 7, 3, 8, 2, 9, 4, 5, 3, 8, 6, 7, 6, 5, 1, 7, 3, 9, 6, 3, 3, 8, 7, 5, 3, 5, 4, 9, 3. Includes promotional text for American Standard bathtubs.