



## Millions in wildfire damage

### PUD bond measure will replace Okanogan-Brewster line



Mike Maltais/QCH

Burned utility poles like this one numbered in the hundreds following the Cold Springs wildfire.

By MIKE MALTAIS  
STAFF WRITER

OKANOGAN – The Okanogan PUD board of commissioners approved a resolution at its Oct. 12 meeting authorizing the issuance of up to \$40 million in bonds part of which will be used to replace the Okanogan-Brewster transmission line that sustained heavy damage from the Cold Springs wildfire last month. Historically low interest rates coupled with the critical need of several large capital projects makes now a favorable time to borrow money.

“The line was set for replacement in the next few years but has been accelerated after the Cold Springs Fire destroyed about 40 percent of it,” said Sheila Corson, PUD community relations coordi-

nator. “The currently wooden poles will be replaced with steel poles to protect against future fire damage.”

It is estimated the line replacement will cost about \$13 million and will allow for greater capacity from Wells Dam, the utility’s least expensive power source.

PUD staff presented a balanced draft 2021 budget at the meeting that includes a projected 3.25 percent revenue increase scheduled for April 1, 2021.

“The exact amount of the increase and how it would be applied to rates is yet to be determined,” said Corson. “Okanogan PUD’s rates are about fifth lowest in Washington state, while Washington has among the lowest average

SEE PUD ON PAGE 2

### Brewster adopts online invoice payment program

By MIKE MALTAIS  
STAFF WRITER

BREWSTER – Within the next 90 days, Brewster residents will be able to pay their utility bills and similar city invoices online thanks to a new program approved by the city council at its regular monthly GoTo meeting last Wednesday, Oct. 14.

At the urging of Mayor Art Smyth and two council members the city ratified the new Invoice Cloud Contract as both a convenience and added health safety measure by allowing an option to paying invoices in person at city hall or by mail.

In other council business, two public hearings were scheduled for the next regular council meetings in November

and December. November’s meeting will include a public hearing on the Emergency Medical Services (EMS) levy. December will include a public hearing concerning the construction of two additional farmworker housing units on Indian Avenue.

The city also ratified an additional services contract for city engineering firm J-U-B Engineers in Spokane for a six-year street plan.

“We already have a contract with them,” said city clerk/treasurer Misty Ruiz of J-U-B Engineers. “But the council has to approve every project we ask them to do for us.”

The council also approved an additional budget authori-

SEE PAYMENT ON PAGE 4

## Losses exceed \$9 million



Mike Maltais/QCH

Bryson Zahn inspects what is left of the family home that was one of almost two dozen consumed by the Pearl Hill fire in Bridgeport.

## County assessors revisit properties damaged by wildfires

By MIKE MALTAIS  
STAFF WRITER

OKANOGAN – The second half of 2020 property tax statements went into the mail last week and among them were assessed adjustments for property owners who lost structures and sustained damages from the Cold Springs and Pearl Hill wildfires last month.

Okanogan County Assessor Larry Gilman advised

those who attended the second meeting of Cold Springs wildfire victims on Oct. 6, that his office completed its revaluation of affected parcels.

“We did finish our fire assessment for all the assessed lands,” said Gilman, “and we’re processing with the treasurers’ office right now and they should have it all done within the next couple of days.”

**Cold Springs Fire**  
Figures from the Assessor’s

office show that aside from non-taxable tribal or trust lands, the losses to county coffers from the near-190,000-acre Cold Spring wildfire totaled \$5,310,000 comprised of:

- Structure Improvements: \$2,010,100
- 27 single family homes - \$1,583,500.
- 14 cabins - \$177,000.
- 19 outbuildings - \$133,300.
- 9 garages/shops - \$116,300.
- Non-structure Improvements: \$3,300,000

Lost home values ranged from a low of \$2,400 to \$166,700 for an average value of \$58,648.

At last count Colville Tribal officials counted 22 member homes lost.

### Pearl Hill Fire

The Pearl Hill fire that was ignited when embers from the Cold Springs fire jumped the Columbia River near Bridgeport consumed more than 220,000 acres and destroyed

SEE WILDFIRES ON PAGE 3

## Halloween events “scary”(ed) down this year.

By MIKE MALTAIS  
STAFF WRITER

QUAD CITIES – The spooky combination of a coronavirus pandemic and state record wildfires has converged to put a damper on Halloween festivities this month, but organizers are doing their best to have something for the youngster here and there.

### Pateros

The city will host Trunk or Treat from 4-6 p.m., Saturday, Oct. 31, in the vacant lot next to the car wash.

### Brewster

The city will host trick or treat down Main Street at 3:30 p.m., Saturday, Oct. 31. Reflective candy bags will be handed out as a safety measure so trick or treaters can be seen as they visit businesses in the downtown area.

Columbia Post 97 of the American Legion will host Trunk or Treat from 5-7 p.m. in front of the building at 102 N. Third St.

### Bridgeport

Mayor Janet Conklin said



Courtesy MansfieldLionsClub/Facebook

Last year the Mansfield Lions Club hauled the elementary school students to Quincy to visit a pumpkin patch.

everyone on the city staff has been so occupied dealing with the consequences of Pearl Hill wildfire recovery that as of this writing nothing is planned yet for Halloween. Stay tuned to next week’s Quad for news

about any last-minute developments scheduled for Oct. 31.

### Mansfield

Unlike last year the Mansfield Lions Club could not take the elementary school to the pumpkin patch in Quincy this

year, so the Quincy Valley Lions Club brought pumpkins to the kids. Aside from that no events aside from individual trick or treating is scheduled for Mansfield according to the City of Mansfield Facebook site.

**SHOP LOCAL**

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## Addresses toxic 'forever chemical'



Courtesy stuff.co.nz

A firefighter applies foam retardant to an aircraft.

## DOE seeks public comment on Chemical Action Plan

By MIKE MALTAIS  
STAFF WRITER

OLYMPIA – The public is invited to comment on a Chemical Action Plan (CAP) being drafted by the state Department of Ecology. The CAP addresses a class of durable chemicals called poly and perfluoroalkyl substances (PFAS) that can be harmful to humans if allowed to accumulate in the human body beyond levels considered safe by the Environmental Protection Agency (EPA).

A DOE media release said public input on the CAP will be accepted through Dec. 7. Comments can be submitted through the DOE online comment form at [hwtr.ecology.wa.gov/commentinput.com/?id=j4eJD](http://hwtr.ecology.wa.gov/commentinput.com/?id=j4eJD) or by emailing [ChemActionPlans@ecy.wa.gov](mailto:ChemActionPlans@ecy.wa.gov).

"Interested parties can also register to attend an upcoming public comment meeting (Nov. 12, 18, or 19) on the PFAS CAP website," said the release. "CAPs are advisory in nature, so the plan does not create new regulations or restrictions."

Specifically, DOE is seeking feedback on recommendations in the CAP including:

- Ensure safe drinking water.
- Manage PFAS environmental contamination.
- Reduce PFAS in products.
- Understand and manage PFAS in waste.

DOE will review comments for use in the final CAP, expected in 2021.

## Groundwater contaminated

In the spring of 2017 officials at Fairchild Air Force Base near Spokane discovered groundwater contamination in some water wells bordering the base that contained dangerous levels of PFAS used in the production of firefighting foam applied on an old fire training site.

PFAS are created by joining carbon and fluorine to form one of the strongest bonds in organic chemistry. That bond makes PFAS persistent in the environment and has earned it the name "the forever chemical."

The Fairchild tests revealed that the groundwater contamination contained many times the level of PFAS considered safe for humans by the EPA. Landowners in Airway Heights and Medical Lake sued the Air Force and Department of Defense over property devaluations resulting from the contaminated water.

## State health experts: Flu vaccine should be considered "essential" this year

OLYMPIA – While the COVID-19 pandemic continues to affect our daily lives, autumn brings with it another unwanted visitor – the flu. The presence of both viruses could put more people in the hospital and strain Washington's health care system. While we don't yet have a vaccine to prevent COVID-19, we do have one to prevent flu.

Everyone 6 months and older needs a flu vaccine. Young children, pregnant women, people with underlying health conditions, and those aged 65 and older

are at high risk of complications from flu illness. Flu is a highly contagious disease that can cause mild to severe illness, can lead to hospitalization, and can even be fatal – even in healthy young people. Getting a flu shot reduces your chances of getting the flu, but does not prevent other respiratory infections.

"Think of it as essential to get a flu vaccine this year," said Dr. Kathy Lofy, Washington State Health Officer. "We should all get a flu vaccine now to help protect ourselves and our communities

as we navigate this pandemic together."

Washington provides all recommended vaccines at no cost for kids from birth through age 18, available across the state.

"Flu vaccine is available everywhere, and many pharmacies now allow younger patients to get vaccinated with their families. Our health care workers need everyone's support – the decision to get a flu vaccine is more important than ever," Dr. Lofy added.

For help finding a health care provider or vaccine location, and to learn more about flu, visit [www.KnockOutFlu.org](http://www.KnockOutFlu.org).

## DOUGLAS COUNTY SHERIFF REPORT

## Sept. 27

Agency assistance at 2400 Tacoma Ave., #39 in Bridgeport. Runaway at 700 Fairview Ave., #3A in Bridgeport.

## Sept. 28

Trespass at 15 Washburn Ave. on Bridgeport Bar.

## Sept. 29

Malicious mischief at 1125 Douglas Ave. in Bridgeport. Malicious mischief at 196 Rd. 18 N.E. in Mansfield. Extra patrol at 811 Jefferson Ave. in Bridgeport. Noise at 27 Short St. in Mansfield.

## Sept. 30

Welfare check at 120 Second St. on Bridgeport Bar. Animal problem at 32 Buckingham Alley on Bridgeport Bar.

## Oct. 2

Suspicious incident at 1220 Kryger St. in Bridgeport. Warrant at Okanogan County jail in Okanogan. Property incident at 206 Fairview Ave. in Bridgeport.

## Oct. 6

Welfare check at 1544 Foster Ave. in Bridgeport.

## Oct. 7

Injury accident at the 500 block of Pearl Hill Road in Bridgeport. Child protective services/adult protective services at 2400 Tacoma Ave., #31 in Bridgeport.

## Oct. 8

Agency assistance at 206 Davis Ave. in Bridgeport. Suspicious incident at 125 Wilmot St. in Mansfield. Burglary at 125 Fir Ave. on

## Bridgeport Bar.

Runaway at 700 Fairview Ave., #3A in Bridgeport.

## Oct. 9

Fraud/forgery at 557 State Route 173 on Bridgeport Bar.

## Oct. 10

Noise at 1011 Foster Creek Ave. in Bridgeport. Weapons violation at 1005 Columbia Ave. in Bridgeport.

## Oct. 11

Domestic disturbance at 250 B Diagonal St. in Bridgeport.

## Oct. 12

Scam at 14 Richards Ave. in Bridgeport. Suspicious incident at 384 State Route 173 on Bridgeport Bar.

## Oct. 13

Civil incident at 598 State Route 173 on Bridgeport Bar.

## Oct. 14

Parking/abandoned vehicle at 1222 Fairview Ave. in Bridgeport. Agency assistance at 595 State Route 173 on Bridgeport Bar.

## Oct. 15

Attempt to locate/ attempt to contact at 529 12th St. in Bridgeport. Burglary at 530 Fairview Ave., #81 in Bridgeport. Structure fire at 2225 Foster Creek Ave. in Bridgeport.

## Oct. 16

Unconscious at 505 16th St. in Bridgeport. Parking/abandoned vehicle at 1544 Douglas Ave. in Bridgeport.

## Oct. 17

Suspicious incident at 700 Fairview Ave., #2B in Bridgeport.

## PUD

CONTINUED FROM PAGE 1

rates in the nation."

Members of the public can listen and join in on the 2021 budget discussion at future

meetings via telephone. Agendas and other documents will be posted on the district's website, [okanogan-pud.org](http://okanogan-pud.org). Upcoming meetings include:

- Oct. 26: 3 p.m. regular meeting and 6 p.m. generation

and power supply workshop.

- Nov. 9: 3 p.m. regular meeting and 6 p.m. engineering and operations workshop.
- Nov. 23: 3 p.m. regular meeting and 6 p.m. operations and maintenance trends,

human resources, broadband and information systems workshop.

- Dec. 7: 3 p.m. regular meeting.
- Dec. 21: 3 p.m. regular meeting, anticipated budget adoption.

## Live video link on Oct. 21

## General election ballots mailed Oct. 16

OKANOGAN – The Okanogan County Auditor's office will have a live video feed for observing the ballot inspection boards for the November General Election. The link will be available on the elections tab of the auditor's page on the county's website at

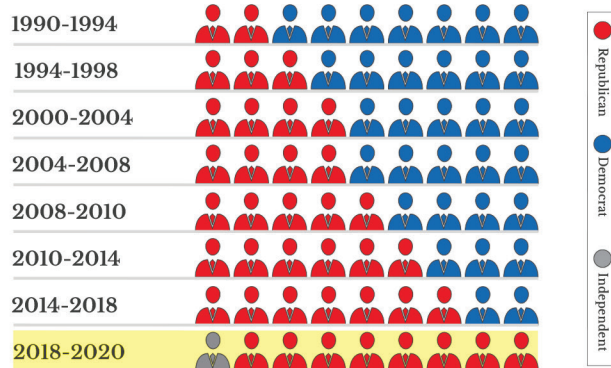
<https://www.okanogancounty.org/auditor/elections/elections.html> starting Wednesday, Oct. 21.

Ballots were mailed by Oct. 16. If you have not received your ballot by Oct. 23, please contact the Auditor's Office at 509-422-7240.



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Okanogan/Douglas Counties (yearly) print \$40  
Okanogan/Douglas Counties (yearly) print & web \$45  
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Out of State (yearly) \$52

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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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# WILDFIRES

CONTINUED FROM PAGE 1

or damaged structures from Bridgeport to Waterville and Mansfield to Coulee City.

Figured released by Douglas County Assessor's Office put fire losses at \$3.8 million.

Bridgeport was hardest hit with 58 properties suffering loss or damage including 23 single family or manufactured homes and a cabin. Mansfield sustained damage to 18 parcels among them three single family residences and one business, the Darby Hotel. Waterville lost one single family residence, a manufactured home, and a restaurant on Jamison Lake.



Several homes along State Route 97 were destroyed by the Cold Springs fire.

Coulee City lost one single family residence..

Outbuilding damage ran the gamut from hay sheds and ma-

chine shops to barns, Quonset buildings and a pumphouse. The oldest structure, a single family residence with de-

tached garage/carport valued at \$117,800 was among the 23 single family residences burned in Bridgeport.

# Governor moves Douglas, Chelan counties to Phase 2

SUBMITTED BY CHELAN DOUGLAS HEALTH DISTRICT

OLYMPIA, WA – Gov. Jay Inslee announced today (Oct. 13) that Chelan and Douglas counties will move to Phase 2 of the Safe Start reopening plan.

All counties that were previously in a modified Phase 1 were moved to Phase 2. They also include Benton, Franklin and Yakima counties.

The decision comes, in part, after the Chelan-Douglas Health District (CDHD) and a variety of bi-county officials and business leaders reached out this past week to the Governor's Office and state officials.

"With the partnerships and cooperative efforts in place, we have been able to keep the continued dialogue going with the Department of Health and the Governor's Office, which has resulted in our ability to move our community forward in the Safe Start reopening plan to a full Phase 2, all while keeping our citizens as safe as possible," said Kevin Overbay, Chelan-Douglas Board of Health vice chairman and

Chelan County commissioner. "I look forward to fostering our relationships and building upon the work that has already been done as we continue to balance the personal and economic health of our community members and businesses in the coming months."

The governor's announcement today (Oct. 13) is a testament to the community members and partnerships that came together during the COVID-19 pandemic, said Dan Sutton, Chairman of the Chelan-Douglas Board of Health and a Douglas County commissioner.

"The move to Phase 2 illustrates what we can achieve when we work together as a community," Sutton said. "We still have a good deal of work to do, and knowing the caliber of people involved who are dedicating their time to the goal of recovery for our counties makes me confident that we will continue to succeed."

Gov. Jay Inslee last week announced several updates to Washington's Safe Start reopening plan following discussions

with businesses across the state about how to allow safer operation of some activities, including libraries, youth and adult sports, movie theaters, restaurants, wedding receptions, outdoor recreation and real estate. However, Inslee's announcement also included that all 39 counties would remain on their current plans. The governor first announced a pause in the reopening plan in July.

With the move to Phase 2 for Chelan and Douglas counties, local movie theaters and libraries will be allowed to open to 25 percent occupancy, restaurants will move from 25 percent to 50 percent occupancy, and more youth and adult sports will be allowed to re-start. The full guidance is available at [https://www.governor.wa.gov/sites/default/files/SafeStart-PhasedReopening.pdf?utm\\_medium=email&utm\\_source=govdelivery](https://www.governor.wa.gov/sites/default/files/SafeStart-PhasedReopening.pdf?utm_medium=email&utm_source=govdelivery)

"The overall health of our community depends upon the economic well-being and stability of our region's citizens and businesses," said Shiloh

Burgess, executive director of the Wenatchee Valley Chamber of Commerce. "The region's employers have demonstrated, through innovation and action, their commitment to the safety and well-being of their employees, their customers, their vendors and suppliers. The Chamber supports the Governor's announcement today to move Chelan and Douglas counties into Phase 2 of the Safe Start plan."

Recent COVID-19 efforts from the Chelan-Douglas Health District include the testing last week of more than 1,553 people at drive-thru testing sites in Wenatchee and East Wenatchee. Testing continues this week. Overbay said he is pleased with the progress of the health district's COVID-19 pandemic response over the past four weeks.

"A little over a month ago, the Board of Health requested resources and incident management team assistance from the state, and that request was answered," Overbay said. "The response from our community members has been tremendous. With that response, coupled with the efforts of our health district staff, our health providers, our epidemiologists and our IMT, we have been able to see a vast decrease since August in our per thousand infection rate as well as identify community prevalence."

The test in the coming weeks will come in balancing the new opportunities that are opening up for businesses with the ongoing challenges of continuing to reduce the spread of COVID-19 in our community, said Nate Weed, interim administrator for the CDHD. "Let's celebrate this new opportunity for our businesses and community while also remembering that COVID-19 is still here. Safety measures such as masking up and maintaining social distances are just as important as ever," Weed said. "I think the community will recognize the balance that we must all play in moving forward – and join us in that effort."

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

## Pateros FFA recycles aluminum cans



Courtesy Lyle Blackburn Pateros High School

No need to be fancy or fussy about crushing cans. For years, the Pateros High School natural resources class/FFA recycling program has collected aluminum cans as a fundraiser to fund group activities. Cans are collected from collection sites at Alta Lake State Park, downtown Pateros and from citizens who deliver cans to the school.

## Rare blue moon will shine on Halloween



Mike Maltais/QCH

If a blue moon was blue, it might look like this.

By MIKE MALTAIS STAFF WRITER

the month and this Halloween, Oct. 31, will see the first one since March 31, 2018. They do not come around that often, just once in a blue moon. Over the next eight years there will be three moons: August 31, 2023, May 31, 2026 and Dec. 31, 2028. It's almost spooky.

QUAD CITIES – You would think if it is called a blue moon it would at least have the decency to be blue. But such is not the case.

A blue moon is the term applied to the second full moon of

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## Okanogan County Farm Bureau



### Farmers, Ranchers, Businesses & Members

It is with deep regret due to the mandates enacted by Governor Inslee in response to COVID-19 that Okanogan County Farm Bureau (OCFB) is cancelling our 2020 annual membership business meeting. OCFB's Board of Directors anticipate and look forward to visiting with our membership every year at our annual meeting and receiving your feedback, insight, and direction to us. WE WILL MISS YOU!

Okanogan County Farm Bureau farmers and ranchers are strong and resilient with deep roots. We will survive and our families will arise from the government, private special interest, and environmental inflicted storms stronger as a result of the trials and tribulations brought upon us. You are Okanogan County Farm Bureau's and Okanogan County's lifeblood, customs, culture, and future.

Your volunteer Board of Directors is proud to represent you and will continue serving you until we can sit down and have our annual family membership meal together again in 2021. Please do not hesitate to continue reaching out to us with your concerns and advice as it is necessary to ensure and maintain a healthy local grassroots agricultural organization.

In your service,  
Dick Ewing, President

### WFB 2020 Endorsements

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# Wingnuts of Washington

An unsuccessful plot by a radical fringe group to kidnap Michigan Gov. Gretchen Whitmer has raised concerns here in Washington state over the security of some of our elected officials, specifically Gov. Jay Inslee and Seattle Mayor Jenny Durkan. Both have been the target of threats from hate groups who carry their disagreements with political policies and decisions to the extreme.

This current state of affairs inspired me to compose a fictional scenario similar to Crimson Contagion, the pandemic exercise carried out in 2019 by Trump administration officials to role-play the possible train of events that would accompany the outbreak of a life-threatening disease for which no vaccine was available.

I submit the following fictional narrative that unfolds over seven days as one possible outcome purely in the interests of animating the actions of those responsible for maintaining the safety and security of both of our above-named public officials:

**Day 1:** A domestic terrorist group calling itself Wingnuts of Washington (WOW) stages



**MIKE  
MAKES  
WRITE  
Mike  
Maltais**

simultaneous diversions of the motorcades of Gov. Inslee and Mayor Durkin who are scheduled to attend the grand opening of the Dunkin'-Starbucks Coffee & Donut Emporium. The new business consortium engineered by coffee mogul Howard Schulz appears to offer the greatest security venue at the inaugural of its flagship store since every policeman in Seattle will be there. Anticipating this event, however, WOW diverts both parties with clever Detour to Donuts road signs that direct the security details away from the official vehicles thereby allowing an easy capture of the designated officials.

**Day 2:** Ransom notes, signed by "Desperate Men" arrive at both the governor's mansion and Seattle City Hall. The notes demand a handsome ransom - is that a rhyme? - in small, unmarked bit coins for the safe and prompt return of

both public servants.

**Day 3:** Taking a cue from our British friends across the Big Water - who were polled some years back on a website called Name Our Ship to select an official name for a new research vessel built for the National Environment Research Council - a campaign is launched on statewide and Seattle social media for suggestions as to how to respond to "Desperate Men" and their ransom request.

In the Name Our Ship contest an overwhelming majority of Brits crashed the site with the selection of Boaty McBoatface as their choice. Washington respondents likewise turn the tables on "Desperate Men" by demanding payment of a small fortune before they will agree to the return of the Gov. and Mayor.

**Day 4:** "Desperate Men" are now truly desperate. Not only do they have hostages nobody is willing to ransom, they face bankruptcy if forced to pay the counter-ransom demands to be rid of their charges.

**Day 5:** "Desperate Men" advise President Trump of their dilemma together with a request for federal agent intervention or a CARES Act loan to relieve them of their

burden. The President, rather, condemns the activists for their boneheaded caper saying: "You know how expensive it is to feed, groom, house, transport, and entertain a public official, even a Democrat? They'll be flat broke by Christmas. Take me for example. \*During my first 3-1/2 years in office I visited one of my many properties - at taxpayer expense - nearly 400 times!" (\*Editor's note: This is the only part of the scenario that is not fiction. Look it up. The Swamp That Trump Built, nytimes.com).

**Day 6:** Running out of options, "Desperate Men" offer to release their captives to Idaho, Oregon, California, Nevada, Montana, Flint, Michigan, China, Syria, Iran, Russia, and unspecified other renegade states. All offers are rebuffed, however, with diplomatically worded replies to the effect: "Thanks but no thanks. We have enough problems with officials of our own."

**Day 7:** "Desperate Men" concede defeat and decide to abandon their plans for a fat payday and dropped both Democrats at the one spot where nobody is likely to look for them: The Governor's apple orchard.

## COMMUNITY BULLETIN BOARD

### 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**

### Senior meals, Oct. 22

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, Oct. 22**

Chicken Fried Steak, Potatoes & Gravy, Trio Vegetables, Spinach Salad, WW Roll,

Apple Crisp

**Tuesday, Oct. 27**

Hawaiian Chicken, Wild Rice, Asian Vegetables, Coleslaw, Tropical Fruit, WW Roll, Dessert

**Wednesday, Oct. 28**

Baked Fish Fillet, Garlic & Parmesan Pasta, Green Beans, Garden Salad, Grapes, WW Roll, Dessert

**Thursday, Oct. 29**

Clam Chowder, Tuna Salad on Croissant, 49'er Chopped Salad, Fruit Tray, Dessert

**Oct. 21**

### Retirement Planning Seminar

OKANOGAN - Okanogan County School Retirees' Association is sponsoring a free Retirement Planning Seminar for all school employees via ZOOM on Wednesday, October 21 at 4 p.m. To obtain the meeting link, contact your school district office or Penny Garrison at pgarrison07@gmail.com.

**Oct. 22**

### Red Cross Blood Drive

BREWSTER - The American Red Cross will be holding a blood drive on Oct. 22 from 12 to 5 p.m. at the Brewster Seventh-day Adventist Church located at 17 N.W. Hospital Way. Enter by the parking lot.

Donors can call 800-733-2767 or 800 REDCROSS org go to redcrossblood.org to make an appointment. All blood will be tested for antibodies of the COVID-19 type viruses thru October. Please make sure you have recovered from the virus on the day of the donation. All social distancing, masks, and procedures will be followed.

**Oct. 23**

### Brewster Grange Farmers Market

BREWSTER - The Brewster Grange Farmers Market is open every Friday, from 2-5 p.m., at the Brewster Grange, located on Highway 97. Vendors are able to accept WIC Checks and Senior Nutritional Vouchers. For more information call Marge at (509) 733-1963.

**Nov. 13, 20**

### Brewster bus trips

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Nov. 13. 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.

### 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/douglascountyvso>

### 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.

## PAYMENT

CONTINUED FROM PAGE 1

zation requested by the FCS Group of Redmond for the city water and sewer rate study. The authorization is for

\$3,200 to address issues at the treatment plant.

Ruiz said the city also submitted a grant request to the state Department of Ecology for water and sewer work.

Application was also made to the Transportation Improvement Board

(TIB) for funds to complete additional street surface work on Main Street, Bridge Street, and a portion of old highway 97.

"We haven't received any money from them yet," said Ruiz, "but we keep applying."

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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

New to the area? On Vacation?  
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- Matthew 19:26

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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



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



# 5 easy and affordable DIY projects to prep your home for sale

(BPT) - The average American home has nine DIY jobs that need to be tackled, according to a study conducted by Porch.com. Fall is the perfect time to give your home a little TLC and start checking off projects on your to-do list. Here are five easy fall fixups to get your home ready for the upcoming season:



Courtesy BPT

**Repair holes in the drywall - Whether the damage is small from a picture frame nail or anchor, or as large as doorknob damage, DAP's new Eclipse™ Rapid Wall Repair Patches make repairing holes in drywall so fast and easy, anyone can do it.**

- Paint the front door - Nothing gives your home an instant face lift like a freshly painted front door. Painted exterior doors can boost curb appeal, add character and provide a trendy but tasteful first impression of your home. Choose a color that will make your front door pop and improve the look of your home's exterior in less than an afternoon.
- Repair holes in the drywall - Whether the dam-

age is small from a picture frame nail or anchor, or as large as doorknob damage, DAP's new Eclipse™ Rapid Wall Repair Patches make

repairing holes in drywall so fast and easy, anyone can do it. DAP's Eclipse provides a durable, mess-free repair that requires no spackling,

sanding or additional tools - simply patch the damage and it's ready to paint immediately, allowing projects to be finished in minutes, rather than hours or days.

- Freshen up the landscaping - Planting new flowers or shrubbery is an easy way to bring pops of fall colors to the front of your home. Keep it simple and pick plants in one or two hues that contrast with the exterior of your home. Regular mowing and tending to weeds will always help your front yard look its best.
- Seal window and doors -

Small gaps and cracks around windows and doors can allow cold air and rain to make its way inside. Keep your home protected and warm during the fall and winter seasons by replacing worn exterior caulk with DAP Dynaflex Ultra™ Advanced Exterior Sealant. Dynaflex Ultra uses DAP's exclusive WeatherMax Technology™ to create a waterproof and weatherproof seal that won't crack or discolor over time.

- Replace the furnace filter - Dirty filters mean your furnace will likely work harder.

Regularly changing the filters in your central air and heating system can significantly improve its efficiency and longevity, while easing the pressure on your wallet. In most homes, filters should be changed monthly during the heating season. You should also have your furnace serviced periodically to make sure it is working properly and to help avoid larger repairs later on when the temperature drops.

For more tips to help tackle your fall home improvement checklist, visit DAP.com.

## Look. Listen. Learn. Be Aware. Fire can happen anywhere in, around your home

Fall tips from Washington State Fire Marshal's Office

In collaboration with fire agencies and safety advocates nationwide, the Washington State Fire Marshal's Office joined forces with the National Fire Protection Association (NFPA) during Fire Prevention Week earlier this month to educate the public about basic but essential ways to quickly and safely escape a home fire.

show a significant increase in injuries and loss of life over the same time period. Today's homes and buildings can burn faster than ever. Families can have as little as one to two minutes to escape safely from the time a smoke alarm sounds. Planning what your family should do in the event of a fire is critical. Since fires do not just start at home this information can help you anywhere.

Three simple statements lay the groundwork for preparation and action in the event of a home or other fire:

- Look for places fire can start Identify electrical and fire hazards in your home. Make sure chimneys are clean and electrical cords are intact. Are your lighters and matches away from small curious hands?

- Listen for the sound of the smoke alarm

Make sure smoke alarms are installed in all sleeping areas and on every level of a home. Close doors behind you to prevent the spread of smoke, heat and fire.

- Learn two ways out of every room

Draw a map of your home with all family members and practice your evacuation plan at least twice a year at night and during the day.

Teach children how to get out

SEE TIPS ON PAGE 6

## Douglas PUD's DIY Checklist

- Digging? Make sure to call 811 - Call Before You Dig to mark underground utilities.
- Pruning? Look up and Live! Ladders and electric lines don't mix.
- Increasing the electric load in your home with a new hot tub? Call Douglas PUD to determine if your current transformer can supply your needs.
- Installing a generator in case of a winter storm? Please consult a professional to ensure proper installation and safety to our lineworkers.
- Adding some outdoor lighting? Consider fixtures that direct the light towards the ground and minimize light trespass into the night sky.
- Looking to save money? Sign up for SmartHub paperless billing and auto pay and receive a \$10 account credit!



More information can be found at douglaspud.org or by calling 509-884-7191

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## TIPS

CONTINUED FROM PAGE 5

on their own and make sure no one ever goes back in a burning building. Ensure your address signs are current and easily seen.

Fire can happen anywhere and with a small amount of preparation and forethought, a dangerous situation can be overcome quickly and safely.

### Wood Burning Fireplaces

- Be aware of burn restrictions in your area before starting a fire. Unless the fireplace is the only source of heat, wood fires may be banned in your area due to air quality.

- Use only kindling or fire starters to start a fire. Never use lighter fluid, kerosene, or gasoline.

- Burn only dry, seasoned wood. Never burn trash in the fireplace.

- Keep metal or tempered-glass screens closed unless loading or stoking the fire.

- Keep children and pets away from the fireplace with a "kid-free zone" of at least 3 feet.

- Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet away from the home and any other nearby buildings. Never empty the ash directly into a trash can.

- Ensure you have working smoke alarms in your home and test them monthly.

### Autumn yard work for Fire Safety Year Round

The Washington State Fire Marshal's Office advises residents that a little yardwork around your home now can improve your fire safety and help firefighters respond to emergencies.

- Clear leaves and other debris from your roof and gutters to reduce the risk of moisture damage now and fire spreading to your home in the spring. Pick a dry day to remove fallen debris and leaves from your roof top and gutters. Exercise proper ladder safety and assess your own abilities when considering your climbing ladders or walking on your roof.

- Trim branches or shrubs away from your posted house numbers to make it easier for first responders to find your home in emergency situations.

- Keep a clearance of three feet around fire hydrants in your neighborhood. Overgrown vines, tree branches, or even snow, can slow firefighters down when responding to a fire.

# Fall garden tasks to protect your landscape from winter wildlife damage

BY MELINDA MYERS

As the seasons change, we adjust our gardening tasks and plantings to match. Animals also make changes this time of year, often changing their eating habits and dining locations. These adjustments can impact your gardens. Reduce the risk of damage by starting in fall to protect your landscape from hungry animals this winter.

Take a walk around your landscape to evaluate plants and plantings for their susceptibility to animal damage. Look for pathways that animals use to access your landscape and areas of potential damage. Note new plantings, animal favorites and those special plantings you would hate to lose. Make sure these are protected.

Check mulch around trees and shrubs. Deep layers of mulch and mulch piled around



Courtesy Melinda Myers

**Protect young trees and shrubs with a four-foot-tall fence of hardware cloth sunk several inches into the ground to prevent vole damage at ground level and most rabbit damage.**

the trunk of trees and the base of shrubs provides shelter for mice and voles. These rodents like to gnaw on the bark of trees and shrubs in winter. Pull mulch off tree trunks and stems and spread out deep mulch so it is only two to four inches deep.

Protect young trees and shrubs with a four-foot-tall fence of hardware cloth sunk several inches into the ground to prevent vole damage at ground level and most rabbit damage. Mature trees are usually only bothered during years where the vole and rabbit populations are high and food is scarce.

Fencing around garden beds filled with animal favorites is another option. Make sure your fence is high enough, tight to the ground and gates are se-

cur. You will need a four-foot-high fence for rabbits and at least five- to six-foot-high fence to keep deer out of small gardens. A fence of several strands of fishing line has proven to be successful for some gardeners.

Repellents are another less obtrusive option. These use smell or taste to discourage animals from dining in your landscape. Check the label to see if the repellent works on the animals and rodents you are trying to manage. Apply repellents before animals start feeding for best results. Then reapply as recommended on the label. Look for one, like organic Plantskydd (plantskydd.com), that is rain and snow resistant, lasting up to six months on dormant plants over the winter so you will need to apply

it less often.

Scare tactics may be effective depending on where you live. In urban and suburban areas animals are used to human scents and sounds. Gardeners often hang old CDs and shiny ribbons in tree branches to scare hungry animals. If you opt for scare tactics, be sure to employ a variety of options and change their location to increase your chance of success.

Constantly monitor and evaluate the effectiveness of the methods used and check all plantings for damage. When animal populations are high and hungry, they will eat about anything. Be willing to change things up if one method is not working. Using multiple tactics will help increase your level of success.

Protect your landscape from hungry deer, rabbits, and voles this winter. Start preparing in fall before their winter dining habits begin. If you are vigilant and persistent, you can coexist with these creatures and still have a beautiful landscape.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Tree World Plant Care for her expertise to write this article. Her web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).

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Seal around windows and doors to prevent warm air escaping and cold air entering. Cover drafty windows in the cold; open coverings when the warm sun shines in.

**HVAC & Water**

Clean up those HVAC units and water heaters, or call for maintenance - these are the biggest users of power in your home! Change filters as needed.

**Set the Temp**

Turn your thermostats down a couple degrees lower (add a sweater or blanket if you get chilly). By lowering the temp a few degrees, you could reduce your bill up to a few percent\*!

**LED Lights**

Both your regular home lighting and any holiday decorations are safer and more efficient with LED bulbs. Make the switch if you haven't already!

\*based on average PUD home with electric heat

Get these and other tips from Okanogan PUD on Facebook or our website, [www.okanoganpud.org](http://www.okanoganpud.org).

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# Top tips for weathering storm season

(BPT) - It's not over yet. Just past the peak of hurricane season weather forecasters have already had to resort to the Greek alphabet to name storms. And with severe storms and tornados appearing around the country, it is more important than ever to take steps and be prepared before, during and after a storm.

One of the biggest threats during any storm is tree damage. A tree might seem like it would be able to sustain the forces of a large storm, but whether it is unseen internal damage, wet, unstable ground, or proximity to power lines, trees are vulnerable during severe storms and can present a significant hazard. The following tips from expert arborist and STIHL spokesperson Mark Chisholm can help you protect yourself, your family and your property from a storm.

Before the storm develop a relationship with a certified tree care professional. By choosing the right company ahead of time, you'll likely be



Courtesy BPT

**One of the biggest threats during any storm is tree damage. A tree might seem like it would be able to sustain the forces of a large storm, but whether it is unseen internal damage, wet, unstable ground, or proximity to power lines, trees are vulnerable during severe storms and can present a significant hazard.**

prioritized as an existing customer when a storm does hit. Conduct a pre-storm as-

essment and identify trouble spots. A pre-storm assessment can help you identify potential hazards on your property such

SEE STORM ON PAGE 8

# Clear your air – Top 6 tips to improve indoor air ventilation during COVID-19

SUBMITTED BY 919 MARKETING

Our nation's top health agency recently issued an urgent warning that coronavirus can spread through the air even if we're six feet apart - especially in poorly ventilated enclosed spaces.

This warning by the Centers for Disease Control and Prevention has home and business owners worried about their indoor air quality as temperatures drop and we gather indoors - where the very air we breathe could be a petri dish for the virus.

**Here are some helpful tips:**

- **The Filter First** - Make sure your HVAC filter is correctly in place and consider upgrading to the highest-rated filter your system can accommodate. Professionals recommend using filters with a MERV (Minimum Efficiency Reporting Value) rating between 8 and 10 and a thickness of one inch for most homes.

- **Fan of the Fan** - HVAC systems only filter the air when the fan is running, so run the fan continuously or for an extended period. You can set most systems to run the fan even without the heat or air conditioning on.

- **Purify the Air** - Most air purifiers will help circulate clean air and have HEPA filters that remove up to 99 percent of airborne allergens, including pollen, dust, pet dander and mold spores. A mid-priced room purifier can cost

\$50-125. Many people place it in their bedroom where they spend most of their time.

- **Open Up** - Improve indoor air quality by opening windows or screened doors to bring in fresh air from the outside, if possible.

Ventilation can be further increased by opening windows at opposite sides of the home (cross ventilation) or on different floors of the house. Avoid this when outdoor air pollution is high or if it poses a health risk to family members.

- **Keep Moving** - Keep internal doors throughout the house open to promote movement of air. Operate a bathroom fan or kitchen exhaust fan when the room is in use. Portable fans can be used to further increase ventilation but make sure to direct the air flow so that it does not blow directly from one person to another

- **Don't Duck the Ducts** - The CDC reports proper ventilation of heating and air conditioning systems can reduce airborne virus transmission. Air ducts are the circulatory system of your home, which help move the air, so it is important to keep them clean for optimal circulation. The National Air Duct Cleaners Association (NADCA) recommends cleaning air ducts every 5 - 7 years. When used along with other best practices recommended by the CDC, increasing indoor air ventilation can be an important part of the plan to protect families against the spread of the COVID-19 virus.

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# 10 rules of tires every driver should follow before they hit the road

(BPT) - Every time you drive, you trust your tires with your safety.

Tires may seem simple, but they are more complex than many drivers realize. That begs the question: What do you need to know about them in order to stay safe on the road?

Here are 10 Rules of Tires - core principles drivers should know before they turn the ignition or walk inside a tire shop. Follow these important guidelines and you can have peace of mind when you hit the road. To read more about each rule, visit [NokianTires.com/TenRules](http://NokianTires.com/TenRules).

Purchase tires that suit your climate Even the best set of tires could be the wrong fit for where you live. If you get lots of snow and ice each winter, then winter tires are likely your safest option, which means you will need to switch to all-season tires in the other three seasons. If you do not get any winter weather, all-season

tires are a good choice for year-round use.

If your winter weather is unpredictable or you live near the mountains, all-weather tires provide a great compromise: winter safety in a tire you can drive all year long. [NokianTires.com/Weather](http://NokianTires.com/Weather) has more information about all-weather tires.

High-quality tires are worth the investment The tire shop is one place where price should not be your top priority. There are many factors - such as grip, responsiveness to the road and low rolling resistance - that make high-quality tires worth the purchase and could actually help save you money in the long run.

Tires can be sustainable without sacrificing safety High-quality tires aren't just about safety; good tires can also help you minimize your environmental footprint. Many tire makers are lowering their products' rolling resistance, using eco-friendly

ingredients and introducing sustainable production processes. Rewarding them for their efforts can also help protect the planet.

Tires are only as safe as their maintenance Even the best tires depend on you. Keeping them up to speed gives you a better chance of staying safe on the road. That means inflating them to the proper pressure level, regularly checking for damage and rotating them frequently. Winter tires don't belong on spring and summer roads

The qualities that keep you safe on snow and ice make winter tires a bad fit once weather warms. Fortunately, there are other solutions crafted to keep you safe when the mercury rises, such as driving all-weather tires year-round or switching to all-season tires.

Much of a tire's quality is determined before it touches the road

Want to know what you will get out of your tires? Pay



**Purchase tires that suit your climate Even the best set of tires could be the wrong fit for where you live. If you get lots of snow and ice each winter, then winter tires are likely your safest option, which means you will need to switch to all-season tires in the other three seasons.**

close attention to what goes in them. High-quality rubber and state-of-the-art technology set great tires apart from the rest. For example, Nokian Tyres reinforces many of its products with Aramid - the same fiber used in bulletproof

vests - to help protect against road hazards.

When you're choosing tires, trust the experts Tire dealers work hard to help keep drivers safe. They can help you see past marketing gimmicks and understand which tires

are best for you.

Make sure your tires fit your vehicle The right-sized tires are more likely to provide you with safety, fuel efficiency and comfort. Make sure your tire size matches your vehicle's recommendation, which you can typically find in your door jamb.

Put stock in the features that actually matter Low price and high mileage warranties can be overrated. To choose the right tires, pay attention to other details - such as ingredients, rolling resistance, and whether the tires match your typical road conditions.

Treat road trips differently than the daily commute Road trips place unique demands on your tires. Before you leave for a long trip, check your tires' inflation level and tread depth, inspect for visible damage and have them rotated. Following these rules goes a long way toward keeping you safe on the road. To read about each rule in more detail, visit [NokianTires.com/TenRules](http://NokianTires.com/TenRules).

## STORM

CONTINUED FROM PAGE 7

as cracks in tree trunks or major limbs, hollow or decayed trees, limbs extending over a roof, or trees in close proximity to power lines.

Take measures to prevent damage After assessing possible hazards to your property, consider measures to limit potential damage. Remove dead, diseased or damaged limbs. Inspect leaning trees and consider removing those with large cavities. Prune

branches that are too close to your house and over the street, and check your gutters and be sure to remove any debris to prevent water damage. For any work in and around your home, consider calling a professional, and always call a professional to assess and/or remove anything within close proximity to utility lines. Never attempt to do this yourself.

During the storm Don't try to be a hero. Your property is not more important than your life. Prepare in advance, follow guidelines for evacuation and

shelter.

After the storm More people are injured after a storm than during one. Storm damaged trees present unique challenges and dangers. Put safety first. Evaluate what you can handle and what's for a professional - anything not on the ground should definitely be handled by a professional. Some things could be a threat to your life such as large broken or hanging limbs where chainsaw work is needed, or branches that are too close to a utility line. Never approach or attempt

to move downed utility lines and report branches close to or touching utility lines immediately.

If you're skilled enough to do the work yourself, always wear proper attire and protective equipment including boots, gloves, protective glasses, chainsaw protective pants, a helmet system and hearing protection. Never operate a chainsaw from a ladder, roof, in a tree or while standing on any other insecure surface - leave these jobs for the pros.

Evaluate damage A storm-damaged tree may not have to be removed. Inspect your trees to see if they're healthy despite storm damage. If at least 50% of the tree's crown is still intact, and the remaining branches can form a new branch structure, then there is a good chance the tree can be saved.

Repair minor damage & debris Remove any broken branches, stubs or jagged remains of limbs. Smaller branches should be pruned at the point where they join larger ones. Don't worry if the tree's appearance is not perfect.

Stay educated Learn more tips on tree safety, chainsaw safety, finding a tree care professional, and how to prepare for storms by visiting [STIHLUSA.com](http://STIHLUSA.com).

Mark Chisholm is a third-generation arborist with his family-owned Aspen Tree

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# CLASSIFIEDS

## Administrative

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## Administrative

### Puzzle Solution

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Deadline is Noon on Friday

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Your ad will appear online and in the newspapers for one low price!

City of Leavenworth  
Employment Opportunity

**ASSISTANT PLANNER**  
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to download the full job announcement/supplemental questions, job description and application. Deadline submission for first review is Wednesday, October 28, 2020 at 5:00 p.m. Position is open until filled.

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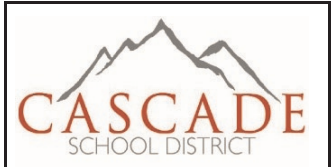
Mountain Meadows Senior Living Campus is currently hiring a Dining Services Assistant. Full-time benefited position ranging from 32 to 40 hours per week. Must be available for afternoon shifts ending at 8:00pm and also weekends. Pay range \$13.50 to \$14.50/hour DOE. Primary responsibility is to provide outstanding customer service and an excellent dining experience for our Seniors including efficient order taking, serving of meals, busing and general clean up. Will assist with meal preparation when needed. Apply at 320 Park Ave., Leavenworth. Criminal Background and Personal reference checks required.

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Three Rivers Hospital is in need of 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](mailto:opportunity@trhospital.net) EOE

**OCTN** is accepting applications for a part-time cook in Brewster. See us online at [www.octn.org](http://www.octn.org) for complete job description and application information. OCTN is an EOE



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

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

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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

## For Sale

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Just register and pay online and you are done.  
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## 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, A wood credenza  
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Call to arrange a time to examine or pick up. All items located in Cashmere.  
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## Real Estate

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Your Trailer on my lot. Leisure Manor has an opening for a mobile home or 5th wheel. 1 year lease. \$400 a month for lot. You pay utilities. Very desirable location. Available now. Bridgeport, WA. 425-301-2328.

## Legals

### Public Notices

**NOTICE OF DESIRE AND INTENTION TO SELL AND NOTICE OF HEARING FOR PROPOSED SALE OF SURPLUS REAL PROPERTY**  
The Board of Directors of Pateros School District No. 122 (the "Board") desires and intends to sell surplus real property consisting of improved land located at 6 Arkansas Avenue, Pateros, Washington, 98846, and legally described as follows: Beginning at a point which is North 76 deg. 41' East of the Northeast corner of Lot 10, Block 7, Town of Methow, a distance of 20 feet; Thence South 13 deg. 19' East along the East side of the alley in Block 7, a distance of 150 feet; Thence North 76 deg. 41' East a distance of 315 feet to the West bank of the Methow River; Thence in a northeasterly direction along the West bank of the Methow River to a point opposite the South line of Arkansas Avenue; Thence South 76 deg. 41' West a distance of 350 feet, more or less, to the point of beginning. EXCEPT that lot or tract 40 feet in width and 150 feet in length as depicted on the Rural Fire District #5 Short Plat # 90-33 of record as County Auditor's File No. 776221 in Book A-1 of Short Plats, at page 190; being otherwise described as: The Westerly 40.0 feet, as measured along the Northerly boundary, of the following described parcel of land: Beginning at a point which is North 76 deg. 41' East, of the Northeast corner of Lot 10, Block 7, Town of Methow, a distance of 20.0 feet; Thence run South 13 deg. 19' East, along the East side of the alley in said Block 7, a distance of 150.0 feet; Thence run North 76 deg. 41' East, a distance of 315.0 feet to the West bank of the Methow River; Thence in a Northeasterly direction along the West bank of the Methow River, to a point opposite the South line of Arkansas Avenue as shown on the Plat of Methow; Thence run South 76 deg. 41' West, a distance of 350.0 feet, more or less, to the point of beginning. Situate in the Count of Okanogan, State of Washington. Parcel Number: 3023060002  
The Board is proposing to sell the surplus real property described above which is no longer required for school district purposes. The Board has scheduled a public hearing regarding its intention to sell this property. The public hearing shall be held via electronic Zoom. ([www.zoom.us](http://www.zoom.us)); Meeting ID: 827 6630 3871. Passcode: 548821 in Pateros, Washington, at 6:00 p.m., P.S.T., on October, 26, 2020. At that time, the Board will receive evidence and comments for and against the propriety and advisability of the proposed sale. Published in the Quad City Herald October 14 and 21, 2020 #984



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# Can phytoestrogens relieve common menopausal symptoms like hot flashes and night sweats?

**Q:** Can phytoestrogens relieve common menopausal symptoms like hot flashes and night sweats? What about women with breast cancer?



it the "Japanese Effect." The primary reason for this difference is believed to be diet.

A typical Asian diet contains a lot more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting similarly to estrogen in your body.

But eating more soy is only part of the answer. Protection against hot flashes may also depend upon whether your body can change the basic phytoestrogens found in soy into equol, a more powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol, with a higher percentage seen in Asian and Hispanic women.

Phytoestrogens act by

attaching or binding to the same places in your body that other types of estrogens do. These binding sites are called estrogen receptors, or ERs. The two main types of ERs are ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, stimulating specific types of breast and endometrial cancers.

Some phytoestrogens bind to ER beta receptors instead, creating the opposite effect as ER alpha receptors do. Binding to ER beta receptors BLOCKS the action of estrogen on breast tissue. This is similar to the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) and may help prevent certain types of breast cancer.

Unfortunately, it's difficult to study the effects of any particular phytoestrogen on the body. One reason is that food sources of phytoestrogens often contain multiple types of phytoestrogens. These various phytoestrogen compounds may bind to either ER alpha or

ER beta receptors, triggering different effects.

Plants can also have different concentrations of phytoestrogens, depending on their growing conditions. A third reason is how much estrogen is already there. Phytoestrogens in supplements or foods can have a different effect on pre-menopausal women making estrogen compared to post-menopausal women with much less estrogen in their bodies.

How much soy do you need to reduce hot flash/hot flush symptoms? Most clinical studies have used between 40 and 80 mg daily of phytoestrogens from soy-based products. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flashes/flashes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soy milk. Flaxseed, chickpeas, beans, peas, green leafy vegetables,

cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes or hot flushes, you can stop it.

Could eating soy cause breast cancer? If you're not a vegetarian, it's unlikely that you'd get enough soy in your diet to increase your risk of breast cancer.

However, the phytoestrogens and estrogen-like compounds in soy concentrates and herbal products like black cohosh marketed for "menopause support," like Remifemin® CAN increase your breast cancer risk.

Here are 3 Tips for Taking Phytoestrogens Safely:

1. You CAN eat food containing soy, even if you have breast cancer. Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day and control your soy milk consumption.
2. Be cautious with supplements for menopausal symptoms.

If you have a family history or an increased risk of breast cancer, you don't have to completely abstain from soy-based food. Instead, avoid taking supplements containing concentrated phytoestrogens like soy concentrates or black cohosh until more is known about their long-term effects.

3. Stick to phytoestrogens that have had their potency tested.

Exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize each batch to insure consistent potency.

*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 TheMedicationInsider.com for daily tips on how to take your medicine safely. ©2020 Louise Achey*

## THE WASHINGTON OUTDOORS REPORT

### Washington's Quilomene Bighorn Sheep Herd Could Be In Trouble

By JOHN KRUSE

On Oct. 1, a domestic sheep was seen at the Ginkgo Petrified Forest State Park mingling with several wild bighorn sheep. So why is it a big deal for a domestic sheep to be hanging around wild sheep, you ask? Two words...Mycoplasma bacteria. Domestic sheep can carry it and pass it on to wild sheep, where it becomes pneumonia. This pneumonia caused a massive die-off in the bighorn herd living in Hells Canyon along the Snake River in 1995. Another

outbreak struck the Umtanum herd in the Yakima River Canyon in 2010, killing dozens of sheep and in 2013 the entire Tieton herd west of Naches either died from pneumonia or were put down by WDFW officials to prevent the disease from spreading to neighboring herds.

The bighorn sheep in this area are from the Quilomene herd. There is a southern sub-herd, numbering some 50 animals that lives near Vantage, and a larger group of bighorns that live in the Colocum Wildlife Area and north towards Malaga in Chelan County. Numbering 220 to 250 sheep in total, the Quilomene is one of Washington State's largest bighorn herds.

As for the domestic ewe, it belonged to an area rancher

and it may have been missing for up to two weeks. It's unclear how it got to the state park near Vantage. Andy Walgamott, Editor of Northwest Sportsman Magazine, reported the ewe may have wandered there from a US Forest Service grazing allotment. Brock Hoenes, the Ungulate Section Manager for WDFW, says it is possible that ewe did come from there but it's also possible it wandered in from a closer Washington Department of Natural Resources grazing allotment or maybe even from the home ranch for the animal. A spokesperson for the Okanogan-Wenatchee National Forest said they investigated this and determined the ewe did not stray from one of their grazing allotment sites but from private

land.

The ewe in question was killed by WDFW officials on Oct. 6. Unfortunately, that ewe tested positive for mycoplasma bacteria. This triggered an immediate reaction by WDFW. On Oct. 12, twelve bighorn sheep in close proximity to the ewe were killed and tested for the presence of this pneumonia causing bacteria. On Oct. 15 results came back and all 12 of the sheep came back negative. During the next week, the herd will be monitored and additional bighorn sheep will likely be live-captured and tested.

Hoenes is hoping if the bacteria did spread to the herd it will be limited to the southern sub-herd. However, Hoenes pointed out that the bighorn rams are in the rut and on

the move, looking for mates, so it's possible several rams from the southern sub-herd will head north to breed with other sheep from the greater Quilomene herd. If the greater herd is infected, this could be disastrous. Not only does the pneumonia strike down a significant number of sheep, but it also causes a reduced survival rate for any lambs born in the near future.

Asked how fast this disease spreads, Hoenes replied "Pretty fast. In captive experiments bighorn sheep contracted it in 48 hours. It's highly contagious". There is no treatment or vaccine to help the bighorns who contract this disease. However, based on the results of the initial testing on the 12 rams that were killed, Hoenes said he is "cautiously optimis-

tic" the bacteria did not spread from the ewe to the herd.

When asked if the unnamed owner of the contagious ewe is facing any fines or penalties, Hoenes told me WDFW does not have the ability to do that. However, Chase Gunnell, Communications Director for Conservation Northwest, says their organization, "will be calling for action from USFS, DNR and the sheep producer, including changes to grazing leases to require notification of missing stock. We hope a voluntary agreement can be reached to reduce disease risks from public lands grazing allotments."

In the meantime, here's hoping the Quilomene herd dodged an infectious bullet. We'll let you know more about this situation if it changes.

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THEME: CIVICS 101 ACROSS

1. Beginning of flu, e.g.
6. Espionage agent
9. "Warsaw Pact" opponent
13. Ringworm
14. Romanian monetary unit
15. Well-known
16. Contain the ashes
17. Paris' \_\_\_\_ De Triomphe
18. Wear away
19. "Group of President's advisors"
21. "Balance partner, pl."
23. Ever, to a poet
24. Joker, e.g.
25. Type of coniferous
28. Man Ray's genre
30. Switches topics
35. "Beware the \_\_\_\_ of March"
37. Large casks
39. Beyond suburban
40. Fatalist's future
41. Weasel's aquatic cousin
43. City of Taj Mahal
44. Tossed or passed
46. Ready and eager
47. "I \_\_\_\_ With You" by Modern English
48. Water pipe
50. Diplomat's forte
52. Grain in J.D. Salinger's novel
53. Miso bean
55. One of Indiana Jones' quests
57. "Part of Congress"
60. "One who introduces a bill"
64. Recurring pain
65. Consumed
67. Baby grand, e.g.
68. Relating to Hinduism
69. Siren's domain
70. Tiny island
71. Fencing weapon
72. Trinitrotoluene, for short
73. Two-player strategy board game

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