

October 7, 2020 • Volume 118, No. 41

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

SINGLE COPY ^{\$}I.00

COVID cases down

Brewster School opened doors Oct. 6

By Mike Maltais Staff writer

BREWSTER – "You are the best!" Brewster School Superintendent Eric Driessen says in opening comments to students, parents, and community announcing the opening of Brewster School on Tuesday, Oct. 6.

Driessen congratulated all on their efforts to reduce the number of COVID-19 cases in the district from 900/100,000 all the way down to 20/100,000 and making reopening possible.

"Schools don't open schools, communities open schools," said Driessen with reference to the transition to a hybrid in-person instruction model.

"As you are aware, our goal all along has been to allow parents to make the decision to have their children attend school in person or continue to working remotely," said Driessen. "Parents now have those choices."

The school re-entry guide-

2. Third-Twelfth Grade – Will begin in a hybrid start,

line includes:

half of students will come A=Tuesday/Thursday and half will come B=Wednesday/ Friday. On the days students are not attending in person, they will learn remotely using Zoom. Students will be in class four days per week, two in person, two on Zoom.

1.Pre-school - Second grade

attended Tuesday, Oct. 6.

3. Mondays will be remote learning for all students.

4. The first week, Oct. 6-9 students will attend half day (8-11:30 a.m.)

Parents who so choose can have their students remain in full remote learning.

An ongoing COVID-19 testing plan will be used to identify positive cases before others at school can become infected.

To view the complete attendance schedule and other opening week details, visit brewsterbears.org online.

Deadline is Oct. 19

Economic Alliance announces second round of stabilization grant

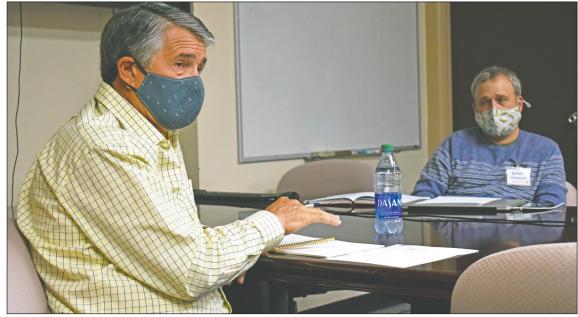
By MIKE MALTAIS STAFF WRITER

OMAK – The Okanogan County Commissioners have pledged up to \$200,000 in additional federal CARES funding to assist small business stay afloat through the COVID-19 pandemic. The Economic Alliance announced round two of the Okanogan County Small Business Stabilization Grant in a media release Oct. 2 advising that grant applications will be available Oct. 5. Cares Act Stabilization Grant are not eligible for consideration in round two.

Applications will be assessed based on the following eligibility criteria:

- Business location within Okanogan County.In operation as of March
- 1, 2020.
- Twenty or fewer employees.
- Valid United Business Identifier (UBI) number.
- Additional criteria as specified on the application. Required documentation

Rep. Goehner visits Three Rivers Hospital





Courtesy Three Rivers Hospital/Facebook TOP LEFT: Rep. Goehner makes a point with TRH Chief Information Officer Chad Schmitt.

BOTTOM LEFT: Twelfth District Representative Keith Goehner, center, visited the staff of Three **Rivers Hospital** last month to assess the effect of COVID-19 on the hospital and communities it serves and to discuss health-related legislative issues. **Pictured with** Rep. Goehner, from left, is **Chief Nursing Officer Gretchen** Aguilar, Chief **Executive Officer** Scott Graham, **Chief Operating Officer Melanie** Neddo, Chief **Medical Officer** Ty Witt, and **Director of Human Resources Anita** Fisk.

New off the production line

TRH Foundation gifts state-of-the-art respirators to hospital

Grants of up to \$10,000 will

be awarded to Okanogan County businesses who have been adversely impacted by the COVID-19 public health pandemic," said the EA release. "The intent of this grant is to assist businesses with eligible expanses incurred beginning March 1, 2020, through the date of their application."

Businesses that have been previously funded through the

must accompany the completed application to qualify for consideration. The application deadline is 5 p.m., Oct. 19.

More information regarding the Okanogan County Cares Act Business Stabilization Grant is available online at economic-alliance.com/ grants. Email Roni Holder-Diefenbach at rholderdiefenbach@economic-alliance.com to request an application.

Register online

NCW libraries, UpSkill, GWATA offer free IT training courses

By Mike Maltais Staff writer

WENATCHEE – With the help of NCW libraries, the non-profit Greater Wenatchee Area Technology Alliance and Washington State University have partnered with Microsoft, LinkedIn, and Github to offer free online training courses through UpSkill until January 2021. To get started participants need to set up a free LinkedIn account that will allow access to hundreds of online training courses to help job seekers and professional acquire and supplement their experience for careers in the in-demand IT field. Participants can also learn about the top 10 career paths identified by Microsoft

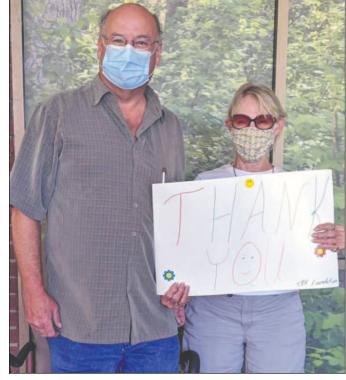
SEE COURSES ON PAGE A4

By Mike Maltais Staff writer

BREWSTER – The newest development in powered air purifying respirator (PAPR) technology became part of Three Rivers Hospital's personal protective equipment (PPE) last month when the Three Rivers Hospital Foundation gifted four sets of the new devices to TRH front-line workers.

The new PAPRs are manufactured by Ford who in collaboration with 3M introduced the new protective device last May after fewer than 40 days from concept to finished product.

"The new Ford PAPRs will be given priority of use in place of the hospital's existing equipment which is about 20 years old," said TRH Business Development Coordinator Jennifer Best in a media release. "The new PAPRs are more lightweight and easier to use, making patient care more efficient."



Courtesy Three Rivers Hospital Foundation Three Rivers Hospital Foundation President Dan Webster and member Kim Moore hold a "Thank-You" sign that accompanied pizzas delivered to the hospital's day and night shift teams. Best said the PAPRs provide extra protection for staff who are performing aerosolizing procedures on COVID-19 patients.

"They can be used to treat patients of other highly infectious diseases as well," Best said.

Ford has been working with 3M since late March to fill the urgent need for PAPRs. 3M, a leading provider of PPE, provided design guidance to Ford's Product Development team that applied its air conditioning expertise to build the respirators from off-the-shelf parts. Demand for the new PA-PRs is exceeding supply due to the COVID-19 pandemic.

"Here at Three Rivers, we are so grateful for all the work that our Foundation does to help our patients and our hospital," said CEO Scott Graham. "The funds provided by the Foundation represent the sacrifice of many people who care about the hospital

SEE GIFTS ON PAGE A4



During this difficult time support your neighbors Most local businesses offer curbside service or delivery



INSIDE THIS WEEK

Co	mmunity	. A1-A4, B1-B2, B4	Church
Birt	ths, Obituaries, Death Notices	B2	Busines
Co	mmunity Bulletin Board	B2	Classif
Ор	inion/Letters	B2	Classifi
			Dublia





Brewster, WA 98812-0037 509-689-2507 www.qcherald.com

Celebrating our local survivors for 20 years, by sharing their photos, stories

BY CAROL L. FORHAN, SURVIVOR

Pink Ribbons, Pink Shirts, walks, runs, fundraisers, and now in 2020 because of COVID-19 we have virtual auctions, benefits, and other events that we hope will help raise more AWARENESS and money in our communities.

What is so special about this month of October?

It is like other months that bring awareness of a special need and every disease or affliction now has a colored ribbon to commemorate their cause, whether it is Heart Month, Diabetes Month, Alzheimer's Month, and so on. October 1-31 is a campaign month intended to educate people about the importance of Early screening and Detection of Breast Cancer. But this month is personal for me. It was my personal fight with breast cancer at a young age that had no actual known cause. At the age of 43 I had my first mammogram, and I had just learned how to do breast self-exam by watching a TV program on self- exam. I had a close friend at the age of 39 years old diagnosed with breast cancer and she encouraged me to get a mammogram after I felt a lump in my armpit. I am so thankful for her encouragement because I felt she saved my life, as I was then diagnosed with Stage 2B-breast cancer with all of my lymph nodes involved on the same side.



Breast cancer effects 1 in 8 women that will get diagnosed with cancer in her lifetime, but some men actually can get breast cancer too. Many years of research has been done on this disease, and breast cancer comes in many forms and stages. We know about the BRAC genes, but not all breast cancer is inherited and HER-2. Great strides have been made in research to find the cause and medicines and therapies are developed to kill the cancer cells. Some treatments can make one lose a breast(s), hair, self-esteem and dignity, and unfortunately some die.

We can replace a breast with a prosthesis or with reconstructive surgery or do nothing, our hair will grow back as well as our self-esteem and dignity. Many women work through the process day by day, whether at a job or career and/or keeping up a home, children, spouse, daily chores and just day to day living.

Many kinds of friendships develop, help and encouragement from another survivor, and support groups may become a part of your life for now, (if you choose to) We move on, some tell others of their survivorship some tell no one. When we do the survivors' page, in our NCW Media newspapers the first week of October, we are happy to show our smiling faces that we are surviving and thriving. If you know of someone that didn't share then that is a personal choice and is respected

Thirty years ago in October while living in Montana, as I mentioned before, I was diagnosed with breast cancer, with no known family history. I survived the treatments of surgery, Chemo and other drugs and therapies. I joined a support group, and called on a Reach to Recovery support person at the American Cancer Society, all while I still worked at 2 jobs, and cared for my family, and my family and friends cared for me. Support is very important to recovery.

I recovered through a long process because of the best treatments available at the time and most of all my Faith. I promised God if I get through this I will always continue to be his servant. I became involved in research, funding, and education. After my final treatment, I started a women's support group and I became an ACS Reach to Recovery volunteer

helping the newly diagnosed and her family understand what they will be going through. I continued to be an advocate for all women to get free education, and low-cost and free mammograms for the under-served. I became an advocate and president of a California organization associated with the Y-ME National Breast Cancer Organization headquartered in Chicago, now called * Breast Cancer Network of Strength - a 24-hour breast cancer hotline, 1-800-222-2141 and Networkofstrength.org, they have help in all languages.

Breast Cancer was my #1 fighting cause and it still is. I just wanted to give back and help someone else through the process.

Though it is scary, Cancer does not have to be a death sentence, and cancer is not a one person disease, it affects the whole family.

A few things that are very important to remember and you will be reminded especially in October Awareness Month

Get a mammogram. Know your family history, if a relative like, mom, grandmother, aunt have or had breast cancer, depending on your age, recommended year is 45 or earlier if you have a family history and a consultation with your doctor. Learn to do breast self exam. While living in California, we were invited into the health classes in the schools to teach the young girls about breast cancer and self-exam. Contact your doctor or hospital and the American Cancer Society for free information. 1-800-ACS, or www.cancer.org

When or if you are diagnosed, you have the right to get a second or even a third opinion. Surgery is not always the answer, talk to your team of doctors and nurses, and other caregivers. BE an advocate for yourself, or take someone with you to be an advocate. Ask questions, do your research, but do not just rely on internet information, it can be misleading. There are also some great books and magazines you can read. One of the best books about the breast anatomy and tons of information, is Dr. Susan Love's Breast Book. There are different therapies and opinions out there. Thirty years ago I was not expected to live "5" years. and years ago I heard the phrase " I want to see Breast Cancer eradicated in my life time", and it still hasn't been eradicated. I still have Hope and Faith that it will happen before my 4 granddaughters have to deal with it. I thank God everyday that I have another day to enjoy, by continuing my faith career as an ordained deacon in my church. A business owner, a community leader and supporter of many causes. Have Faith my friend, I will support you as well.

Sincerely, Carol Forhan, 30 years, Surviving and Thriving!

Breast Cancer Glossary

COMPILED BY CAROL FORHAN,

Educate yourself on these terms when your doctor talks to you about breast cancer

Adjuvant therapy: Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer

Aspiration: The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.

Atypical lobular hyperplasia: Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobule.

Axilliary: In the armpit.

Benign: Not cancerous. **Biopsy:** Tissue or cells

removed from the body and

examined microscopically to determine whether cancer is present

Calcifications: Small calcium deposits in breast tissue that can be seen by mammography.

Carcinoma: Cancer that arises from epithelial tissue (tissue that lines a cavity or surface); occurs often in the breast.

Chemo-prevention: The use of drugs or chemicals to prevent cancer.

Chemotherapy: Treatment of cancer with powerful drugs that destroy cancer cells.

Core needle biopsy: Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination

Cyst: A lump or swelling

filled with fluid or semifluid material.

Duct: A channel in the breast that carries milk from the lobule to the nipple during lactation.

Estrogen: A female sex hormone produced chiefly by the ovaries.

Estrogen receptor: A site on the surface of some cells to which estrogen molecules attach.

False negative: Test results that incorrectly indicate that the tested disease or substance is not present.

Fibroadenoma: A benign, fibrous tumor commonly found in the breast. Free radicals: Toxic atoms

produced by chemical reactions within a cell.

Hematoma: A swelling

formed of blood. Infrequently occurs at the site of surgery, such as in a biopsy cavity after a lumpectomy.

Hyperplasia: Excessive cell growth.

Infiltrating cancer: A cancer that has spread from its site of origin into surrounding tissue.

In situ: Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.

Lobules: Milk-producing glands of the breast.

Lymphedema: An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been re-

moved or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.

Lymph nodes: Small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.

Malignant: Cancerous.

Metastasis: The spread of cancer cells from the site of origin to another part of the body.

Metastases: Secondary cancers that form after cancer cells spread to other parts of the body.

Neoadjuvant therapy: Therapy with anticancer drugs or radiation given before surgery in order to shrink a tumor.

Palpable: Able to be felt. Progesterone: A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female repro-

ductive system. Radiation therapy: The use of x-rays at very high doses to treat or control disease.

Seroma: An accumulation of lymphatic fluid under an incision.

Content provided by MammoSite Breast Cancer Information.www.mammosite.com

Screening saves lives by helping find breast cancer early.

Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.

Get vour mammogram. Tell your friends, mothers, sisters, aunts and daughters to do the same. Be a Friend. Tell a Friend. Get Your Mammogram.

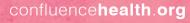
> Information from American Cancer Society



A2

Early Detection is the Best Protection.

Breast Gancer 🖬 AWARENESS MONTH





Women's Wellness Group Cancer Support group, contact Anne at 682-8718.

CHELAN - For

more informa-

tion about the

Honoring Breast Cancer Survivors



Linda DeLeon Is retired and likes to sew. She is a 49 year survivor.



Carol L. Forhan Is a housewife Survivor: and loves candy 30 years **Occupation: NCW** making. She is a 39 year survivor. Media, co-owner and ad manager, **Ordained Epis**copal Deacon, and Nutcracker **Museum Board**

member 2020.



Orlanna Keegan Is a retired United States Postal Clerk. (Lake Chelan Post Office). Her interests include church, time with family, travel, and Disney. She is a 27 year, 10 month survivor.



Barbara Rist Blankenship Is retired, She likes gardening, reading, yard work, her grandkids. Chelan Senior Center. She is a 23 year, 1 month survivor.



Suzanne Newby Is retired from Safeway. Her Interests include cooking, crafts, and camping. She is a 23 1/2 year survivor.



Sandi Gruenberg Is retired. Interests are family, playing with her grandchildren, Chelan Chase, and raising money for Breast Cancer Research. She is a 21 year, 2 month survivor.



Nancy Baum Is retired and loves kayaking, biking, golfing and boating. She is a 20 year, 10 month survivor



Is a music assistant with the with Lake Chelan School District; and likes being with her family, especially her three granddaughters. She is a 20 year, 4 month survivor.



survivor.

Karen Gordon Interests include Is retired and she is a 18 year sursinging, music, reading and vivor walking. She is 19 year, 8 month



Lynda Kennedy Is the owner/operator of Yogachelan Yoga Studio. Her interests include yoga, golf, hiking and gardening. She is a 17 year survivor.



Anne Brooks Is a school bus driver. Interest includes electric vehicles, being outside and quilting. She is a 15 year, 6 month survivor.



Nelda Monteleone is 94 years old and has been cancer free for 13 vears. She lives at Heritage Heights.



Heather Smith Is a Office Manager and her interests include snowmobiling, reading and camping. She is a 10 1/2 year survivor.



Carolyn Cockrum Is an office assistant and her interests include golf and gardening. She is a 5 1/2year survivor.



502-1550,www.astro.org.

plasticsurgery.org.

workofstrength.org/

foundation.org

* American Society of Plastic Sur-

geons, 800-514-4340, www.

AVON Foundation, www.avon-

* Blood & Marrow Transplant Infor-

mation Network-Seattle, www.

seattlecca.org/bmt. bmtinfoNet

Breast Cancer Network of

Strength -24-hour breast cancer

hotline 1-800-222-2141. Net-

Dr. Susan Love Founda-

tion for Breast Cancer Re-

search,1-310-828-0060 x 157

* Living Beyond Breast Cancer, 855-

National Breast Cancer Founda-

tion-1-972-248-9200, National-

* National Coalition for Cancer

* Susan G. Komen For the Cure,

The Breast Cancer Alliance, www.

National Lymphedema Network,

1-510-809-1660, www.lymphet.

SHARE (Breast Cancer Hot-

line), 1-866-830-4576, 844-ASK-

SHARE, or www.sharecancer-

breastcanceralliance.org

Survivorship, Cancerversary.org

807-6386, www.lbbc.org.

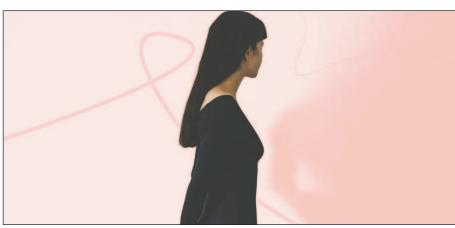
BreastCancer.org

www.komen.org

org

Breast Cancer Facts

Joan Lester



COMPILED BY CAROL FORHAN, SURVIVOR

The two main risk factors for breast cancer are: Being female and getting older. Statistics

Breast cancer is the second most common cause of cancer for American women except skin cancer, and the overall cause of cancer death in women between the ages of 20 and 39.

In the United States, one in 8 women will develop breast cancer in her lifetime. any other racial or ethnic population.

Breast cancer in men

Though rare, 2,620 new cases of invasive breast cancer are expected to be diagnosed, in men in 2020. 520 will die. Black men have the highest breast cancer incidence over all, Hispanic men have the lowest. Median age of diagnosis for men in the U.S. is 68 years old.

Breast cancer in ethnic groups

African American women have a higher breast cancer death rate than women of

An estimated 276, 480 new cases of in- American Indian/Alaska Native females

breast cancer are at their greatest risk of disease recurrence during the first five years after diagnosis.

The absolute number and percentage of recurrences in the first five years after surgery is much highest than the following five to 10 years.

Treatment received during these first five years is paramount in combating the disease.

Early Detection

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

Any new, hard lump or thickening in any part of the breast/and armpit.

Change in size or shape. Dimpling or puckering of the skin.

Swelling, redness or warmth that does not go away.

Pain in one spot that does not vary with your monthly cycle.

Pulling in of the nipple, nipple discharge that starts suddenly and appears only in

Local Support

- * Cancer Care of NCW, Inc. Our House, Wenatchee: 663-6964 or email:cancare@nwi.net
- Wellness Place, Wenatchee, 888-9933. Support groups, and resources
- Cascade Medical, Leavenworth, 548-5815.
- * Confluence Health/Wenatchee Valley Medical, 663-8711 x 64100 Confluence Health, Breast, Cervical and Colon Cancer Health Program
- EASE Cancer Foundation, Cashmere: 860-1322 or www.easecancer.org
- Lake Chelan Community Hospital, Chelan, 682-3300
- Columbia Valley Community Health, 662-6000
- * Three Rivers Hospital, Brewster, 689-2517
- Family Health Center, Brewster, 509-422-7629, 800-660-2129 Seattle Cancer Alliance, 800-804-

8824, www.seattlecca.org NATIONAL SUPPORT:

- * American Cancer Society, (ACS) 800-ACS-2345, www.cancer.org. Programs include:
- I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org,
- 800-395-LOOK

vasive breast cancer are expected to occur in women in 2020, with an estimated 48,530 additional cases of in-situ (non-invasive) breast cancer.

64% of breast cancer cases are diagnosed at localized stage for which the 5-year survival is 99%. There are more than 2.4 million women in the United States with a history of breast cancer. 42,170 or 1 in 39 women (3%) will die. But there are 3.8 million survivors in the USA.

In the United States, breast cancer is expected to be newly diagnosed every three minutes, and a woman will die from breast cancer every 13 minutes.

have the lowest breast cancer incidence rates.

Breast cancer and age

The risk of breast cancer increases with age: About 18 percent of diagnoses are among women in their 40's and 77 percent of women with breast cancer are older than 50 when they are diagnosed.

White women have a higher incidence of breast cancer than African American women after age 40, while Africa American women have a slightly higher incidence rate before age 40.

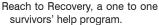
Risk and recurrence of breast cancer Postmenopausal women with early one breast.

An itchy, sore or scaling area on one nipple.

It is important for women to practice the elements of good breast health. It is suggested women obtain regular mammography screening starting at the age of 45, or earlier if you have a family history.

Obtain annual clinical breast exams, perform monthly breast-self exams and obtain a risk assessment from a physician.

This information was acquired from the American Cancer Society, 1-800-ACS-2345. Or www.cancer.org. and The Susan G. Komen organization.



- New Birthday Campaign: Less Cancer, More birthdays. More-Birthdays.com
- Facebook and blog OfficialBirthdayBlog.com or Cancer.org/ circleofsharing.
- American Society for Therapeutic Radiology and Oncology. 703-

support.org Vital Options International, 1-800-

- 477-7666, www.vitaloptions.org Zero Breast Cancer: 1-415-507
- 1949, www.zerobreastcancer.org Free Cancer magazine: print and online: CancerToday, American Association for Cancer Research, 615 Chestnut St. 17th floor, Philadelphia, PA 19106



Earlier Caught, Easier Fought

Your health matters. Preventive care is the best method to detect and treat conditions such as breast cancer. We're here to help!



Ty Witt, M.D Gynecologist

• Annual Well-Woman Visits • Gentle Mammograms • Minimally Invasive Gynecological Procedures

Primary Care

• Hormone Replacement Therapy • Family Planning • Coming Soon: 3D Imaging, Diagnostics, & Breast Ultrasound with Same-Day Results



507 Hospital Way

Brewster

threerivershospital.net



509.689.3749

415 Hospital Way Brewster brewsterclinic.org



Nancy DeFord Mammography Tech

Community

On religious, cultural grounds

Pearl Hill Hydro Project draws Tribal opposition

BY MIKE MALTAIS STAFF WRITER

BRIDGEPORT – The Pearl Hill Pumped Storage Hydroelectric Project unveiled by Shell Energy North America (SENA) for the slope of Rufus Woods Lake four years ago that would provide an alternate energy source during periods of peak need, has received a setback.

Last August the Confederated Tribes of the Colville Reservation (CTCR) issued a letter to the chairman of the Federal Energy Regulatory

COVID-19 Programa sin Aseguranza

médica a los pacientes de COVID-19.

relacionadas COVID-19 La Cobertura Incluye:

Visitas al consultorio

Visitas por video / teléfono

Salud en el Hogar

Por favor, esté listo para proporcionar su número de licencia de

conducir y / o número de Seguro Social al momento de la solicitud.

Commission (FERC) with respect to comments from the Advisory Council on Historic Preservation (ACHP) opposing the approval of a license for the hydro battery project to proceed as its proposed present location. Among other duties FERC oversees license approval for projects like the Pearl Hill Hydro Battery.

The hydro battery would involve a hydroelectric generation plant on 28.8 acres of state land managed by the Washington Department of Natural Resources (DNR). The project would feature an upper reservoir where stored water pumped and stored in that facility would be released through generators floating on the lake thereby creating up to six hours of energy if needed. The 28.8 acres is located across (east) Rufus Wood Lake from the CTCR.

In its letter to FERC chairman Neil Chatterjee the CTCR opposes the SENA project stating "that the construction and operation of the proposed undertaking will adversely affect the district and it constituent elements, directly and indirectly," and that the upper reservoir "will destroy one of the lithic material sites that is a component of the district."

The CTCR further believes that the SENA project will "diminish the integrity of setting and feeling of the district" and will inject "modern, industrial intrusions in the setting with visual and auditory impacts."

The six-page letter includes ACHP findings, among which are:

• FERC should deny approval of a license for this project in this location.

GIFTS

CONTINUED FROM PAGE A1

enough to donate funds to it." Graham praised the efforts of Foundation President Dan Webster for leading the effort to promote Three Rivers so its staff can have the equipment needed to better serve the community.

"I am glad that Three Rivers Hospital Foundation can help provide equipment to protect our dedicated staff at Three Rivers Hospital," said Webster.

Industry sources peg the cost for each PAPR at about

COURSES

CONTINUED FROM PAGE A1

as those most in demand and choose one to earn a full certification.

The UpSkill website, upskill.gwata.org, features online courses available in 15 languages that participants can engage at their own pace. Courses range from digital skills like learning more about Excel and how to use Zoom, to soft skills such as Embracing Unexpected Change and Effective Listening.

• The cultural value of the identified historic property and its importance as a property of religious and cultural significance to the CTCR was not fully appreciated by FERC.

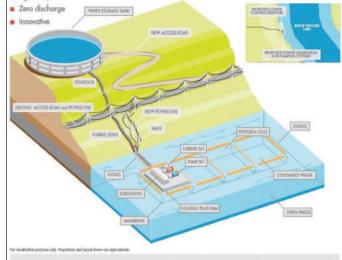
- The CTCR have provided thorough and detailed information that clarifies the nature and significance of the Pearl Hill District and the effects of the undertaking on it.
- FERC should review the way it considers the importance of properties of religious and cultural significance to tribes and how it engages in consultation with tribes when carrying out its public interest review for licensing projects.

The letter, signed by ACHP Chairman Aimee K. Jorjani, concluded her comments to Chatterjee by stating: "You and I have an obligation as federal agency leaders to advance the official policies of the U.S. government set forth in the NHPA (National Historic Preservation Act), directing that the federal government

SHELL ENERGY NORTH AMERICA HYDRO BATTERY PEARL HILL PROJECT

This project proposes to develop a small 5MW closed-loop pumped storage facility to help maximize the potential of renewable energy resources in the region.

ROJECT FEATURES Light footprin



Courtesy Shell Energy North America

Shell Energy North American proposes to build a pumped storage hydroelectric facility on the east bank of Rufus Woods Lake.

exercise leadership in the preservation of the nation's irreplaceable cultural heritage."

A final decision by FERC regarding the Pearl Hill project remains pending.



The new PAPR unit features a hood and face shield, air filter and blower systems, and portable, rechargeable battery.

The PAPR includes a hood er's head and shoulders while and face shield to cover the usa high-efficiency particulate

The UpSkill program offers high school students, noncollege high school graduates, CTE pathway learners, public servants, private businesses, and senior citizens the opportunity to remotely launch a new career or venture. Technical development, professional development, job training, and access to job resources are available for beginners and the experienced alike.

"Pateros/Brewster Community Resource Center and a TBD (to be determined) location in Brewster will host a free Wi-Fi hotspot to bridge the gap until better highspeed internet infrastructure is established." said PBCRC board member Grace Larsen.

air (HEPA) filter system supplies filtered air for up to eight hours. The air blower system resembles the fan used in the

Ford F-150's ventilated seats and powered by a rechargeable, portable battery.

Foundation members Webster, Treasurer Julie Wehmeyer, and member Kim Moore have supported TRH in other ways. Last July they delivered pizza to the day and night shift teams and treated the COVID-19 rest crew to a cooler full of beverages.

To learn more about the Three Rivers Hospital Foundation, including how to donate, visit threerivershospitalfoundation.org online.

"Okanogan PUD had already created several public Wi-Fi hotspots."

Larsen asks Bridgeport/ Douglas County residents to contact her at 509-670-1381, PBCRC at paterosresource. com or riverlin.org to explore where and how to expand

SEE COURSES ON PAGE B1



HEALTH CENTERS

options for 2021? Medicare Advantage | Medigap Plans | Part D RX

www.springwaterinsurancegroup.com

Medicare Annual

Enrollment Period

How will your plan

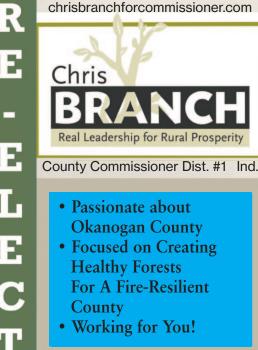
change? What are your

Follow us on Facebook for News and Updates!



Jim Heinlein Owner | Agent

A Veteran with R Proven Leadership Skills. **Respectful Consideration** E Leads to Local Solutions for Local Problems.



Paid for by Committee to Re-Elect Chris Branch, P.O. Box 1554, Omak, WA 98841

おい((いし)の

© NCW Media Inc. 2020 310 E.Johnson Ave., Chelan, P.O. Box 37, Brewster, WA 98812 Phone: (509) 689-2507 Fax (509) 682-4209

Office Hours

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

On The Internet

website: www.qcherald.com e-mail: achreporter@amail.com advertising e-mail: ruthk@lakechelanmirror.com

Services

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

Contact Information

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

Managing Editor Gary Bégin • gary@ncwmedia.net **Reporter/Photographer** Michael Maltais gchreporter@gmail.com Reporter/Photographer lcmeditor@gmail.com

Advertising Sales Director Carol Forhan • 548-5286

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

Contact Information

Meg Laub Classifieds/Legals heraldads@qcherald.com

Circulation: 509-293-6780 circulation@lakechelanmirror.com

Classifieds/Legals

Classified ads can be placed during normal office hours by calling (509) 689-2507, e-mailing heraldads@qcherald.com Weekly rates: \$15.00 for the first 30 words 10 cents per word

over 30 words Borders, bold words, headlines

logos, photos subject to additional charges.

Place your ad online 24/7 www.ncwmarket.com

Life has changed, but your health care needs have not.

Emergency Room General Surgery Orthopedics Gynecology Acute Care Radiology **Primary Care Clinic**



Deadlines

Letters to the Editor: Noon, Friday Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: 5 p.m., Thurs Noon, Friday Legals: Classified Ads: Noon, Friday Obituaries/Deaths 4 p.m., Friday

Subscriptions

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

The Quad City Herald does not

refund subscription payments except to the extent that it

might fail to meet its obligation

to publish each week. in which

case the cost of the issues

missed would be refunded as an

extension. Subscriptions may be

transferred to another individual

or organization

\$40

\$50

\$52

Letters policy

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

News Tips

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

Corrections

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

Quad City Herald (USPS 241-920) is published every Thursday 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

Washington Newspaper Publishers WNIPA Association Member

NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle



Community

Despite drought, disease, disaster

Highline Grain Growers wraps up a solid season

By MIKE MALTAIS STAFF WRITER

QUAD CITIES – Sandwiched between twin crises of disease and disaster, North Central Washington wheat farmers went about their work as they have in years past, managed to get their grain crops into area elevators despite the coronavirus and wildfires and turned to seeding next season's crop.

Paul Katovich of Waterville, is CEO of Highline Grain Growers (HLGG), a network of nearly 50 grain and seed handling warehouses spread across eight Eastern Washington counties. Quad Cities grain producers principally access three elevator sites in Brewster, Mansfield, and Waterville.

Katovich said that considering the lack of moisture during the cold months the crop yield was better than he expected.

"For the winter we had and the rain we had, the quality was great," said Katovich. "I was surprised."

He noted that the Brewster area was one that experienced a good harvest.

Citing a comparable for the moisture this crop received, Katovich said Waterville recorded six-tenths (6/10) of an inch of rain for 2020. That is about equal to the Mohave Desert.

"A rain shadow pattern extending from Okanogan to Oregon put us way behind on moisture," Katovich said.

An article published in the June 2020 issue of Wheat Life, the official publication of Washington Association of Wheat Growers, cited figures from the U.S. Drought Monitor showing abnormally dry to serious drought conditions



Courtesy Highline Grain Growers Paul Katovich is CEO of Highline Grain Growers

spread through a large swath of Eastern Washington including Highline's member area.

While HLGG lost no elevators to the several wildfires that burned through parts of its network, some crop losses occurred from Wilbur-Creston to Davenport.

"What we're doing now is watching to keep grain in good condition and shipping," said Katovich. "With the footprint we have – the largest in the state – it takes us all year to get ready."

HLGG maintains a staff of about 100 full time employees and hires another 100 to 150 temporary workers during the busier months.

"We ship about a million metric tons annually," Katovich estimates. "About 36 million bushels."

"The majority of the grain from Brewster goes to Wenatchee by train on the main BNSF line," Katovich said.

HLGG uses a variety of traffic from the Columbia River

SKI * SNOWBOARD * NORDIC

where HLGG is part owner of a barge system, to small trains and 110-to 115-car unitrains. One particular problem the wildfires caused was damage to a rail track HLGG uses to ship product from Coulee City to Cheney.

"The fire ran right over the tracks," said Katovich. "More than nine miles of track, 1,228 ties must be replaced."

The HLGG model as a cooperative of five local grain companies is a young enterprise entering just its third year of operation.

"The merger happened in a 2017 vote and first operations began in April 2018," said Katovich, "though we had been working together longer than that."

The merger was a record of sorts bringing together Central Washington Grain Growers, Odessa Union Warehouse Co., Reardan Grain Growers, Davenport Union Warehouse Co., and Almira Farmers Warehouse Co., Ltd. Under one roof.

"When we went through the process of tying up the equity portions, they (the facilitators) looked at it and said, 'We've never done that before," Katovich said.

Katovich worked for Central Washington Grain Growers at the time and applied his economics degree from the University of Idaho to the challenge of ramrodding the operation.

"The beauty of a co-op is that we can pay back to our patrons," said Katovich. "In the past two years we have paid back \$10.1 million dollars."

Katovich describes the wheat farmer as fiercely independent by nature.

"The cooperative they are a part of is an extension of them," said Katovich. "We want to protect that and if a neighbor's in trouble, we help them."

COURSES

CONTINUED FROM PAGE A4

hotspot access in their area.

Larsen said GWATA and UpSkill can provide access for startup and scale up businesses.

"Think home construction companies, daycare/childcare providers, English language learners, college and tech career learners," Larsen said, citing some examples. RIVER Local Investment Network (LIN) consultant Trevor Lane is exploring funding options so that the free online course work can be accessible and affordable for the next two-to-three years.

'I wouldn't turn down a bite of baked gopher right about now'



Mike Maltais/QCH

A coyote pauses to look over the scorched and blackened terrain for potential lunch menu items during a mid-day stroll on the Colville Reservation.

What is your legacy?

Provide for your family and future generations. Leave a gift to your community, forever. www.cfncw.org • (509) 663-7716

What's so great about a Donor Advised Fund?

BY KRISTINE LOOMIS, CPA, CVA, MANAGING PRINCIPAL, CORDELL NEHER & COMPANY

In a recent meeting, I suggested a client consider opening a Donor Advised Fund and they asked, "what's so great about them?". I mentioned they were a great option for charitable giving flexibility in tax planning, and we moved on.

But as I consider the overall grandness of the Donor Advised Fund, it is important to know that they offer something for nearly every giver.



to "stack your donations" is an effective charitable giving opportunity which allows you to make multiple years' worth of annual donations in one tax year.

When taking advantage of this tax option, you deduct the donation in the year of the gift on your tax return. You then have flexibility to have the invested money sent to the charity(s) of your choice, in the year of your choice. For example, you could do-



As a result of the most recent tax reform, the standard deduction was increased to \$24,000 for married couples and \$12,000 for singles. At those levels, many of us are unable to itemize our deductions and our charitable contributions no longer help

us for tax purposes. While none of us are charitable purely because we get a tax deduction, the tax deduction is an incentive for us to give consistently, or perhaps just a little bit more.

Using a Donor Advised Fund

nate \$24,000 to a donor advised fund in 2019 and then send \$8,000 per year for the next three years to the charity(s) of your choice. The tax deduction would be taken in 2019 for the donation made to the donor advised fund plus any other itemized deductions (property taxes, sales tax, and mortgage interest) and the charity(s) would receive a donation over the next threeyear period according to your specific instructions.

This tax planning technique can be particularly beneficial in a year in with significant tax events, such as a large IRA distribution, ROTH conversion, sale of an appreciated asset, or a large bonus. Not only do you get the benefit of the tax deduction, you get the deduction at a higher tax rate.

In addition to charitable donation stacking, your donor advised fund (which grows over time) allows for purposeful giving as a family and allows you to pass along a legacy of charitable giving to your children. By investing in their donor advised fund, you will benefit from the tax deduction and have the option to donate to any qualified charitable organization on your own schedule.

Using the Community Foundation of NCW's Donor Advised Fund gives you the opportunity to maximize the benefits of charitable giving. It's easy, effective, and controlled giving with tax benefits. You can even make your donation anonymous if that's your preference.

I encourage you to speak with your CPA, lawyer, or financial planner about these charitable giving options and how they can benefit you and those causes you care about!

DON'T GET LEFT OUT IN THE COLD

WHILE QUANTITIES LAST. PRICING EXPIRES 10.10.2020.

Will Call Price – \$249 per pallet Delivered Locally – \$264 per pallet



We Help Build Better Communities

 MANSON
 509.687.9595

 585 E. Wapato Way, Manson, WA 98831

CHELAN 509.682.4017 155 Chelan Falls Road, Chelan, WA 98816

www.lakechelanbuildingsupply.com | 🗗 🖾

LETTER TO THE EDITOR

Reader dislikes 'Lunchpail' Joe column

Dear Editor.

B2

As the managing editor of the Chelan Mirror, I would have hoped you would have been a little smarter about publishing YOUR opinion piece. How does writing something so divisive help unite a community? I'm no liberal, but I do recognize the need to work on uniting a very divided country. Lets try to focus on the greatness of this country and what it is we can do to find common ground. Pieces like yours only create a greater divide. What are you trying to accomplish by publishing such a vulgar, derogatory piece? You can be disgusted by what the progressive liberal movement is pursuing, but please use facts to support your opinions and do so in a more constructive way. Be part of the solution, not the problem!

Regards, Randy Back, Chelan

qcherald.com

Family health centers **BE YOUR BEST SELF**



PRIVATE INSURANCE WELCOME

800.660.2129

Business & Healthcare Directory

ROOFING

Mirzo Roofing

Add your

'Wealth Tax' proposed by Warren, Sanders is un-American

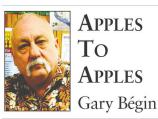
Senators Elizabeth Warren and Bernie Sanders have been busying their otherwise lazy hands and brains proposing a tax on the wealthiest Americans.

This is patently un-American. Our nation was built on the ingenious inventions, business acumen and outright guts of a handful of people who had the nerve to invest in great ideas and came out the other end of the tunnel with great results and revenue to match.

Why are these two miscreants using wealthy Americans as punching bags? Why are they chastising the idea that wealth is inherently evil? Have Bernie and Elizabeth drunk the Kool-Aid of Marxist-Leninist-Stalinist theory?

These questions are facetious, because it is obvious both of these Democrats are paying fealty to the Gods of the so-called "equal distribution of wealth" when in reality, the wealth belongs to them that earn it.

Redistribution of the mon-



ey is an insane idea. Why bother even working if I can get an equal amount that the successful and hard-working folks get? Why bother getting a degree if I can get the same pay as a scientist, engineer, mathematician or software developer?

It should be noted that former President Obama and Warren were college professors and Bernie has always been a socialist so there should be no surprise about where their hearts and intentions are.

The question remains, why are they so adamantly opposed to a handful of Americans making real money from their ideas or cleverness in business?

Isn't the American dream

all about making it to the top financially and thus achieving what is unachievable in about 95% of other countries?

Why do the Democrats, admittedly not all of them, hate the wealthy so? If it makes them feel better, give the poor "participation" awards for finishing their lives on welfare, food stamps or some other crutch our great tribe has deemed necessary for the survival of the weakest among us.

I feel for the homeless, I feel for the hungry, I feel for the least among us like any Christian should, but I cannot allow the penalizing of those who are successful. It makes no sense.

Instead of penalizing the successful in our midst, how about we eliminate federal funding of colleges that inculcate the cancer of "we all get everything for free" philosophy.

How about Warren/Sanders donate their salaries? They each get \$174,000 per

Literally millions of Americans don't make that much after working for many years, but at least they are working and not asking for handouts.

Ask anyone to pledge 10% to their church and 40% to the local socialist/communist/Democrat slush fund to redistribute. That leaves 50% to survive and plan their life and pay their bills.

Forget about vacations. Forget about 401k's. Forget about starting a new business and definitely forget about sending your kids to a decent university that actually teaches subjects the world so desperately needs like STEM.

Welcome to the evil world of equal treatment for unequal performance. Joe Biden might mean well, but he will be co-opted and the lazy and stupid among us will reap the rewards of their ignorance and sloth.

Keep this in mind when the Commies take over thanks to inadvisable votes.

LETIN BOARD COMMUNITY **BU**

Red Cross Blood Drive Oct. 22

BREWSTER - The American Red Cross will be holding a blood drive on Oct. 22 from 12 to 5 p.m. at the Brewster Seventhday 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.

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

Thursday

Senior meals 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.

During this challenging time, caring for our relatives, friends and neighbors takes on new meaning. Aging & Adult Care offers many

free or low-cost services.

Thursday, Oct. 8 Meatloaf, Potatoes & Gravy,

Green Beans, Green Salad, Sliced Pears, Biscuit, Dessert

Tuesday, Oct. 13

Lemon Baked Fish, Garden Rice, Glazed Carrots, Caesar Salad, Peaches, Focaccia Bread, Dessert

Wednesday, Oct. 14

Quiche: Bacon, Swiss and Mushroom, Steamed Broccoli, Tossed Salad, Apricots, Muffin

Thursday, Oct. 15

Pork Lo Mein, Asian Style Slaw, Mandarin Oranges, Egg Roll, Dessert

Oct. 9

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.

Oct. 9, 16

Brewster bus

pointments etc. On the third Friday of each

destination(s); medical ap-

- month Oct. 16, 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 WENATHCEE - 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

Aging & Adult Care of Central Washington at 800-572-4459 Tuesday, Wednesday,

& General Construction

* Interior & Exterior Home Remodeling * Licensed & Insured * Free Estimates 203-917-2151

347-530-2565 Lic #2079806-DCA

Business or Service to this Directory Call Ruth 682-2213

or Lindsay 509-860-7301



In-Home Care Options • Home-Delivered Meals • Family Caregiver Support • Medical equipment

Give us a call. There are multiple options sure to fit your needs.



Lincoln & Okanogan Counties Offices in East Wenatchee, Moses Lake and Omak 1-800-572-4459 • aaccw.org

trips are back on schedule

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Oct. 9. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request

full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror. com, subject line QCH Bulletin. Deadline: Friday at Noon p.m. Be sure and include date, time, place and cost if any.

Have a Community or Sports Story idea? **Contact Mike Maltais** at 360-333-8483 or qchreporter@gmail.com

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.

UAD CITY CHURCH GUIDE

BREWSTER • BRIDGEPORT • PATEROS

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



17 Hospital Way NE, Brewster www.brewstersda.com School: 509-689-3213 115 Valley Road, Brewster www.brewsteradventistschool.com Pastor Matthew Axford



COMMUNITY LOG CHURCH Sunday Worship 10 a.m. 509-689-2224 • 501 W. Indian Avenue www.communitylogchurch.com Pastor Gordon Wright

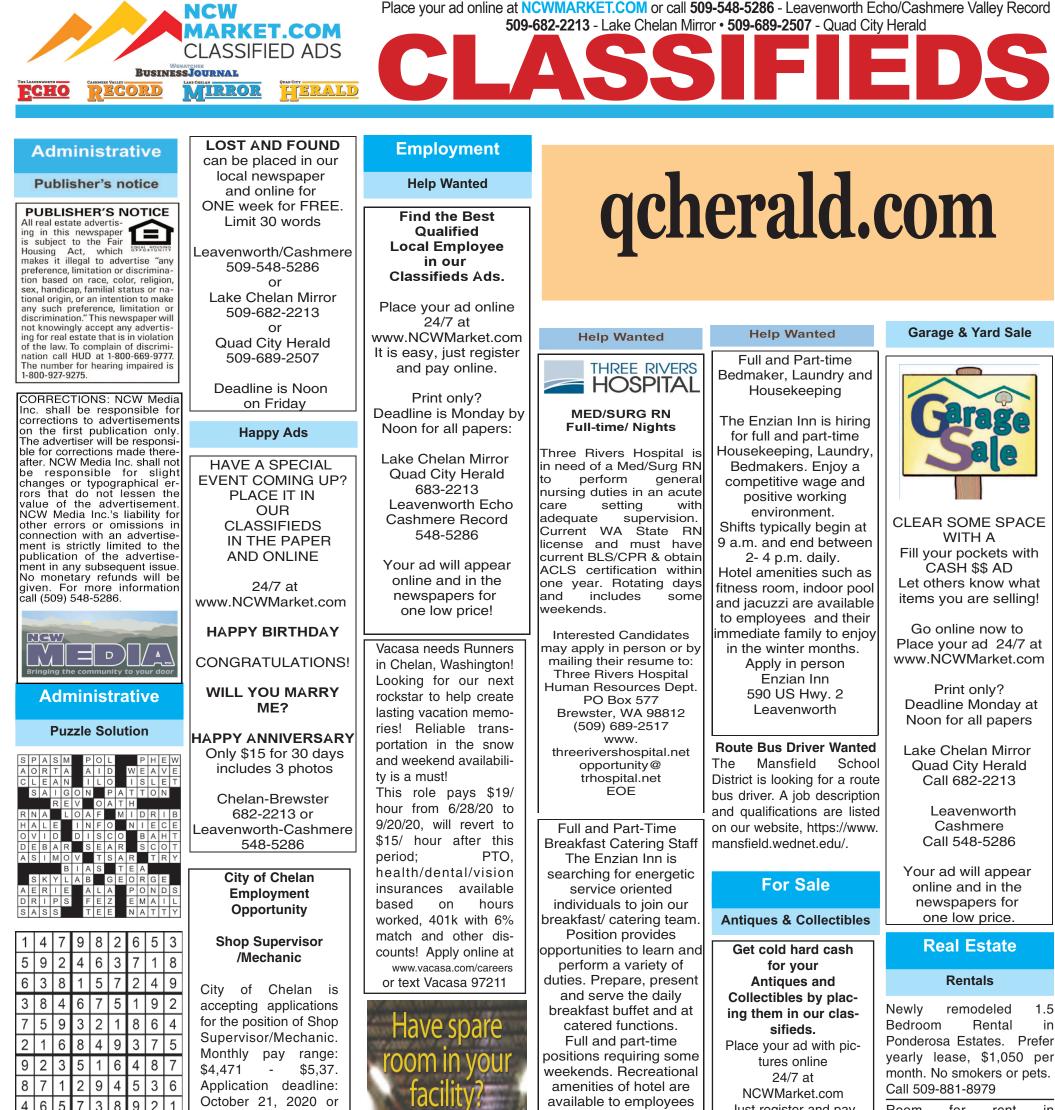
HOPE LUTHERAN CHURCH Sunday Worship 11:00 a.m. Holy Communion 1st, 3rd, & 5th Sunday Bible Study & Sunday School 10:00 a.m. 509-689-3106 • 1520 Sunset Dr. Pastor Kevin Moore

New Testament Baptist Sunday 10 a.m., 11 a.m. & 6 p.m. Wednesday 7 p.m. Adult Prayer & Bible Study and King's Kids 509-689-2420 • 412 W. Hanson



"With men this is impossible; but with God all things are possible." - Matthew 19:26

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



4 6 5 7 3 8 9 2 1 Announcements

Lost & Found

Lost in Leavenworth a gold chain necklace with a crown charm attached. Reward if Very sentiment. found. Please call Penny. 885-0441.

NCW MARKET.COM CLASSIFIED ADS

until filled.

application.

CROSSWORD PUZZLE

1 13	2	3	4	-					R					
-			- T	5		6	7	8	10- 		9	10	11	12
10		\vdash		\vdash		14	\square	\vdash	9	15		\square	\vdash	t
16		\vdash		\vdash		17			-8j	18			\square	$t \rightarrow t$
ай — А	19	\vdash		\vdash	20			21	22		\mathbf{t}		-	
			23	\vdash	\vdash		24		┢	\vdash				
25	26	27		28	+	29			30	\vdash	31	32	33	34
35		+	36		37		┢	38		39	1	-	\vdash	┢
40	-	⊢	+	-8	41	╞	┢	╞	42		43	┢	\vdash	┢
44		-	-	45		46	\vdash	+	┢	-	47		\vdash	-
48	<u> </u>	⊢	+	┢	49		50	+	┢	51	-	52	┢	┢
				53	-	54			55	-	56			
	57	58	59		┢		- 1 ⁻	60				61	62	
63				┢		64	65	_		66	-	-		67
68		⊢			_	69	L.	<u> </u>	1	70				
71				-		72				73				
71						12				/3				
A MORE BURGERS FREE THAT'S 20 COURSES + SIDES & DESSERTI ORDER NOW! 1.833.406, 1259 ask for 63281KXJ						GET THE GRILLER'S BUNDLE INTRODUCTORY PRICE: ^{\$} 79 ⁹⁹ 4 (5 oz.) Butcher's Cut Filet Mignon 4 (4 oz.) Boneless Pork Chops 4 (4 oz.) Ornaha Steaks Burgers 4 (3 oz.) Gournet Jumbo Franks 4 (2.8 oz.) Potatoes au Gratin 4 (4 oz.) Caramel Apple Tartlets Omaha Steaks Seasoning Packet #224-91* separately								

© StatePoint Media

Go to www.cityofchelan.us for additional information and employment



THEME: THE 1970s

ACROSS

18. Speck in the ocean 19. *Fallen South Vietnamese capital

21. *War movie and Oscar-winner

1. Muscular contraction 6. D.C. mover and shake

9. "That was close!" 13. Blood circulation organ

14. FEMA provisions, e.g.

15. Not bob, to a boxer 16. Like a whistle?

24. Hippocrates' promise 25. Ribonucleic acid

17. UN labor org.

23. Once around

28. Bakery unit 30. Foliage vein 35. In fine fettle

37. Scoop or skinny 39. Nephew's sister 40. "Metamorphoses" poet 41. *ABBA's genre

43. Thailand money

44. Temporarily ban

50. Romanov ruler

60. *Mr. Jefferson

69. Tasseled hat

70. Not snail mail

73. Smartly dressed

71. Back talk 72. *Nicklaus' peg

52. Give it a go 53. It prevents objectivity

55. Brewed beverage 57. *First U.S. space station

63. Nest for an eagle 64. Between Fla. and Miss.

68. Does like some coffee makers

66. Cold cream brand

47. Jamie Fraser of "Outlander"

48. *"The Gods Themselves" author

46. Way to fry

including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth

Housekeeping position available part-time. Monday - Friday starting at 11 am. Located near UV Christian School Becki, 509-679-1904

DOWN

6. Some have a high tolerance for it

7. *1973 ____ crisis 8. *Oliver Sacks' "Awakenings" drug

1. Anatomical pouch 2. Plural of #6 Across

9. Boll weevil, e.g.

12. Kind of nurse

20. Egg-shaped 22. Cash dispenser

15. Not outside

_ 51, Nevada

4. *"____way to Heaven" 5. Feed beet

10. Saintly sign 11. Like never-losing Steven

24. Compensating equivalents 25. *"The Mary Tyler Moore Show"

spin-off 26. Center of a church, pl.

29. Black tropical cuckoo

34. *First Lady, familiarly

42. Talk like Demosthenes

51. Go back into business

32. Undergo a chemical reaction 33. Blood of the Greek gods

38. South American wood sorrels

57. Serum, pl. 58. *Cheryl Ladd on "Charlie's Angels'

27. Defendant's excuse

31. "I call first

36. Dutch export

45. Paso ____, CA 49. By means of

54. Behind a stern

56. Pleasant odor

59. Golfer's dread

62. Blue pencil mark

63. Internet pop-ups 65. *"Enter the Dragon" star

67. *"Rocky" star's nickname

60. Fixed look

61. Flying biter

Noon for all papers: Lake Chelan Mirror **Quad City Herald**

682-2213 or call Leavenworth Echo **Cashmere Record** 548-5286

Just register and pay

online and you are

done.

Your ad will appear

online and in the

newspaper

for one low price.

Deadline Monday at

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 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

Room tor rent Leavenworth on bus line, all utilities plus WiFi. No pets please. \$650/ month. 509-699-9337.

in

Legals

Public Notices

NOTICE OF FIRST **BUDGET HEARING**

The first budget hearing for the Town of Mansfield will be held Tuesday, October 13, 2020 at the Mansfield City Hall at 6:00 PM to afford citizens the opportunity to provide written or oral comments on the 2021 budget. Copies of the preliminary budget may be obtained from the City Clerk. Published in the Quad City Herald

September 30 and October 7, 2020 #888





THE WASHINGTON OUTDOORS REPORT

Blue Ribbon Trout and plenty of Coho

If you are looking for a highquality stream fishing experience for trout, look no further than the Yakima River, Washington's only Blue Ribbon trout stream. Flowing from Keechelus Lake near Snoqualmie Pass into the Snake River at the Tri-Cities, the river offers cold water fisheries in the upper river and warmwater fishing for bass, catfish and more in the lower section.

The upper stretch of the Yakima, flowing 75 miles from Easton to Roza Dam in the canyon below Ellensburg, is where the Blue Ribbon trout fishery exists. In this stretch all of the fishing is a catch and release affair. Rainbow trout are found throughout this part of the river, and there are cutthroat trout as well above Cle Elum. Not only are catch and release rules in effect, but selective regulations are too. No bait is allowed and lures may only have a single barbless hook. Having said that, 19 out of 20 anglers you see fishing the Yakima are fly anglers who come from all over the state to fish from shore or from drift boats, pontoon boats or rafts to hook into trout measuring from 8 to 18 inches or better.

The strict management of this river has paid off. Since this area was designated as a Blue Ribbon trout stream in the 1990's by the Washington Dept. of Fish and Wildlife, trout populations have flourished. Outdoors writer Terry Sheely, writing about the Yakima River for Washington-Oregon Game & Fish Magazine 10 years ago, reported that in the canyon between Ellensburg and Roza Dam there were "1,129 rainbow trout per mile or one



A rainbow trout caught and released from the Yakima River.

trout for every 4 ½ feet of river." With that many fish present, it's not hard to have a good day of fishing.

Having said that, the Yakima doesn't always offer easy fishing. It is heavily pressured and skill is required when it comes to presenting a fly or lure in front of a trout to get it to strike. This is where reading the water comes into play and "matching the hatch" to offer flies that imitate a food source for the trout is a key to success.

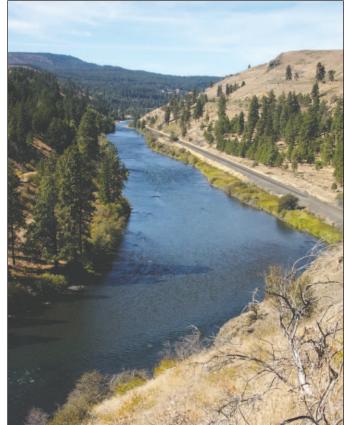
As for what kind of flies you should use in October? The staff at the Ellensburg Angler Fly Shop suggests using cranefly, stonefly, caddis or blue wing olive imitations. Specific flies that are working right now include Pat's Rubber Legs in coffee, orange or black. Orange Chubby Chernobyls, Purple Haze and Pheasant Tail flies.

The Blue Ribbon stretch of the Yakima River is open to fishing all year. There are numerous public access points for do-it-yourself anglers. If you want to learn the ropes of fishing the Yakima for the first time a guided trip could be a good investment. Several fly shops, many of them offering guided outings, can be found in Cle Elum and Ellensburg.

Coho Salmon Opportunities: The return of coho salmon up the Columbia River this fall has exceeded expectations. Some 90,000 adult salmon passed over Bonneville Dam as of Sept. 29, a 50 percent increase over the 10-year average return of 60,000 fish.

One place that fishes very well for coho is the Columbia River just off the mouth of the Klickitat. Try hover fishing cured salmon roe just off the bottom to entice strikes from both coho and fall Chinook salmon.

Other opportunities have come open too because of this strong Coho run. On the Upper Columbia between Priest Rapids Dam to Rocky Reach Dam near Wenatchee you can keep up to six salmon a day until Oct. 15 (check the e-regulations for more details). The Icicle River near Leavenworth opened up for coho on Oct. 1 (a full month earlier than last year) as did the Lower Yakima River and even the Grande Ronde River (at least the Oregon part of it) has opened up for coho salmon;

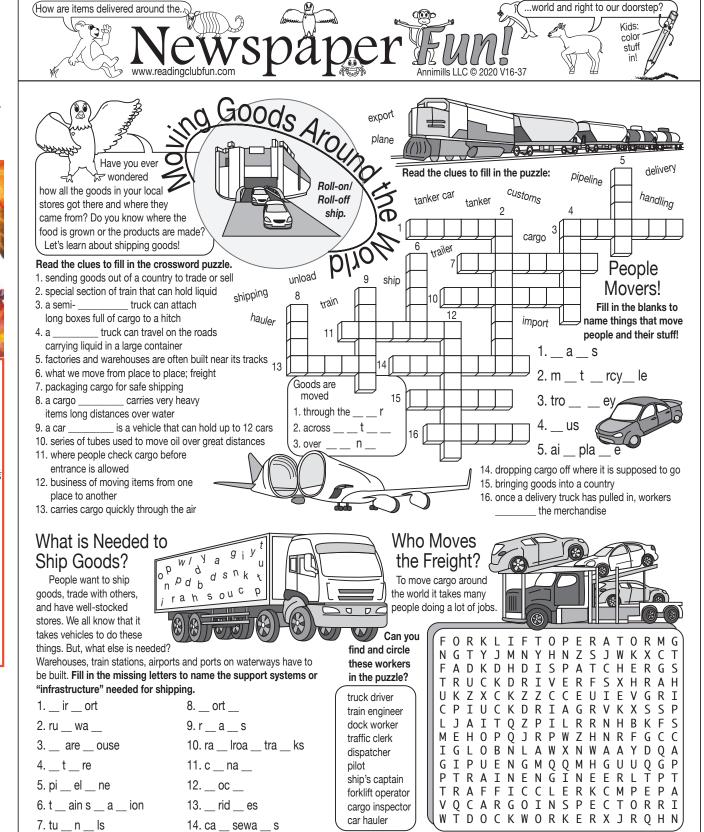


The Yakima River from the Thorp Highway.

the first time this has happened Coho salmon. Enjoy. in 40 years.

The bottom line? Now is not only a good time to go fishing on the Yakima River, but also an excellent time to go fishing for John Kruse – www. northwesternoutdoors.com and www.americaoutdoorsradio.com

Courtesy John Kruse





RECOND	Online Only - In County - \$40 - E-Edition (Paper a	CTREASO	52 Call 509	
BUSINESS JOURNAL	Print Only - Out of County/In State - \$50 per Print Only - Out of State - \$52 per year Print Only - Out of State - \$52 per year Out of State Premium/E-Edition Online - \$40 p	HERALD	303	
Address: Email: Send gift si Address: Email: Payment infor Credit Card	erson ordering: Phone: ubscription to: material (and y ordef could or check): number: Phone: number: Phone: Visa Mastericard Discover AMEX Visa Mastericard Discover AMEX	MAIL TO: NCW Media Inc., Attn: Circulation PO Box 249 Chelan, WA 98816 OR CALL with your Card # 509-293-6780 FAX: 509-682-4209 EMAIL: circulation@ lakechelanmirror.com		



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



