

Gift from the Governor



Courtesy Dennis Hoots

They look harmless enough but this selection of Honeycrisp apples fresh from the orchard of Governor Jay Inslee come with an unwelcome guest: Apple Maggot larvae.

Tainted apples located, recovered in Bridgeport

By Mike Maltais Staff Writer

BRIDGEPORT – Sometimes even the best of intentions can turn on and bite the giver. That was the case for Washington Governor Jay Inslee when, during recent visits to the wildfire-damaged communities of Malden in Whitman County, Omak in Okanogan County, and Bridgeport in Douglas County the Governor gifted each stop with a selection of Honeycrisp apples from his own Thurston County orchard. Unfortunately, the gift apples tested positive for apple maggot larvae and launched an immediate action to track, locate, and recover

the tainted fruit before the larvae could infect non-contaminated apples.

Will Carpenter, Director of the Chelan-Douglas Horticultural Pest and Disease Board issued an urgent media release requesting information on the whereabouts of the infected apples to contain the potential threat.

“We are desperately seeking the help of all Bridgeport and Douglas County residents or any who may have any information to help us locate the apples that were brought to Bridgeport,” Carpenter’s release said.

The Bridgeport apples in

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Fires near containment

Residents rally in wake of Cold Spring/Pearl Hill fires

By Mike Maltais Staff Writer

QUAD CITIES – If one could have seen through the thick cloud of smoke from the Cold Springs/Pearl Hill fires that blanketed much of the Quad Cities during the past week he would have seen a buzz of activity by neighbors helping neighbors and valiant citizens both doing their jobs and volunteering wherever there was need.

Utility crews worked round the clock to repair fire damage and get electric service restored to homes, businesses provided food, schools provided shelters and fire camps, helpers distributed blankets, municipalities supplied masks for fire victims and water for firefighters, searchers looked for the lost and injured, and on and on.

The fire than began at Cold Springs east of Omak just before 10 p.m. Sunday, Sept. 6, was pushed by a near-gale force south wind and covered some 30 miles in six hours, jumping the Columbia River near Bridgeport at 3 a.m. Sunday morning and sparking the Pearl Hill Fire. Together the firestorm consumed more than twice the acreage burned by the 2014 Carlton Complex wildfire. As it passed through the Colville Reservation the Cold Springs Fire destroyed 27 homes along the Cameron Lake road corridor alone according to a source at Nespelem Electric. Outbuildings, livestock, fences, and pastures were also lost.

Reservation rancher Paul Knapp, who will turn 84 in November, decided to take a stand and try to save his house against the approaching



Mike Maltais/QCH

A house burns along State Route 97 just south of the Monse Bridge.

flames. After moving vehicles onto some green space but lacking electric service to power his water well pump, Knapp extinguished embers with a shovel as they landed in vulnerable areas. While neighbors’ homes on either side of his were lost, Knapp’s gamble to remain saved his residence.

Several hundred fruit workers evacuated from Bridgeport were transported to Brewster where they spent Monday evening, Sept. 7, on a soccer field adjacent to Brewster Middle School. Volunteers including Rebecca Terrones and Heather Carrington distributed blankets to those who spent the night sleeping in the open before a Red Cross shelter was available at nearby Brewster High School the

next day. The local McDonald’s Restaurant donated 400 sandwiches to help feed the displaced workers, said Brewster Boys and Girls Club Director Jamie Sluys. The Bridgeport and Mansfield residents were issued Level 3 (Get out, now!) evacuations. The Pearl Hill Fire curled around Bridgeport from the north and east destroying more than a dozen homes on the city’s east and south perimeter. Mansfield High School served as a shelter for its citizens as the fire burned by on the town’s east flank sparing homes within the city limits.

Okanogan County Commissioners issued a Declaration of Emergency on Tuesday, Sept. 8. Governor Jay Inslee declared a statewide fire emergency on Wednesday,

Sept. 9, and visited Bridgeport on Saturday, Sept. 12, as part of a multi-city tour of fire damage.

At its monthly meeting last Wednesday, Sept. 16, the Brewster City Council approved a Declaration of Emergency giving the city authorization to distribute supplies to fire victims. When a spot fire on Dyer Hill directly south and across the river from Brewster rapidly expanded Friday night, Sept. 11, the city provided water to the Bridgeport and Fire District 15 units that battled the blaze.

As of this writing Saturday, Sept. 19, online updates on inciweb (inciweb.nwcg.gov/incident/7161/) report the Cold Springs Fire as 85 percent contained and Pearl Hill Fire (inciweb.nwcg.gov/incident/7169/) at 94 percent

Pateros artist fills pandemic hours with activity

Intarsia craftsman

By Mike Maltais Staff Writer

PATEROS – Gordon Conger decided he would like to go fishing but first he needed a boat. So, the resident of the Garden Apartments complex just a hard east from the Columbia River decided to display his assortment of Intarsia art pieces on his front lawn to see if some passing piscatorialist (fisherman) might just be in the mood to swap his watercraft for a roomful of eye-catching woodwork.

Intarsia is defined by Wikipedia as “a form of wood inlaying that is similar to marquetry” a practice that

dates to pre-seventh century days. Another term is wood-mazing wherein individual pieces of wood are cut, sanded, shaped, and assembled into a countless collage of finished wholes.

What makes Conger’s pursuit of the craft intriguing is the inventive way he has designed the tools of his trade to fit both a small space and a need to pursue his craft without disturbing his neighbors. An added bonus is a hobby that easily absorbs the hours of isolation that the current pandemic imposes.

Conger said he first became aware of Intarsia in 1991 when he learned of an artist named Judy Gale Roberts in Tennessee whose website intarsia.com sells patterns and supplies to practitioners of the



Mike Maltais/QCH

Conger demonstrates how the workstation can be position so he can work from his easy chair.

art form. Conger’s first attempt at the

skill was completing a picture of a cat on a branch.

“It’s so interesting, so time-consuming,” said Conger. “It

grabs you and it won’t let you go.”

Conger’s living space is decorated with both small simpler pieces and large complex works that draw the eye to their exhaustive attention to detail. He estimates he has completed more than 50 different works during the span of his hobby.

“There are so many aspects involved within a some works that they become jobs in themselves,” said Conger. “You have to layer, raise, and lower pieces; some have seven different dimensions to them to achieve their three-dimensional look.”

But it’s Conger’s 11-by-15-foot spare bedroom workspace that reveals the ingenious

SEE CONGER ON PAGE 3

SHOP LOCAL banner with text: During this difficult time support your neighbors. Most local businesses offer curbside service or delivery.

INSIDE THIS WEEK

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QUAD CITY HERALD

P.O. Box 37 Brewster, WA 98812-0037 509-689-2507 www.qcherald.com

Greater Bar Water District boil water advisory rescinded

By STEVEN ANDERSON, GREATER BAR WATER DISTRICT MANAGER

BRIDGEPORT - Customers of the Greater Bar Water District no longer need to boil their drinking water. Recent test samples show the absence of bacterial contamination.

“Working with the Washington State Department of Health since Sept. 7., we have completed inspections, water quality sampling, disinfection, and flushing to resolve any possible contamination problem,” stated Steven Anderson, GBWD Manager. “We’re

pleased to be able to lift the boil water advisory.”

The inspection of the water system indicated no contamination due to loss of pressure.

If you have shut off or not used fixtures, water fountains, ice machines, soda machines, and/or other equipment over the past several days, flush the fixture or equipment until there is a change in water temperature before putting it back into service.

The Greater Bar Water District encourages customers with questions to call (509) 423-3210

APPLES

CONTINUED FROM PAGE 1

question were gifted to the Foursquare Church where pastors Carlos and Zuni Henriquez have recently revived a weekly food bank distribution project. The church was several days away from its next food event when the apples were located.

“Don’t worry, they were found in a refrigerator and the proper authorities are on their way to test them,” Zuni advised The Quad by email on Wednesday, Sept. 16. “We have pictures and videos to prove they are here and will only be handled by authorized people.”

Carpenter’s media release

noted that while Thurston County is an apple maggot quarantine area, Douglas County is not.

“Apple maggots are an incredibly serious pest and could have dire consequences for the orchardists of Douglas County if we are unable to find the infected apples and mitigate the effects immediately,” said Carpenter. “Douglas County orchardists, regulators, and processors have worked tirelessly to ensure that our area stays free of apple maggots and this event could have serious implications for the region.”

As of this writing it appears the infested apples at all three communities have been located and recovered.

Another at Tonasket



Mike Maltais/QCH

A herd of bighorns attempts to cross State Route 97A against traffic near milepost 210. More photos at qcherald.com

97A wildlife fence helps reduce vehicle/animal collisions

By MIKE MALTAIS STAFF WRITER

CHELAN - High summer temperatures and a lack of moisture have been driving mule deer and bighorn sheep down to lower altitudes in search of greener vegetation and that is adding to driving hazards faced by commuters along State Route 97A between Wenatchee and Chelan.

Three weeks ago, on the last day of August herds of bighorn sheep were spotted grazing along the roadside near milepost 210 north of Entiat and just south of Knapp’s Hill Tunnel. Both herds made a least one attempt to cross the busy highway against oncoming traffic. While the mile 210 bunch were frightened back to the west side of the highway where they started, the second group - grazing on volunteer alfalfa along a deer fence protecting an orchard on the river side of the highway - were not as fortunate when they made a desperate dash to cross.

A bighorn ewe was struck and disabled by the lead vehicle in a line of cars and trucks driving north toward the tunnel entrance. The injured animal managed to return to the east side of the highway while the remainder of the herd waited on the west side. After some 30 minutes of rest the injured ewe drug her damaged hindquarters back across the highway in an attempt to rejoin the waiting herd. Once she reached the west side ditch the ewe was unable to climb the steep slope.

A Washington State Patrol-



Bighorn sheep easily clear a low spot in the wildlife fence near milepost 210.



H37 On the heels of a Washington State Patrol trooper, an Incident Management van arrives to deal with the injured animal.

man called to the scene was soon joined by an Incident Management vehicle from Wenatchee to deal with the wounded animal.

Parts of 97A between Chelan and Wenatchee have been the scene of scores of animal/

vehicle accidents over the years and led to a cooperative effort between public/private group to install miles of wildlife fencing along portions of the road’s west side to help keep mule deer and bighorns away from the highway.

In 2009 the first of two phases of all-metal eight-foot-tall fencing went up. It protected nearly five miles of roadside from Texas Gorge to just north of Spencer Canyon. In 2010 another mile of fence extended from Texas Gorge toward Rocky Reach Dam.

In 2011 the second phase of fencing added 3.5 miles from the south end of the existing fence to below Rocky Reach Dam. Project costs to date amount to about \$2.5 million dollars.

The fence, the longest of its kind in the state includes cattle guards on private access roads and escape gates that allow wildlife access ports to get from the highway side back to safety.

Funding from the Washington State Department of Transportation (WSDOT), the Washington Department of Fish and Wildlife (WDFW), plus contributions from businesses and groups including State Farm Insurance, the Wenatchee Sportsman’s Association and Central Washington Mule Deer Foundation has made the barrier possible.

Earlier this month the first phase of Safe Passage 97 - a project to build a wildlife fence and highway undercrossings along nearly 13 miles of SR97 between Tonasket and Riverside - was completed according to a media release by Conservation Northwest. Spearheaded by Conservation Northwest and the Mule Deer Foundation, the first phase included a wildlife passage under Janis Bridge and a mile of fence on both sides of SR97 from Janis Bridge south to the Carter Mountain Wildlife Area.

Accident statistics show this stretch of SR97 to be among the highest for auto-deer collisions.

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for
Okanogan County Commissioner
District 2

D

KATIE Haven

for Okanogan County Commissioner Dist 2

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Why bureaucrats hate President Trump

There is a reason bureaucrats hate President Trump. As anyone will tell you, it is a matter of "observing the obvious."

Our President believes in getting things done, not putting it into another person's in-basket. Bureaucrats need a full in, pending and not-so-much out-basket to make sure they have a job.

A full in-basket means job security, self-importance and a modicum of power over others as millions of Americans who are desperately waiting for their case (name your agency) to reach that nirvana of "inboxness" and eventually get to the postal service.

When they finally get their cherished answers, decisions and various information, it is normally accompanied by an appeal form. This is, of course, the sacred rabbit hole of all bureaucrats and was invented by an evil genius with the understanding that perception is everything in the public relations world.

By providing an appeal form, the "Agency" (yes, that is how many of them refer to themselves in official correspondence) knows that you know they are giving you rights, but don't expect an appeal to go further than the deniers official rubber stamp after you exercise same.

When an issue, person, case, etc., becomes a public relations nightmare, you know what starts descending from the top pencil pusher right on down the line to the poor puke at the denial desk.

When the Agency smells an attorney lurking in the weeds



APPLES TO APPLES
Gary Bégin

or an elected official interested in justice, something magical happens and Agency officials look to

besame the right butt. Bureaucrats are usually happy to stress out regular guys and gals like thee and thou, but throw in an attorney or politico for funzies and watch the world fly away with hair-on-fire pencil pushers running for the exits of non-accountability and finger pointing.

The apocalypse of the bureaucracy is what President Trump threatens every time he opens his mouth or sends a Tweet. He moved the American embassy in Israel to Jerusalem.

No other American president since Israel's 1948 declaration of independence had the guts to do that. Trump didn't ask for rubber stamped documents. I hate to say this out loud, but ICYMI, American dynastic families like the Kennedys, Bushes, Rockefellers, etcetera loved that Arab oil money and connections.

Therefore, not too much love for "extreme" or orthodox Israeli views concerning where the Jewish capital really is and should be. They have a few thousand years of history on their side. Who are we, a wet-behind-the-ears capitalist democracy trying

to appease the murderers from 911.

I don't think our current president is afraid of losing oil revenue or lobby support especially since he is a pro energy company guy who is also bright enough to gather the Jewish electorate and the Christian pro-life vote together by supporting Israel and Israeli goals.

Peace in the Middle East is worthy of giving Trump the Nobel Peace Prize. In the same vein that Israeli Prime Minister Menachem Begin and Egyptian President Anwar Sadat showed bold and determined courage by forging peace, so too is Donald Trump.

Sadat was murdered by terrorists within his own army for making the peace that day. Ironically, Menachem Begin was once considered a terrorist for the bombing of the King David Hotel and was on Britain's most wanted list.

Reflect on this:10 presidents since 1948 relied on being nice to the oil money, the Arabs, when in reality, being nice to Israel was the moral thing to do. They fought more than once for their liberty against overwhelming odds.

The bureaucrats who guided the presidents for 70+ years didn't want to make waves. President Trump broke that mold into many little chards. Now other Arab nations are coming on board Trumps Peace Train.

Listen to the lyrics of the 1972 O'Jays song Love Train: **Tell all the folks in Russia, and China, too Don't you know that it's time to get on board**

And let this train keep on riding, riding on through All of you brothers over in Africa

Tell all the folks in Egypt, and Israel, too Please don't miss this train at the station 'Cause if you miss it, I feel sorry, sorry for you

Diplomatic relations are the best ever. Last week it was the United Arab Emirates, this week Bahrain, joining Israel on the Trump Love Train. More to follow. Peace is coming at last. Trump moved the embassy to its rightful Biblical place and the Arabs are getting used to it.

In 1972 I was working in a sheet metal factory in New York. I had just graduated high school. OPEC had us in a stranglehold economically. Republican Presidents Nixon, Reagan, Bush I and Bush II didn't do what Trump is doing and has done. There is no arguing with the facts.

I am freer now of Arab oil oppression than I was 48 years ago, but Iran is the enemy now. American weakness allowed the Mullahs to seize victory in a vacuum created by Jimmy Carter not backing the Shah.

Radical Muslims need to be rooted out by their fellow Muslims using economic strangle holds to force them to the peace table.

Donald Trump has figured this out. I am certain he will back it up militarily if needs be. Bureaucrats be damned.

Gary Bégin's opinions do not reflect those of NCW Media ownership. To reply "on the record" email: Gary@ncwmedia.net

Fire, plague, and bogies

Legion Golf Tournament draws 56 players

By MIKE MALTAIS
STAFF WRITER

PATEROS – A little plague and wildfire was insufficient to postpone the second annual Columbia Post 97 American Legion Golf Tournament held at noon last Saturday, Sept. 12, at the Alta Lake Golf Course.

A total of 16, four-player teams signed up for the event before the Cold Springs and Pearl Hill fires added some complications - to go along with the Covid-19 pandemic - to the event, but 14 teams comprised of 56 players braved the hazards to play. In fact, the tournament sold out early at \$280 per team for the four-man scramble shotgun start event.

Tournament winners The winning team comprised of Mike Saunders, George Webber, Jim Dalton, and Alex Saunders shot a 22-under-par round of 50 to win back its entry fee of \$280 in club house credit.

Lance Dial shot closest to the pin on the No. 2 par 3 with a 10-foot, 4-inch lie that won \$80 in Puetz Golf gift certificates.

Sam Wagg shot within five feet of the cup on the No. 14 hole to win the CBD gift basket (\$130 value) from Haystack Caps. Wagg also pocketed \$62.50 for crushing the longest drive of a marshmallow.

Jason Wahls smacked the longest drive of 260 yards on hole No. 17 was Jason Wahls

and took home \$70 in club house credit.

Volunteers and sponsors One concession to the coronavirus was bag lunches for all participants. They dined on Philly cheesesteak sandwiches, chips, water, and soda pop with compliments to the kitchen crew. Among the 18 volunteers who helped make the tournament a success were Andi Frisk, Jamie Todd, Julie Melvin, Jason Woodland, Becky Grunlose, Denny Pittman, Glenn Farrington, Wesley Allen, Shaylee Todd, Shawnee Hopkins, Cole Misso, Aspen Todd, Eleni Westerdahl, Linda Caswell, Margi Allen, Natalie Vincent-Ramsey, Bob Lewis, and Randy Moore.

Two dozen sponsors stepped up to support and promote the Legion's annual fundraiser. They included Alta Lake Ladies Club, Sandy Mackey, Brewster Grange, Sweet River Bakery, BTO Construction, Brewster Harvest Foods, Howards on the River, Kodi's Noon Saloon, Varrelman Auto Glass, Brewster Veterinary Clinic, Hog Wild Ranch, Randy Moore, Boesel Construction, Stackhouse Plumbing, The Land Company, Webster's Furniture, Haystack Caps, Denny Pittman, Erlandsen Engineering, NW Wholesale, Brewster Car Care, North Cascades Bank, Blue Water Sanitation, and Legion Riders.

qcherald.com



Conger sits in front of his apartment with a few of the many pieces he has completed.

CONGER

CONTINUED FROM PAGE 1

evolution of adapting his tools to create a largely dust-free and sound-dampening environment that allows him to pursue his passion without provoking his neighbors. Conger uses two primary tools, a scroll saw - also called a jigsaw - to cut his individual wood pieces, and a Dremel tool to sand and shape them. He dons a pair of magnifying lenses to help him make

precise cuts from his wood patterns.

"You have to stay precisely in the middle of the line," said Conger. "It's difficult to correct a cutting error with the finishing tools."

The scroll saw is encased in a plastic tub with a flip-up lid that allows Conger to access the saw through two arm holes cut through the end of the lid. The closed lid both dampens noise from the saw and contains the dust that is suctioned through an attached hose from an old Kirby Heri-

tage vacuum cleaner.

For his stool, Conger modified a child's Sit-n-Spin by adding two, five-gallon inverted plastic buckets with a baffle that allows the seat to be raised and lowered smoothly for both proper comfort and height.

The vacuum hose is also connected to his other workstation, a Dremel tool encased inside a second plastic tub with a flip-up glass lid. The entire contraption rotates on a rope and pulley system so Conger can work from his

easy chair by tilting the device into his lap. Again, arm holes allow him to access his work area, the vacuum draws off wood dust and his Dremel motor is enclosed in a sealed heavy plastic envelope that muffles the sound.

Conger prefers working with red cedar but also utilizes a variety of other woods including oak, mahogany, walnut, maple, and

pine. He only uses five or six different stains but prefers to let the natural color of the woods come through.

"I won't paint anything," Conger says.



Conger said he likes making animal pieces and this jungle scene includes more than 20 species.

October is Breast Cancer Awareness Month
Are you a survivor? From 1 day to many years



On Oct. 7 we will publish our feature page of survivors, in our Breast Cancer Awareness Special Section, to help encourage the newly diagnosed.

There is life after cancer.

For additional information please contact Ruth at 682-2213 or ruthk@lakechelanmirror.com
To be included on the feature pages, fill out the form below or pick one up at our office.

Mail your form and/or drop them off by **Wed, Sept. 30**

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Bridgeport Post Office customers can get mail at Brewster Post Office

BRIDGEPORT - The Bridgeport Post Office has been destroyed due to the recent wildfires.

The U.S. Postal Service has relocated all Bridgeport, Washington 98813 mail operations to the Brewster Post Office, 109 N. 7th St., Brewster 98812.

All mail for Bridgeport will be held at the Brewster Post Office. Customers are asked to bring photo identification to receive their mail.

Future postal operational decisions will be made after consulting with local emergency managers.

DEATH NOTICES

Luisa Orozco Sanabria

Luisa Orozco Sanabria, 61, of Bridgeport, Washington, passed away on Sept. 14, 2020.

Please leave any thoughts and memories for the family at www.barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

Thelma Wells

Thelma Wells, 95, of Bridgeport, Washington, passed away on Sept. 13, 2020.

Please leave any thoughts and memories for the family at www.barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

Michael Theron McKown

Michael Theron McKown, 69, of Grand Rapids, Michigan and formerly of Pateros, Washington, passed away on Sept. 8, 2020. Family will have a service at a later date.

OBITUARIES

Lucy Jane Baker

Lucy Jane Baker was born November 6, 1931 to Loney Theodore Shackelford and Marie Walker Shackelford. Lucy was born and raised in Crosses, Arkansas where she was instrumental in her role to sustain and maintain the family farm. When she became of age, she moved to Pennsylvania to live with her sister to attend high school.

Lucy met her soul mate Roy Don Baker and they were wed on December 22, 1951, in Delany, Arkansas. Lucy gave birth to three beautiful children, Janet, Rodney, and Debra. They moved their family to Pateros in 1957 where they became active members of the community.

Lucy served her community in many ways. Lucy shared her great cooking skills by making apple pies for our town's annual celebration, the "Apple Pie Jamboree." She also took part as a member of the "Apple Core Band" playing kazoos in the parade, and she kept the sloppy joe kitchen in tip top condition for many years.

Lucy was truly honored to be given recognition for her community contributions as



"Citizen of the Year" in 2007. She was a member of the garden club, and made sure she brought her love of gardening and flowers to the downtown area by planting flowers each spring. She was treasurer for the local library and took part in keeping the community's "Lighted Cross" funded and lit. She was also a dedicated volunteer at the weekly food bank and senior center, where she made friends who brought her love and joy.

Lucy enjoyed crocheting slippers and hats to donate to Samaritan's Purse "Operation Christmas Child" through the Pateros Methodist Church where she was a member. She so loved the annual Christmas



Bazaar the women's group held each year at the church.

One of her most patriotic contributions was working with her husband as they originated the "Parade of Flags" in honor of veterans. The flags look majestic as they line the road of the cemetery on Memorial Day. They recruited the family's help at first, then it became so loved by the community, the volunteer fire department has taken it on to make sure the flags are proudly flying. She taught her children and grandchildren how important it was to honor the veterans by putting individual flags at the headstone of each veteran and the kids still put them up each year.

Look up the definition of service and you'll find Lucy's picture there. She served her community and she served her Lord and Savior, Jesus Christ. But, just ask her family and you will know she loved serving them with all her heart. She enjoyed countless family gatherings to celebrate holidays and family milestones. It warmed Lucy's heart to see her grandchildren cry because they weren't ready to leave Gram's house.

Lucy was preceded in death by her loving husband, Roy Don Baker, her beloved son, Rodney Allen Baker, her parents, a sister, brother, and half-brother. She is survived by her daughters Janet Varrelman and Debra Evans (Jerry), 9 grandchildren and 14 great grandchildren.

A graveside service to honor Lucy Jane Baker will be held Monday, September 21, at 1 p.m., at the Pateros Cemetery.

There will be a viewing on Sunday, Sept. 20, from 4:00 - 7:00 pm at Barnes Chapel in Brewster. Please adhere to COVID-19 social distancing standards.

Leave any thoughts and memories for the family at www.barneschapel.com.

Services are entrusted to Barnes Chapel of Brewster.

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

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.

Tuesday, Sept. 29
Bacon Mac & Cheese, Peas & Carrots, Green Salad, Tropical Fruit, WW Roll, Dessert

Wednesday, Sept. 30

Roast Beef, Mashed Potatoes, Green Beans, Caesar Salad, WW Roll, Apple Crisp

Thursday, Oct. 1

Not available a press time

Sept. 25

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 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 destination(s); medical appointments etc.

On the third Friday of each 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 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/douglascountyyvso>

Submitting your Bulletin Board item - Deadline Friday at 5 p.m.

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Deadline: Friday at 5 p.m. Be sure and include Date, time, place and cost if any.

Obituaries & Death Notices also appear online at qcherald.com

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Ruth 682-2213
or Lindsay
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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? These churches welcome you!

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

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

BREWSTER SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL
Saturday Bible Study 9:30 a.m.
Saturday Worship 10:45 a.m.
Church: 509-689-3537
17 Hospital Way NE, Brewster
www.brewstersda.com
School: 509-689-3213
115 Valley Road, Brewster
www.brewsteradventistschool.com
Pastor Matthew Axford

CALVARY BAPTIST CHURCH
Sunday Worship 9:30 a.m.
509-689-2920 • 6th & Jay
www.cbcbrewster.com
Pastor Greg Thorn

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

PUD board discusses tapping into rate stabilization fund

SUBMITTED BY OKANOGAN COUNTY PUD

OKANOGAN - With financial pressures still affecting Okanogan County PUD customers during the pandemic, commissioners decided not to reinstate a revenue increase this year. Instead, they approved the first reading of a resolution to tap into the rate stabilization fund to replace the lost revenue.

Commissioners held a special meeting on August 24 to discuss financial needs before making the decision. Without the revenue increase, the district needs to make up about \$623,000. With \$6 million in the rate stabilization fund, commissioners discussed the alternative plan of accessing those funds.

Commissioners also authorized staff to work towards a bond issuance to move the district's capital project plan forward. The conversation will continue at the Sept. 14 meeting.

The district is also in its initial stages of budgeting for 2021, and released the upcoming

schedule for meetings through the end of the year: Regular meetings at 3 p.m. were set for Oct. 12 and 26, Nov. 9 and 23, and Dec. 7 and 21. Evening budget workshops will be held at 6 p.m. on Oct. 26, Nov. 9 and Nov. 23.

In other business, the board:
 • Talked with Don Linnertz of TwispWorks and Fred Feit of Tilson Technologies, both representing the efforts of the Methow Valley Broadband Action Team. They asked the board if the PUD would apply for a grant to extend fiber down Twisp River Road, which is in Okanogan County Electric Cooperative's electric service territory.

Their presentation included a map of the area and the expectation that at least 50 percent of residences would connect to services. Feit said other agencies had been approached about providing broadband services, but none were willing to do so.

However, there were concerns about the logistics of moving outside PUD territory to serve OCEC customers with fiber, especially since there

are customers within PUD territory who still need service. The quick deadline would not allow time for the discussions and decisions that would need to be made to make the project work.

Instead, staff and commissioners encouraged the team to continue the conversation and present projects already within PUD territory to be considered for grant applications.

• Approved Resolution 1723 establishing a new pole attachment rate. The district currently has nine customers for this at a maximum rate of \$14.64 per attachment since August 8, 2000. The resolution increases that rate to \$23.50 per attachment, calculated according to state law.

• Approved Resolution 1709 modifying the cost-of-power adjustment (COPA) to be reviewed once per year, comparing cost of power year-to-year.

• Approved a financial policy for the district.

• Approved two resolutions to surplus telecom equipment and two vehicles that are beyond their useful lifespan.

DOUGLAS COUNTY PUD

BY DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Molly Simpson, Ronald E. Skagen and Aaron J. Viebrock executed the following actions during the September 14, Commission meeting held at the District's East Wenatchee office:

Reviewed the bid opening results for Bid Document 20-10-D, supply and deliver Western Red Cedar poles. All bids will be evaluated prior to a recommendation for contract award.

Declared an emergency due to wildfire activity and authorized the General Manager to award all necessary contracts to address the emergency.

Authorized acceptance of work and final payment to Magnum Power, LLC under contract 19-33-D, construct Rapids Switchyard Phase 3. All work is complete and determined to meet bid specifications.

Rejected bids under Bid Document 20-10-D, supply and deliver Western Red Cedar poles. The only bidder took exceptions to the species of wood specified.

Approved a call for bids under Bid Document 20-14-D, supply and deliver 115-13.2 KV, 42 MVA, substation transformer to Lincoln Rock Switchyard. Necessary to provide distribution level voltage.

Authorized a call for bids under Bid Document 20-15-D, supply and deliver 230-115 KV, 200 MVA, autotransformer to Lincoln Rock Switchyard. Necessary to connect the 230 kV transmission lines to the 115 kV transmission lines and increase reliability.

Approved a call for bids under Bid Document 20-18-D, supply and deliver 115 KV and 230 KV instrument transformers to Lincoln Rock

Switchyard. Necessary to provide current and voltage information.

Authorized a call for bids under Bid Document 20-19-D, supply and deliver 230 KV and 115 KV breakers to Lincoln Rock Switchyard. Necessary to safely energize and de-energize portions of the switchyard and transmission lines for routine maintenance and under fault conditions.

Approved a professional service agreement 20-09-W engineering structural analysis of the Wells Hydroelectric Project with Schnabel Engineering, Inc. This contract will not exceed \$145,836 and will terminate December 31, 2020.

Authorized change order No.1 to task order Nos. 4-05, 6-05 and 7-05 and change order No. 4 to task order No. 5 under the Master Consulting Services Agreement with Stantec Consulting Services, Inc. for Contract Administration, Resident Engineering & Construction Management, Factory Shop Inspection and Reporting for the fourth unit and Gantry Crane upgrade. This extends the contract to December 31, 2020 and increases the agreement by \$730,000.

Approved land use permit 4-03 and railroad permit RR 4-10, Melodie White. The permits are for use of Project lands for continued operation of an existing commercial orchard, landscaping and access path.

Authorized land use permit 54B/59-01, Miller Living Trust. The permit is for use of Project lands for existing landscaping, swim platforms, benches, fencing, commercial orchard, garden and artwork.

Approved land use permit 688-01, Erlandsen Properties LLC. The permit is for use of Project lands for landscaping.

Authorized land use permits 714-02, 715E-01, 718-01 & 726E2-01, Mary Bailey. The permits are for use of Project lands for operation and maintenance of fruit trees, irrigation intakes, beaver fences and residential landscaping.

Approved land use permit 715B-01, North Mission Enterprises LLC. The permit is for use of Project lands for operation of an existing commercial orchard and irrigation facilities.

Authorized land use permit 749D-01, Kristofer and Amy Erlandsen. The permit is for use of Project lands for landscaping.

Approved land use permit 831-01, Rick and Marilyn Lynn. The permit is for use of Project lands for existing irrigation mainline.

Authorized signal transport agreement with WarnerMedia Network Sales Inc. These agreements are required by most networks to receive and transport the signal over the Douglas County Community Network.

Approved amendment to the Program Agreement for section 457 Plan and Trust of Public Utility District No. 1 of Douglas County with Nationwide Trust Company, FSB. This amendment will add Securities Restriction and Self-Directed Brokerage schedules.

The next meeting of the Commission is scheduled for 1:30 p.m. Sept. 28, at the District's East Wenatchee office. The District Office is closed to the public in response to the COVID-19 guidance from Governor Inslee. To comply with the Open Public Meetings act, a conference phone line number will be provided at the top of the Draft Agenda posted on our website under Latest News the Friday before the meeting.

Four additional deaths from COVID-19

SUBMITTED BY CHELAN-DOUGLAS HEALTH DISTRICT

EAST WENATCHEE - Chelan-Douglas Health District (CDHD) reports four (4) additional deaths from COVID-19. This brings the total number of deaths in Chelan County to 15, and seven (7) in Douglas County. All individuals were Chelan County residents. Three (3) of the individuals were males in their 50s, 60s, and 70s. The fourth (4th) individual was a female in her 80s. The Health District's total COVID-19 deaths is now 22.

The Washington State Department of Health constitutes a COVID-19 death as a death occurring among those who have a positive COVID-19 test who did not die in a homicide, suicide, or accident (with the exception of accidental deaths that explicitly list COVID-19 on the death certificate). The death certificate must also include COVID-19 or COVID-like terms (such as respiratory distress, pneumonia, respiratory failure, hypoxia, viral illness, or Severe Acute Respiratory Syndrome (SARS - with no other strain specified) as a cause or contributing factor to the death.

CDHD would like to remind everyone of the importance of all public health precautions during the COVID-19 pandemic. Anyone can have COVID-19 and not know they are contagious. COVID-19 is easily spread to close contacts, friends, family and loved ones before a person knows they are unintentionally spreading the virus. Please do your part to prevent the spread of COVID-19, continue to mask-up, social distance and avoid group gatherings.

Be a protector, not an infector! For more information, visit www.cdhd.wa.gov/covid-19 and follow CDHD on Facebook & Twitter.

Smoke, fenders, and mirrors



Mike Maltais/QCH

Firemen work on the passenger door of a car involved in a collision on State Route 97 in Brewster early last Saturday afternoon, Sept. 12, on one of the smokiest days in the city's memory. No details of injuries or other information was available at press time.

Chelan-Douglas Health District Board of Health announces new interim administrator

SUBMITTED BY CHELAN-DOUGLAS HEALTH DISTRICT

EAST WENATCHEE - At a special Board of Health (BOH) meeting Wednesday, Sept. 9, the Chelan-Douglas Health District (CDHD) Board voted to approve a request for assistance from the Washington State Department of Health (DOH) to identify an Interim Administrator to lead CDHD.

Nathan Weed, Director of Community Health Systems at DOH, will serve as the Interim Administrator starting today. He will provide leadership and support the recently formed CDHD Coordinated Policy Group, responding to the COVID-19 pandemic. The BOH is recruiting for a permanent Administrator. As Interim Administrator, Mr. Weed will also assist CDHD and BOH by strengthening relationships with local healthcare centers and key community groups, especially those representing the Latinx community.

DOH has provided the resource-constrained CDHD with technical assistance in a number of areas in recent weeks, including epidemiologists, a Type III Incident Management Team, and partial funding for epidemiologist and pandemic specialist, Dr. Peter Houck.

"It is essential that we get our schools and businesses open moving forward",

said BOH Chairman/Douglas County Commissioner Dan Sutton. "Our case numbers are starting to slowly come down and the assistance provided to us by DOH will help us to continue this trend."

Chelan and Douglas Counties continue to experience high rates of COVID-19 positive cases and remain in a modified Phase 1.5 of Governor Jay Inslee's Safe Start Plan. Currently, Chelan and Douglas counties have a 215.5 per 100,000 population positive case count and must reach 25 cases per 100,000 during a 14 day period to be considered for moving to Phase 2. There have been 19 deaths attributed to COVID-19.

The Latinx community and agricultural workers in Chelan and Douglas Counties have been disproportionately impacted by COVID-19. "It became clear that we need more help if we are to get our community on a better path to social and economic recovery through a long-lasting response to this pandemic", added Sutton. "We are grateful for the partnership of the state who is providing us with these resources."

Bruce Buckles, who has led the Health District since late June, will transition to District Special Projects Coordinator and eventually return to his role heading Aging and Adult Care of Central Washington.

"We want to thank Bruce for graciously stepping in to lead the Health District," BOH Vice-Chair/Chelan County Commissioner Kevin Overbay said. "He has worked tirelessly the past two months - during a challenging time for our community and the District."

"We continue to learn throughout this pandemic how interconnected and interdependent we all are as individuals and communities. DOH is honored to help our local healthcare partners and the residents of Chelan and Douglas counties during these very challenging times and at critical points in the pandemic response", said Secretary of Health, John Wiesman.

Mr. Weed has a background in infectious disease, epidemiology and public health preparedness and response. He has served in many senior leadership positions in state and local government to prepare him for this role. Mr. Weed currently directs the Office of Community Health Systems at DOH. He previously served as the Deputy Director of Emergency Preparedness and has also worked in local public health in Washington and Louisiana. Mr. Weed has been deeply engaged in the COVID-19 response, including serving as Incident Commander for the statewide health response.

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Shine on, Harvest Moon



Mike Maltais/QCH

Like a giant ball rolling down a ridgeline, the September Harvest Moon hovers above the western horizon shortly after 6 a.m. on the first day of the month before dropping out of sight to make way for the eastern sunrise.

DOUGLAS COUNTY SHERIFF

- Sept. 5**
Alarm at 1220 Kryger St. in Bridgeport.
911 at 1713 Raymond Ave. in Bridgeport.
Weapons violation at 10th Street and Maple Street in Bridgeport.
Disturbance at 2225 Foster Creek Avenue in Bridgeport.
- Sept. 6**
Sick person at 1206 Columbia Ave. in Bridgeport.
Brush fire at Rd. 15 N.W. and Rd. C N.W. in Mansfield.
Court order violation at 531 Columbia Ave. in Bridgeport.
Non-injury accident at 2225 Tacoma Ave. in Bridgeport.
Suspicious incident at 7 Moe Rd. on Bridgeport Bar.
- Sept. 7**
Agency assistance at Rd. L N.E. and Rd. 28 N.E. in Bridgeport.
Civil incident at 124 Fir Ave. on Bridgeport Bar.
Alarm at 2310 Highland Dr. in Bridgeport.
Personal assistance at 1946 Tacoma Ave. in Bridgeport.
Fall at 110 Morrow St. in Mansfield.
Brush fire at Rd. L N.E. and Rd. 28 N.E. in Bridgeport.
Electrical hazard at 2208 Monroe Ave. in Bridgeport.
- Sept. 8**
Brush fire at 801 Rd. 14 N.E. in Mansfield.
- Sept. 9**
Unknown fire at 966 Maple St. in Bridgeport.
Extra patrol at 12798 State Route 17 in Bridgeport.
Welfare check at 709 16th St. in Bridgeport.
Welfare check at 408 State Route 173, #2 in Bridgeport.
Welfare check at 206 Davis Ave. in Bridgeport.
- Sept. 10**
Welfare check at 290 Rd. 21 N.E. in Mansfield.
Scam at 105 Locust St. in Mansfield.
Suspicious incident at the 0 block of Rd. 27 N.E. in Bridgeport.
Burglary at 929 Maple St., #83 in Bridgeport.
Trespass at 1808 Raymond Ave. in Bridgeport.
- Burglary at 420 State Route 173 on Bridgeport Bar.
Welfare check at 871 State Route 173 on Bridgeport Bar.
Disturbance at 1400 Tacoma Ave. in Bridgeport.
- Sept. 11**
Welfare check at 35 Jefferson Ave. in Bridgeport.
- Sept. 12**
Welfare check at Brewster Bridge in Brewster.
Welfare check at 700 Fairview Ave., #B9 in Bridgeport.
Graffiti at Rocky Butte on Bridgeport Bar.
Public assistance at 762 State Route 173 on Bridgeport Bar.
Trespass at 13418 State Route 17 in Bridgeport.
Suspicious incident at the 0 block of Airport Way in Mansfield.
- Sept. 13**
Traffic offense at 1113 Fairview Ave. in Bridgeport.
Agency assistance at 109 Whittam Ave. in Bridgeport.
Noise at 27 Short St. in Mansfield.
RSO at 625 Edson St. on Bridgeport Bar.
- Sept. 14**
Theft at 900 Maple St. in Bridgeport.
Abdominal pain at 333 Walnut St. in Mansfield.
- Sept. 15**
Marine at State Route 173, milepost 10 at Brewster Bridge.
Animal problem at 1506 Columbia Ave. in Bridgeport.
Suspicious incident at 2311 Highland Dr. in Bridgeport.
- Sept. 16**
911 at 2009 Monroe Ave. in Bridgeport.
- Sept. 17**
Parking/abandoned vehicle at Eighth Street and Columbia Avenue in Bridgeport.
Agency assistance at 700 Fairview Ave., #3A in Bridgeport.
Suspicious incident at 1801 Raymond Ave. in Bridgeport.
Agency assistance at 1622 Tacoma Ave. in Bridgeport.
Trespass at 1637 Fisk Ave. in Bridgeport.
Illegal burn at 1622 Tacoma Ave. in Bridgeport.

Keeping Kids Safe Online This School Year

STATEPOINT - Between schoolwork, socialization and gaming, kids will likely be online more than ever this year, especially with many students continuing to learn remotely. Families are yet again facing the challenge of ensuring children's online usage is balanced, healthy, and safe. Here are a few of the issues around increased screen time:

- **Disrupted sleep:** According to the National Sleep Foundation, blue light emitted from electronic devices disrupts quality shuteye, as it can delay the release of melatonin, a natural sleep hormone. Over time, compromised sleep can create a number of physical and mental health concerns.
- **Safety threats:** With kids online more hours a day and less supervised than they would be during a typical school day, online predators have taken advantage of the situation. Since the start of the COVID-19 pandemic, the National Center for Missing and Exploited Children's Cyber Tipline reported a notable surge in complaints.
- **Mental health issues:** The physical separation from friends, teachers and the classroom has created new mental health challenges for students, not all of which remote learning can completely address. With many adults and kids alike experiencing "Zoom fatigue," maintaining motivation throughout the school year will be even more



(c) Nadezhda1906 / iStock via Getty Images Plus

Families are yet again facing the challenge of ensuring children's online usage is balanced, healthy, and safe.

challenging than in a typical year. Excessive online usage can also increase exposure to cyberbullying, and ultimately lead to other mental health issues, like anxiety and depression. Despite these new challenges, there are many steps parents can take to help kids strike a healthy balance with their screen time for a happier, more successful school year:

- **Set a schedule:** A typical school day includes natural breaks. Families can recreate this at home with scheduled time for kids to walk around,

stretch, and get fresh air between assignments.

- **Monitor online usage:** With parents themselves busy during the day, monitoring what children are doing online is a challenge in many cases, and impossible in others. However, screen time management solutions for parents, such as OurPact from Eтури Corp., can prove a valuable tool in keeping kids productive and safe. Using the app, parents can set schedules, grant access to needed sites, create daily screen time allowances, block inappropriate content and

apps and monitor internet use. To learn more or download, visit OurPact.com.

- **Have a conversation:** Families should have an open dialogue about healthy digital habits. Parents can back up these conversations by setting a good example with their own device usage. With the boost in online usage come new health and wellness challenges. At the same time, parents can help their children navigate the remote-learning environment by taking steps to promote healthy digital habits.

L&I proposes keeping workers' comp rates steady for 2021

By WASHINGTON STATE DEPT. OF L & I

TUMWATER — The state Department of Labor & Industries (L&I) is proposing no increase in the average price employers pay for workers' compensation insurance next year. If the proposal is adopted, this will be the first time in 20 years that workers' compensation rates have dropped or stayed steady for four years in a row. "Our 2021 rate proposal recognizes the toll the pandemic is taking on employers and workers in our state," L&I Director Joel Sacks said. "Although our projected workers' compensation costs are going

up, we're keeping premiums the same by taking advantage of the reserves we've built over the years by improving services and reducing disability." Employers and workers pay into the workers' compensation system to help cover the cost of providing wage and disability benefits for injured workers, as well as medical treatment of injuries and illnesses. On Sept. 22, L&I will begin taking public comment on the rate proposal. Keeping rates steady and predictable. If the proposal is adopted, this will be the fourth year in a row with no increase in the average rate. While financial projections point to the need for a significant increase to cover all of the costs for injuries and illnesses that occur in 2021, the agency is proposing using funds from the workers' compensations contingency reserve to keep the rate from climbing. L&I has focused on preparing for a downturn in the economy by building workers' compensation reserve funds and keeping rates steady and predictable, in part through improvements and reforms. These include implementing vocational recovery services to support return to work for injured workers and employers, and using best practices in occupational health and vocational services. One effort that's helped thousands of injured workers and employers is the Stay at Work program. Through the program, employers receive

financial support from L&I so they can offer light-duty jobs to injured workers, which allows them to remain in the workforce while they recover. "We all know how tough it is right now. It's exactly why we have a reserve — so we are ready for an economic downturn," said Sacks. "We hope that keeping the average rate the same next year will help our communities get through this and come out the other side strong." Washington charges for workers compensation coverage based on hours worked. When looking at rates as a percentage of payroll, rates in Washington have gone down each of the last 10 years. Along with no proposed increase, L&I has been taking steps to help businesses struggling to pay workers' compensation premiums. In April, the agency announced it was offering a grace period for premium payments, along with payment plans for employers facing financial difficulties during the pandemic. That program was extended in July and has helped thousands of businesses. Employers would pay the same on average under 2021 proposal. With the proposed overall rate change of zero percent, the average premium per employee is not expected to change overall. However, there will be changes by class and employer. Workers will pay on average about a quarter of the premium, a similar percentage to that paid in 2020. Public hearings planned

To support social distancing, public hearings on the rate proposal will be held virtually this year. Two hearings are scheduled to take input about the rate proposal before a final decision is made. Final rates will be adopted by Nov. 30 and go into effect Jan. 1, 2021. Public hearings are scheduled for 10 a.m. on Oct. 27 and 29. These hearings are being held via ZOOM and by phone to comply with Gov. Jay Inslee's COVID-19 restrictions limiting the number of people attending in-person public gatherings. 2021 rate hearings October 27, at 10 a.m. Joining by computer: Join Zoom Meeting at <https://zoom.us/j/99395316830> Meeting ID: 993 9531 6830 Passcode: Oct2720! Joining by phone: 253-215-8782 US (Tacoma) Meeting ID: 993 9531 6830 Passcode: 35862365 October 29, at 10 a.m. Joining by computer: Join Zoom Meeting at <https://zoom.us/j/97637403577> Meeting ID: 976 3740 3577 Passcode: 4n*2zLvM Joining by phone: 253-215-8782 US (Tacoma) Meeting ID: 976 3740 3577 Passcode: 44645997 People are encouraged to submit comments in writing to: Jo Anne Attwood, administrative regulations analyst, P.O. Box 41448, Olympia, WA 98504-4148; or email JoAnne.Attwood@lni.wa.gov. All comments must be received by 5 p.m. on Oct. 30. More information about the proposal is available at www.lni.wa.gov/2021Rates.



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509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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Happy Ads

HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE

24/7 at www.NCWMarket.com

Announcements

Lost & Found

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

Leavenworth/Cashmere 509-548-5286
or
Lake Chelan Mirror 509-682-2213
or
Quad City Herald 509-689-2507

Administrative

Puzzle Solution

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Administrative

Puzzle Solution

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CONGRATULATIONS!

WILL YOU MARRY ME?

HAPPY ANNIVERSARY Only \$15 for 30 days includes 3 photos

Chelan-Brewster 682-2213 or Leavenworth-Cashmere 548-5286

Please help Almond Blossom Roasted Nuts support Leavenworth Reindeer Farm during their 2nd COVID mandated shutdown! Save \$1 per item using code FARM at check out AND we will donate 25% of your purchase to help keep them operating! www.ShopAlmondBlossom.com See our Facebook page (facebook.com/almondblossomnuts) for restrictions.

Employment

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

REDUCE REUSE RECYCLE

qcherald.com

Employment

Help Wanted



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

Cascade High School Girls Assistant Soccer Coach

Fast Track application process and information can be found on our website at: www.cascadesd.org EOE

Part time office help approximately 6 hours, 3 days per week in Leavenworth. Call Mary, 509-548-9088 or 509-741-2525.

Employment

Help Wanted

Code Enforcement Officer for Parking and Development Services

The City of Leavenworth, an equal opportunity employer, is accepting application for a Code Enforcement Officer for Parking and Development Services. This position is a union covered position and will be Thursday through Monday with a starting pay of \$4,631-\$5,063/ Month.

Requirements: Minimum 18 years of age and WA State driver's license with record acceptable to the City; position will require a pre-employment physical evaluation.

Individual must be able to work weekends and holidays. Seeking an individual that will support and assist the City of Leavenworth with traffic control and development enforcement services. This position performs a variety of code enforcement duties with a main focus on directing vehicle and pedestrian traffic, enforcing City parking ordinances and parking related state statutes; coordinating assigned activities with other city departments and outside agencies, and performing related work as required.

Please review the full job description and application requirements on the City's website:

<https://cityofleavenworth.com/employment-opportunities/> or request information by contacting us at (509)548-5275. **Due to COVID-19: phone hours 9:00 AM - 1:00 PM; office visit by appointment only.**

First review of applications will be on 09/30/2020. Position will remain open until filled.

Employment

Help Wanted

Vacasa needs Runners in Chelan, Washington! Looking for our next rockstar to help create lasting vacation memories! Reliable transportation in the snow and weekend availability is a must!

This role pays \$19/hour from 6/28/20 to 9/20/20, will revert to \$15/hour after this period; PTO, health/dental/vision insurances available based on hours worked, 401k with 6% match and other discounts! Apply online at www.vacasa.com/careers or text Vacasa 97211

For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds.

Place your ad with pictures online 24/7 at NCWMarket.com 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 Noon for all papers:

Lake Chelan Mirror Quad City Herald 682-2213 or call **Leavenworth Echo Cashmere Record** 548-5286

Furniture

NCW Media Newspapers

We have excess office furniture available. Items left are 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 and a free 4' x 4' white board All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

SUDOKU PUZZLE

FREE! Upgrade includes an American Standard Right Height Toilet FREE! \$500 Value

WALK-IN BATHTUB SALE! SAVE \$1,500

- Backed by American Standard's 140 years of experience
- Ultra low entry for easy entering & exiting
- Patented Quick Drain™ Technology
- Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today! **866-612-7490**
Or visit: www.walkintubinfo.com/spm

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

CROSSWORD PUZZLE

THEME: OKTOBERFEST

ACROSS

- Worry
- Flour-de-
- One of Egyptian christians
- Nary a soul
- Dot-com address
- Pretend, two words
- Flogger's tool
- Romanian money
- Dostoyevsky's masterpiece, with The "Royal Brewery in Munich, a.k.a. _____ nchen
- *Original Oktoberfest location
- Tree juice
- Cathedral part
- Lysergic acid derivative, acr.
- Children's author Roald
- Bivouac
- Heroic poem
- Taro or cocoyam, technically
- Relish tastebuds' sensation
- Russian governmental agency
- Musketeers' weapons
- Presidential "No!"
- Make corrections
- Kind of palm
- A in B.A.
- Indian Ocean's saltwater inlet
- Carvey or Plato
- "Sesame Street" watcher
- One-horse carriage
- Sunday newspaper inserts
- *Kind of Oktoberfest band
- *Salty snack
- Meltable abode
- Go wrong
- Sore spot
- African prairie
- *Wheel of Fortune" vowel request
- All-season ones, on a car
- Affirmatives
- Beaver's construction
- Noise of contempt

DOWN

- Egyptian hieroglyph for "life"
- "You're not allowed!" to a baby
- Mistake
- Spurns
- Between triad and pentad
- Comic strip Moppet
- Anger management issue
- Economic crisis
- Ghana monetary unit
- Ear-related
- Tubby little cubby
- Ted Turner's TV acronym
- Bedding and towels
- Lickety-split
- Wear and tear
- "So soon?"
- *_____ hosen
- Sea foam
- Like United States Capitol
- *Flower used in beer-making
- Spanish sparkling wine
- Deflect
- **"O'zapit is!" or "It's tapped!"
- *Cheers!
- Without, ‡ Paris
- Start of something big?
- Echo sounder
- Joseph Stalin was one
- "Eureka!"
- Experts
- In the lead
- *Beer garden mug
- Curved molding
- Paella pot
- '60s British teenagers
- *"Hunger Games" sister
- Goose egg
- Second to last word in a fairytale
- Just in case
- Woody creeper
- Biochemistry acr.

GET THE GRILLER'S BUNDLE INTRODUCTORY PRICE: \$79.99

- 4 (5 oz.) Butcher's Cut Filet Mignon
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- 4 (4 oz.) Omaha Steaks Burgers
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- 4 (2.8 oz.) Potatoes au Gratin
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Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call 682-2213

Leavenworth Cashmere Call 548-5286

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

Real Estate

Homes for Sale

Leavenworth Condo with all furnishings for sale. 975 sq. ft., 1 bedroom, 1 1/2 bath plus 1 car garage. Located 1 block from Feshhalle. For residential living only. HOA Rules, prevents rentals. Ideal for seniors/retirees. Owner will be available for showing September 9-16th. Call Mary or Roy for appointment at 360-531-2154. \$340,000.

Orchards & Farms



We have buyers for your Pear, Apple and Cherry Orchards! 509-669-4500 information@nwi.net

Rentals

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

Newly remodeled 1.5 Bedroom Rental in Ponderosa Estates. Prefer yearly lease, \$1,050 per month. No smokers or pets. Call 509-881-8979

Wanted to Rent

Chelan County Hospital District No. 2 is seeking the following leased space: Medical Office space; Approximate Square Footage (SF) 1,000 Area: within the boundaries of Chelan County Hospital District No. 2 Information for interested parties is posted on the Lake Chelan Community Hospitals' website at https://lakechelancommunityhospital.com/lake-chelan-clinic/

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR DOUGLAS COUNTY In the Matter of the Estate of LESTER L. GRIFFITH, Deceased. No. 20-4-00038-09 AMENDED PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: September 9, 2020 Personal Representative: Patty A. Foland Attorney for the Personal Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600, P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Douglas County Superior Court Cause No. 20-4-00038-09 PATTY A. FOLAND Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Quad City Herald September 9, 16, and 23, 2020 #786

Public Notices

SUPERIOR COURT OF WASHINGTON FOR DOUGLAS COUNTY In the Matter of the Estate of MICHAEL A. DOHERTY, Deceased. No. 20-4-00055-09 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: September 16, 2020 Personal Representative: Michael J. Doherty Attorney for the Personal Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Douglas County Superior Court Cause No. 20-4-00055-09 MICHAEL J. DOHERTY Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Quad City Herald September 16, 23, and 30, 2020 #835

How to get enough potassium

Q: On my medicine bottle, there's a sticker saying, "It may be advisable to drink a full glass of orange juice or eat a banana daily while taking this medication." Why would I need bananas and orange juice with this medicine?

Pharmacists add this sticker to medicines containing "water pills." Water pills are also called diuretics, and work to remove fluid from your lungs, hands, and feet. Your body gets rid of that excess fluid by triggering the urge to urinate, often for hours after taking each pill.

Water is not all that you lose when taking a diuretic. Along with the water, a diuretic removes essential minerals like sodium, magnesium, and potassium from your body.

Potassium is vital in balancing your heart's electrical activity. Bananas and orange juice are good sources of potassium. The sticker on your pill bottle reminds you to get plenty of potassium every day, to help replace what you could be losing from that medicine.

Potassium supplements are described either by weight in milligrams (mg) or chemically by milliequivalents (mEq). Most prescription forms of potassium are labeled as mEq and are available as either 10mEq or 20mEq tablets.

Unfortunately, most prescription potassium pills are large. They can be awkward or hard to swallow, leading some folks to try non-prescription versions instead. One common non-prescription form is 595mg of potassium gluconate. This sounds like a lot, but actually contains only 99 mg of elemental potassium in each tablet, the other 496mg being the gluconate part.

How does 99mg of non-prescription potassium compare to the prescription strength of 10mEq of potassium? In each mEq, there is 40mg of potassium, whether it comes as potassium chloride or potassium gluconate.

A potassium gluconate tablet with 99mg of potassium has 2.5mEq. You'll need to take 4 tablets of non-prescription potassium gluconate to match the potassium in one prescription-only tablet of 10mEq potassium chloride.

How much potassium can you get in drinking an 8-ounce glass of orange juice or eating a banana every day?

The average American gets 2640mg of potassium in their diet. However, to prevent high blood pressure and bone loss, the Institute of Medicine recommends 4700mg of potassium



Ask... Dr. Louise

every day, nearly twice that amount.

Eating a medium-sized banana gives you 422mg of potassium, and an 8-ounce glass of orange juice contains 473mg of potassium. One potato with the skin has 610mg of potassium, and a sweet potato has 694mg.

Leafy green vegetables and foods that grow on vines are particularly useful as potassium sources. So are milk and yogurt. Tomatoes are another great source of potassium. More information on the potassium content of foods is available in the online resource Dietary Guidelines for Americans 2015-2020, at www.dietaryguidelines.gov.

Eating bananas and drinking orange and tomato juice regularly may not be enough to keep your potassium level balanced. People taking "water pills" every day may need more potassium than they can get by eating bananas and oranges every day.

One easy and inexpensive way to get more potassium chloride in your diet is to use a salt substitute. Salt substitutes such as Nu Salt® or Morton Salt Substitute® are sodium-free. They contain potassium chloride salt crystals instead of sodium chloride salt crystals. There are also low-sodium salt substitutes like Morton's Lite Salt, with a 50-50 ratio of sodium to potassium chloride.

Both sodium-free or low sodium salt substitutes are concentrated sources of potassium. Switching from using table salt (sodium chloride) to a salt substitute with potassium chloride can dramatically increase your

potassium intake. People with kidney disease or getting dialysis cannot easily remove potassium from their bodies. They should avoid using a salt substitute containing potassium. But for others, switching to a salt substitute is one of the least expensive ways to get more potassium.

Here Are 4 Tips to Getting Enough Potassium:

1. **Switch your salt.** Nu-Salt® has 795mg potassium in each ¼ teaspoon. That's 20mEq of potassium, more than many prescription-strength potassium tablets. Morton Salt Substitute® has 610 mg of potassium per ¼ teaspoonful (15mEq) of potassium.

2. **Check with your doctor.** Certain heart medicines like lisinopril, losartan, and spironolactone encourage potassium to stay in your body. Ask your doctor before switching to a salt substitute containing potassium.

3. **Try other potassium-rich foods.**

Sweet potatoes, white potatoes, and 8 ounces of either low-fat or non-fat yogurt have more potassium than bananas. Low-sodium V-8 has nearly twice the potassium that orange juice has.

4. **Avoid potassium if you have kidney problems.**

Check with your doctor before eating potassium-rich foods.

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

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Email: RuthK@LakeChelanMirror.com 310 E. Johnson Avenue, Chelan

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