

**WSDOT improved
 Grange Road collision sends
 Brewster man to Harborview**

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – A Brewster man sustained serious injuries when the tractor he was driving was struck by a passenger van at the intersection of State Route 97 and Grange Road south of the Brewster city limits on the early afternoon of August 25.

Roberto Rodriguez Duran, 50, suffered broken bones and a punctured lung when he attempted to cross the highway onto Brewster Grange Road while traveling northbound on the shoulder of SR 97 and was

struck by a van driven by Channa Dick, 36, of Brewster.

According to the official Washington State Patrol accident report Rodriguez Duran was at the wheel of a John Deere tractor at about 2 p.m. near milepost 259 on the shoulder of SR 97 and Dick, driving a 1997 Dodge Caravan with four passengers aboard was traveling in the same direction behind Rodriguez Duran.

The WSP report said Rodriguez Duran turned out into the northbound lane

SEE COLLISION ON PAGE 2

**Cold Springs Canyon Pearl Hill Fire puts
 multiple areas on Level 2, 3 evacuation notices**



Mike Maltais/QCH

The rising sun peeks over the horizon to watch the wind-driven flames and smoke advance southward. The Cold Springs Canyon Pearl Hill Fire started late Sunday, Sept. 6 in the Cold Springs area put residents on Level 2. Early on Monday, Sept. 7, multiple areas were put on Level 2 and 3 evacuation notices, including the Cameron Lake Road area, City of Bridgeport and City of Mansfield. The Red Cross started a Virtual Temporary Evacuation Point (VTEP) and persons needing shelter should contact the Red Cross 509-670-5331. Persons needing to evacuate livestock can use the Okanogan County Fair Grounds. Their number is 509-322-1621. For updates on this fire go to our website qcherald.com

**Farm Bureau distributes
 COVID supplies to
 ag communities**

*Highline
 handling
 logistics*

By MIKE MALTAIS
 STAFF WRITER



Courtesy WashingtonFarmBureau/Facebook

BRIDGEPORT – The Bridgeport and Brewster school districts received some welcome support last Thursday, Sept. 3, when Paul Katovich, CEO of Highline Grain Growers delivered a load of hand sanitizer in five-gallon buckets, sanitizer dispensers, and face masks to help curtail the spread of coronavirus in the school.

Highline Growers is partnering with the Washington State Farm Bureau (WSFB) to provide COVID-19 supplies to the agriculture communities throughout Highline's coverage area. With 50 locations spread throughout the northern quadrant of Eastern Washington, Highline's footprint

Highline Growers in conjunction with the Washington Farm Bureau is distributing COVID-19 supplies like these five-gallon buckets of hand sanitizer to school districts throughout its coverage area.

stretches from Wenatchee on the west to Spokane on the east and from Ritzville on the south to Brewster on

SEE SUPPLIES ON PAGE 2



Brewster fire chief Dylan Gamble, third from left in dark jacket, confers with a fire crew to plan strategy with the resources at hand.



A firefighter sets some roadside weeds ablaze with a propane torch to create a backfire in an attempt to stop the westward progress of the wildfire along Cameron Lake Road.

**Bridge Street phase of Brewster
 water project underway**

*NCB involved in
 financing*

By MIKE MALTAIS
 STAFF WRITER

BREWSTER – Portions of Bridge Street from the Bridge Street Bridge on

the south to Lakeview Way on the north will be closed or restricted for the next couple of months while construction crews work on the latest phase of the city's ambitious water upgrade program.

SEE WATER ON PAGE 2



Mike Maltais/QCH

An excavator digs a channel across Bridge Street to allow water line that will connect the east side main line to west side residences.



As vehicles gather near the fireline, a tractor pulling a cultivator, left, heads out to plow a firebreak along the western edge of the flames.

More photos on page 2

COVID-19 is negatively impacting our youth

By BILL FORHAN

Last week a young man sent me a study he had conducted on the impact of remote learning on high school students. This young man is a sophomore at Highlands Ranch High School in Colorado. He was previously in the Puyallup School District here in Washington.

Zariyat Hossain, used the power of the Internet to survey high school students on how "high schoolers' lives have been impacted by COVID-19." He conducted surveys using social media platforms popular with high school students: Instagram, Snapchat, Discord

and Reddit. His survey drew responses from 352 respondents in a week. Some of the aspects of life he measured were, physical activity, screen time, academics, summer plans and emotional status before and after the quarantine.

His findings were as follows:

- Not surprisingly, high schoolers' screen times had increased 50.8 percent
- While screen time increased, time spent on academics decreased
- Time spent on physical activity decreased
- Overall emotional state

Zariyat Hossain is high school Sophomore at Highlands Ranch High School located in Colorado. He has participated in many clubs such as, Ski Club, Soccer Club, Intermural Basketball, and Intermural Volleyball. Zariyat has been a part of athletic teams ranging from Summer Basketball to High school soccer to club soccer. He has interned at M2 Traffic Management LLC, a data analysis and analytics company. Zariyat was elected as a member of student government for senate to help make decisions for the school. During Zariyat's freshman



Zariyat Hossain

year, he was nominated for the national leadership forum of medicine. As he goes into the rest of his education, he plans to be a physician.

SEE COVID-19 ON PAGE 2

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

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COLLISION

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attempting to cross onto Brewster Grange Road failing to yield the right of way for the van. Dick attempted to avoid a collision by steering into the oncoming lane but struck the left side of the tractor. The tractor rolled over and trapped Rodriguez beneath it in the center turn lane while the van came to rest in the southbound lane facing north.

Rodriguez Duran was transported to Three Rivers Hospital where he was stabilized before being airlifted to Harborview Medical Center in Seattle. As of Friday, Sept. 4, sources at Harborview reported that Rodriguez Duran was in satisfactory condition.

No injuries were reported to any of the van's occupants.

WSDOT upgrade

The section of SR 97 where the accident occurred was upgraded by the Washington State Department of Transportation (WSDOT) in the summer of 2018. Representatives of WSDOT's North Central office in Wenatchee addressed the

Brewster city council on July 2018 to advise that the department intended to improve the eighth-mile section of SR 97 based on the collision history there.

"We've had five reportable crashes, reportable meaning there was an injury or property damage over \$1,000," said WSDOT representative Brian Pearson. "Three of those incidents involved vehicles trying to pass another vehicle attempting a left turn."

The following month WSDOT crews began a two-week project to add a designated two-way left turn lane at the Brewster Grange Road intersection and so reduce the hazard to trucks turning into the fruit warehouse facilities on the south side of the highway. The project also narrowed the traffic lanes from 12 to 11 feet and reduced the eight-foot road shoulders to four feet to make room for the turn lane. To further reduce the potential for collisions, the speed limit on the 1.18-mile stretch of highway on either end of the two way left turn lane coming into the south city limits was reduced from 60 miles per hour to 50 mph.

SUPPLIES

CONTINUED FROM PAGE 1

the north.

"We're handling the logistics to get the supplies out there," said Katovich last Friday, Sept. 4. "Yesterday I made deliveries to schools in Orondo, Bridgeport, and Brewster."

Katovich made an earlier delivery to the school district in his hometown of Waterville.

"Thank you so much for this incredibly generous donation of hand sanitizer by Highline Grain and The Farm Bureau," the school district posted on the Farm Bureau's Facebook site. "We are so lucky to have your support and assistance during this challenging

time."

Bridgeport School Superintendent Scott Sattler added his voice to the chorus of appreciation.

"We are very thankful that Paul delivered on behalf of the Farm Bureau through Highline."

The Washington State Farm Bureau is comprised of more than 46,000 member families as the state's largest general farm organization. Governor Inslee's office has asked the Farm Bureau to help distribute 500,000 washable cloth face masks to farm workers around the state. Requests for face masks can be made online at wsfb.com/agriculture-mask-distribution/. Farms or employers need not be WSFB members to receive face masks.

COVID-19

CONTINUED FROM PAGE 1

was negatively impacted

- 56 percent of students said remote learning had a negative affect
- 67 percent said the quarantine had a negative effect on their summer plans
- 46 percent said increased screen time had a negative affect
- Overall 63 percent of respondents said the quarantine had a negative affect

The long-term impacts on our society are likely to put an entire generation of young people at a disadvantage. Shutting down schools and moving to virtual learning is not a good alternative.

Many people have begun to question the wisdom of shutting down the economy and closing schools in response to the global pandemic known as COVID-19.

When this all began, no one really knew how to

SEE COVID-19 ON PAGE 3



Looking north from South Cameron Lake Road about 8 miles east of State Route 97, a line of fire slowly burns westward while being driven by a heavy south wind toward Bridgeport.



Fire trucks depart the driveway of the Maurice Joy ranch before sunrise and head west to confront the fire line about one-quarter mile further east.



A District 15 fire truck monitors the line of flames advancing south and west as it waits for other support vehicles to arrive.



With a red sun rising in the background a firefighter standing on Cameron Lake Road prepares to spray water on the advancing flames.

WATER

CONTINUED FROM PAGE 1

At this writing workmen are busy on Bridge south of Main Street connecting the water main that runs along the east side of the street to water users on the west side of the street. To accomplish that a channel must be excavated at nearly every block to allow for the connecting pipe to be installed.

City public works director Lee Webster said the renovation project that will also take in a sizeable portion of Hospital Way will involve about 14,000 linear feet of waterline.

"It's supposed to be done by the end of October," said Webster, "However this is a pretty old town and we're finding lots of things while digging."

The implication is that many of the "things" found were not anticipated and need to be addressed while laying the new line.

Webster said the cross-street water line connec-

tions involve at least 39 properties on the west side of Bridge and the project cost will total more than \$3 million.

Another part of the project just now in the materials staging process involves the building of two well houses that will cost another \$3 million-plus.

"One well house be for the well above the lower reservoir and the second will cover the well south of State Way," Webster said.

The plan calls for both houses to be raised and enclosed by winter so workmen can do interior finish work during the cold months.

NCB provides funds

North Cascade Bank (NCB) has established a line of credit with the city to provide interim financing for the water project. In a media release last month NCB announced its involvement with Brewster's new municipal wells and transmission lines and the city's goal to reduce manganese levels in its water supply.

"Manganese has been

a problem for the city's water utility for years, clogging city pipes, pumps, and meters causing low water pressure for residents," said the NCB release. "The new wells and transmission lines, along with a new water reservoir, will allow the city to support existing residents and future growth."

City clerk/treasurer Misty Ruiz said this is NCB's first participation in the water project.

"They are providing \$2.6 million to us and USDA will purchase that loan from them," said Ruiz, "so the loan is guaranteed by the government,"

Brewster has been an NCB customer since 2002 and worked with the bank's Vice President of Municipal Lending to arrange the transaction.

The latest water work is part of a project that began three years ago in August 2017 when the city received a multi-million-dollar government grant to upgrade its aging water system. The United States Department of Agriculture (USDA) approved a \$6.3 million Rural Development Grant that,

combined with a \$2.8 million loan allowed Brewster to both address its manganese issue and shave years off its 20-year water development plan.

The windfall was substantially larger than the \$5.6 million the state received annually to disperse for RD projects statewide.

The money gave Brewster the funding to establish two new water wells with well houses, a utility building with some covered storage, about 17,000 feet of water line, 4,000 feet of water main and various interconnection pieces, hydrants, and valves.

City engineer Steve James of J-U-B Engineers in Spokane said the USDA funding was "probably the largest RD grant that we've seen for quite a while in Washington."

To top off the package, the grant comes with a 70 percent forgiveness, Webster said.

An earlier Community Development Block Grant allowed the city to rehabilitate its water reservoir storage complex and double the city's water storage capacity to 1.5 million gallons.

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Okanogan County Commissioner
District 2



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Phone: (509) 689-2507
Fax (509) 682-4209

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

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

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Okanogan/Douglas Counties (yearly) print \$40
Okanogan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52

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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



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Dear North Central Washington Community

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HEALTH

As of early September, we have gone through a peak of disease in April and early May, a reduction in late May and June, and a second increase in July and August.

Many businesses were closed in April and May then reopened. Some, including our schools, have continued to remain closed due to an increased risk of transmission of COVID-19 in those businesses, and due to requirements to follow the state proclamations. This has led to significant daily life disruptions for many of us, as well as significant economic and emotional pain that will not go away easily.

From a community/regional health perspective, North Central Washington in mid-August had the highest rate of COVID-19 cases per 100,000 population in the state. These patients were of all ethnicities, and social economic backgrounds, employed by multiple employers and industries, but tended to be of younger age than those afflicted in April. The number of individuals affected in Chelan, Douglas, Okanogan, and Grant Counties all reached peaks of more than 400 per 100,000 population in 2 weeks. Hospitalizations at Central Washington Hospital (where most patients requiring hospital care for COVID-19 in this area were hospitalized) reached a peak of 28, with 12 of those in the ICU requiring ventilator therapy. As appropriate, these patients have been treated with Remdesivir, Dexamethasone, or antibody rich plasma following current recommended national recommendations or study trials.

Unfortunately, some patients have not survived and to date, 11 residents of Chelan County have died due to COVID-19, 15 in Grant County, 7 in Douglas County, and 9 in Okanogan County. Their ages have ranged from 50-90.

In the last couple of weeks, things are looking much more hopeful. The number of symptomatic individuals tested per day in the region is decreasing. The percentage of positive tests has decreased to 10% from a peak of over 15%. Hospital census has also decreased.

Currently at Central Washington Hospital, there are 6 patients with COVID-19 in the ICU, and a total of 15 patients hospitalized. At Samaritan Hospital in Moses Lake there are currently a total of 4 patients with COVID-19. The number of cases per 100,000 population in the last 7 days has decreased to 238 in Grant County, 117 in Douglas County, 144 in Chelan County, and 45 in Okanogan County.

What has caused this improvement given in total only 2% of our region's population have been confirmed positive? We know the number of infections that have occurred is likely higher than this as testing does show that perhaps 40% of individuals infected are asymptomatic and not all those with symptoms get tested, but in total, it is hard to believe that more than 6% of the population has been infected.

The infection rate reduction we are currently seeing is likely due to several things:

1. Masking has helped. National data suggests a 90% risk reduction of an infected individual spreading it to others if they wear a mask, and wearing a mask reduces an individual's risk of getting infected if near an infected individual by about 20%. The use

of masks has been very high in places of employment, businesses, and stores, but unfortunately, much less in parks and gatherings of friends and family.

2. Congregate living and working facilities (long-term care, assisted living, adult family homes, agricultural processing facilities) have worked very hard to minimize exposure risks in those facilities.

3. People infected have for the most part stayed isolated for the necessary 10 days, reducing the risk of them potentially infecting others.

Much progress has been made and if this continues, there is a real potential to open businesses currently closed and resume in person education. We are not there yet according to the medical epidemiologic evidence and state guidelines but are closer than we were a few weeks ago.

What can we all do to help this region get there?

1. Continue to wear a mask, whenever you are outside your household in a place where you cannot assure you will be able to stay at least six feet from other people.

2. Continue to use good hand hygiene. Wash your hands regularly, or if you cannot use hand sanitizer.

3. Continue to socially distance from others outside your own household members. Given the number of asymptomatic cases, do not trust that you or other non-household family members, or friends are not infected. The risk of get-togethers is clearly higher indoors, but it is not zero when you meet outside.

4. If you become ill with symptoms consistent with COVID-19, please get tested promptly and stay away from others (isolate

yourself) until you get the test results.

5. If you test positive, please stay away from others for 10 days or 24 hours after your last fever, whichever is longer. If you are feeling ill, especially short of breath or not able to eat or drink adequately, please seek medical attention. Please, for the ten days after you develop symptoms or test positive, do not go to work. The federal CARES act does provide 2 weeks of unemployment pay for many people with COVID-19, so sick leave or vacation time does not have to be used if you are off work ill with COVID-19.

6. If you test positive, please let those you have been close to (distance less than 6 feet for more than 15 minutes) in the last 5 to 7 days know and encourage them to get tested even if they have no symptoms. The best time for testing is about 4-5 days after the time of exposure.

These individual efforts respect all of us as community members and are relatively small, personal contributions or sacrifices, leading to a large community benefit where hopefully soon, we can get back to a more "normal" life and stay there. In our own ways, each of us is trying to make sense of this unprecedented situation. It is certainly fluid, unfortunately uncertain and unfair, and not affecting everyone to the same extent.

We should all really appreciate the ingenuity shown by many businesses that have allowed them to continue to safely provide their needed services, and the sacrifices and risks taken by those individuals providing healthcare services to those with COVID-19, while trying to maintain all of the usual necessary

health care services that keep us as a region with good health and quality of life.

The last few weeks have given us many reasons for hope. Learning and working in the midst of a pandemic such as this is a new first for all of us. What we are doing and need to continue to do together has never been done before. As we proceed, let us stay vigilant and not fall into a trap of complacency. We are getting through this and we will come out better and stronger in the end together.

Thank you for your continued cooperation in all that you do to make our communities a great place to live.

What COVID does in our region is in our local control. It is up to us, not to the virus.

North Central Washington Hospital Council

- Diane Blake, CEO | Cascade Medical Center
- Alan Fisher, CEO | Mid-Valley Hospital
- Scott Graham, CEO | Three Rivers Hospital
- Ramona Hicks, CEO | Coulee Medical Center
- Rosalinda Kibby, CEO | Columbia Basin Hospital
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- Sen. Linda Evans Parlette, Executive Director | North Central Accountable Community of Health
- David Olson, CEO | Columbia Valley Community Health

DOUGLAS COUNTY SHERIFF

August 29
Stab/gunshot at the 603 15th St. area in Bridgeport.
Sick person at 875 Highland Orchard Rd. in Bridgeport.
Psychiatric at 335 E. Railroad Ave., No. 15 in Mansfield.
Alarm at 1300 Douglas Ave. in Bridgeport.
Traffic offense at 10th Street and Douglas Avenue in Bridgeport.
Suspicious incident at 1815 Foster Creek Ave. in Bridgeport.
Domestic disturbance at 1508 Tacoma Ave. in Bridgeport.

August 30
Traffic offense at Road B N.E. and Road 17 N.E. in Mansfield.
Alarm at 1300 Douglas Ave. in Bridgeport.
Domestic disturbance at

226 S. Mansfield Blvd. in Mansfield.
Alarm at 1300 Douglas Ave. in Bridgeport.
Vehicle theft at 2227 Columbia Blvd. in Bridgeport.
Weapons violations at 11 Moe Rd. on Bridgeport Bar.

August 31
Suspicious incident at 2227 Columbia Blvd. in Bridgeport.
Suspicious incident at 1255 Fairview Ave., No. 8 in Bridgeport.
Suicide threat at 2400 Tacoma Ave., No. 42 in Bridgeport.
Property incident at 10th Street and Douglas Avenue in Bridgeport.

Sept. 1
Harassment/threat at 207 E. Railroad Ave. in Mansfield.

Sept. 2

Parking/abandoned vehicle at State Route 17 and Hayes Road in Mansfield.
Noise at 27 Short St. in Mansfield.
Trespass at Road E N.E. and Road 16 N.E. in Mansfield.
Resident alarm at 2020 Cullen Ave. in Bridgeport.

Sept. 3
Parking/abandoned vehicle at 1636 Fisk Ave., No. 4 in Bridgeport.
Traffic offense at Foster Creek Avenue and 18th Street in Bridgeport.
Breathing problem at 310 Fairview Ave. in Bridgeport.

Sept. 4
Public assistance at 200 Seventh St., No. 5 in Bridgeport.
Property incident at the 900 block of Columbia Avenue in Bridgeport.

COVID-19

CONTINUED FROM PAGE 2

treat it or what the impact would be. Given the uncertainties it seemed that it was wise to mandate the drastic steps taken to limit, if not reduce the impacts of this disease.

Much has changed since March, when panic overtook reason. Four months back conservative commentator Dennis Prager said, "It is panic and hysteria, not the coronavirus, that created this catastrophe." The catastrophe he was writing about is the collapse of the economy. The destruction of small business and the shuttering of schools. Prager's words appear to be prophetic.

Last week we looked at the real impact of the disease on the population in total. What is obvious is the early projections of overwhelming the health care system have never materialized. In Seattle, the US Army's emergency hospital, set up in Century Link Field, shut down after 30 days without treating even one patient. At the time Governor Inslee said, "Don't let this deci-

sion give you the impression that we are out of the woods."

Now Governor Inslee's continued efforts to keep the economy and the schools shut down has become far more political than preventative. It is also far more damaging to the rural portions of the state than it is to the metropolitan areas. In his most recent column on the issue, Prager says there is no leader more dangerous than, "a fool with unlimited power."

Inslee's iron grip on the states emergency powers act is beginning to make him look like a fool. He has continually refused to call the legislature into session over the issue.

Newspapers across the country are reporting on the high failure rates of small businesses. The Chicago Tribune, recently reported that many small business closures will never get reported because they have no debt and so will not file for bankruptcy. They simply cancel their utilities and shut down.

Rural communities in Washington state are disproportionately hit by

Inslee's COVID reopening phase system. As a result, it will take years for those local economies to recover.

More significantly, closing our schools puts our young people at risk emotionally as well as educationally. Parents are not professional educators. And like many of these programs, the negative impacts are hardest on the poor.

In a survey done by the Cashmere School District this summer 70 percent of parents wanted their children back in the classroom. The School District is prohibited from reopening by the Chelan County Health District until the incidence of infection drops below 75 cases per thousand. A goal that is unattainable with the sparse population in the health district.

As I reported last week, the statistical measures fanning this dictatorial firestorm are fundamentally flawed. The decision is not based on mortality rates or even hospitalizations but on the number of people who have tested positive. Many of these cases are known to be asymptomatic.

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Okanogan County Transportation & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is still serving hot meals Tuesday, Wednesday, and Thursday. Take out only. Please reserve your meal by calling 509-689-2815. Pick-up time is between 11 a.m. and 12 noon.

The home-delivered meal program is not interrupted and is on its regular schedule. For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459

Tuesday, Wednesday, Thursday

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. 15

Chicken Parmesan, Garlic Pasta, Italian Blend Vegetables, Caesar Salad, WW Roll, Fruit Ambrosia

Wednesday, Sept. 16

Salisbury Steak, Potatoes & Gravy, Buttered Corn, Cuke & Tomato Salad, Mandarin Oranges, WW Roll, Dessert

Thursday, Sept. 17

Ham & Cheese Sandwich, Pea Salad, Waldorf Salad, Dessert

Sept. 11

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.

Sept. 11, 18

Brewster bus trips are back on schedule

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

On the third Friday of each month Sept. 18, riders will be taken to Omak for the day. Riders request their destination(s).

Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Help available for Douglas County veterans

EAST WENATCHEE - Sarah Simonson the Veterans Service Officer for Douglas County, is available for appointments in her office at 211 11th St. NE in East Wenatchee. Call her at 509-683-3605. You can also find her on Facebook at: https://www.facebook.com/douglascountyvso

Submitting your Bulletin Board item - Deadline Friday at 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.

Kick back and channel your fav comedian, not viral fear

By GARY BÉGIN



APPLES TO APPLES Gary Bégin

Laughter in the form of satire is a way humans have coped with stress since the yawn of time.

Let's take Weird Al Jankovic, for example, as an expert on mocking "serious" music. My favorite Weird Al spoof is "Eat It" ... it's the funniest. He mocks the silly snot out of Michael Jackson's "Beat It." You've got to Google it to get in on the fun. The choreography alone is worth the price of admission.

An old friend was a huge fan of the Steve Miller Band from back in the 70s. He was also a Peanuts cartoon fan. He decided to combine his two loves and sang, "I want to fly like a beagle"

Music is a valuable tool to just have fun, even if others never heard the song you are satirizing. Take for instance Mr. T from the

old TV show The A Team? Coca-Cola asked him to do a theme song once and so he bellowed, "I'd like to teach the world to bling in perfect harmony."

Speaking of the importance of fish in one's diet, do anglers ever ask if God is real? Certainly not, they ask God to reel in that lunger.

I was looking through a farm catalog recently thinking I would raise rabbits. Then it hit me, as a newspaper page designer, the right thing to do would be to raise picas.

A few years back there were a series of commercials featuring gnomes be-

ing kidnapped from lawns and flown to different places in the world. A photo of the gnome was then sent to the gnome's owner. Because I love photography, my idea is to gather about 20 or so gnomes of various sizes and place them in a circle. "Gnomehenge" was born.

My Swedish Uncle Sven likes to mock frog-nosticators so he said to me one day, "What do you call a French psychic with a big nose?" ... Nostrildamus. I reminded him that Sweden declared neutrality during WWII. Now they sell us Volvos and Abba records as penance.

Here's a little known factoid about Juniper. It was such an important plant back in the day that the ancient astronomers named a planet after it.

When I retire I want to start a fowl farm. No, not

a farm that smells bad, but one with chickens, ducks, etc. They will be fed a special diet of Stargate reruns and Fruitloops like O'neil used to eat on the show. My marketing strategy is simple, "For out of this world flavor, buy Poultrygeist!"

This is the time to channel your favorite comic, have a cold beer and dream the big dreams. Don't allow this literal viral nightmare block your trip to the mountain top, even if it is a fantasy.

One day we'll all wake up and, as CSN&Y would sing, Carry On.

NCW Media Managing Editor Gary Bégin is solely responsible for his opinions. Comments? Email gary@ncwmedia.net. All email received is subject to reprinting as a Letter to the Editor unless explicitly requested not to by the sender.

LETTERS TO THE EDITOR

Apples & Oranges

The Electoral College was set up to represent what the Voters of each State voted into Office for President in States that have Electorals. Unfortunately, in 2016, that did not happen. Not all followed through on this Duty described in the US Constitution and were only fined small amounts by the Courts. When you consider Trump had 48.2% & Hillary had 46.1% explain exact percentage those 4 Electoral flipping really caused in the 2016 Election that you Failed to include in your article to the Public and how they impacted the true Majority Vote of the People of the United States.

Shaunee McCartor Leavenworth

Reader has different take on origins of Electoral College

Dear Editor, Regarding the electoral college, you write "the actual reason for that system is to give equality to rural citizens and not just allow the tyranny of majority urban voters to dominate the country."

But this is, quite simply, totally false. The electoral college neither protects rural voters from urban ones, nor was it intended to. You will not find a single mention of urban and rural voters in the minutes of the Constitutional Conventions, in the Federalist Papers, or in Madison's extensive notes and letters about the proceedings. And it amazes me that you, a managing editor of a newspaper, would make such a statement, because I am completely certain there is no basis for it, which means you just repeated something you'd heard or read without any fact

checking whatsoever.

The Founders were protecting southern slave states from the popular majority that existed in the north. It had nothing to do with cities and farms; almost everyone in the US lived in rural areas and cities simply were not a factor. Madison was explicit: The northern voters could not be allowed to destroy slavery; were that possible, the south would not ratify the Constitution.

Furthermore, the electoral college in NO WAY protects rural voters. The very small states that benefit the most from the electoral college are mainly URBAN. Rhode Island, Delaware, Alabama, Hawaii: All are mostly urban states and all benefit from the electoral college.

On the other hand, tens of millions of RURAL voters in states like Texas, California, New York, Illinois, Pennsylvania and Michigan lose voting power in the electoral college.

I hope you will be more careful and thorough in the future, and you owe your readers a correction.

Kindly, Daniel Brezenoff Long Beach, California

(Editor's Note: An article in The Atlantic magazine makes the same argument, that the issue over the Electoral College was slavery. However, slavery was only one of the factors. Indeed, there were urban areas even in Colonial times such as NYC, Boston and Philadelphia. Today, the polarization between cities and rural areas is greater than ever. My column focused on the desire to eliminate the Electoral College in present day America, thus marginalizing the rural vote in favor of the more liberal cities. I stand by my assertions.)

Conservative voice salute

Dear Editor, Just following up from our conversation the other day regarding your 'Apples to Apples' on August 26, 2020. With unwanted liberal bias all around us, including the Wenatchee paper, I highly commend you for your courage in speaking out on the conservative side! I have been enjoying your opinions expressed over the past several years, all well noteworthy, but this week's piece somehow really resonated with both myself and my wife, Kristi.

We do feel disenfranchised here in NCW, realizing that our votes essentially don't ever count, with conservative values and opinions always overwhelmed by the heavily populated and liberal west side of the state, especially King County. Your thought of some sort of electoral college system for our state, just as with our nation, would be a wonderful & fair solution to restore fairness to voting for rural and less populated counties. Of course, in reality, the chances of ever seeing such change at the state level are about the same as ever seeing real term limits for Congress.....slim to none..... so sad, but nevertheless, probably true.

In conclusion, I encourage you to stay the course, keep your voice strong for those of us on the 'right' side of things! We look forward to The Mirror every week for local news items and unique points of interest for our special place we call home, the Chelan Valley!

Respectfully, Jerry & Kristi Smith Manson

Obituaries & Death Notices also appear online at qcherald.com

DEATH NOTICE

William Walls

William Walls, 71, of Brewster, Washington, passed away on August 28, 2020.

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

qcherald.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.



QUAD CITY CHURCH GUIDE

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

BREWSTER • BRIDGEPORT • PATEROS

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



"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

NCW MARKET.COM
CLASSIFIED ADS

BUSINESS JOURNAL

ECHO RECORD MIRROR HERALD

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

Administrative

Publisher's notice

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



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.

CROSSWORD

DOWN

1. One's arbitrary assertion
6. "Swan Lake" step
9. Not Sunni
13. Mountaineer's tool
14. Tolkien creature
15. Bebe Rexha's "___ to Be"
16. Artificial or mannered
17. Snow runner
18. Nylon or Kevlar, in chemistry terms
19. Scooby-Doo's best friend
21. *Between order and genus
23. *Marine botany is study of plants living here
24. 35mm, e.g.
25. Public health agency, acr.
28. Partner of void
30. Small lynx
35. Stewart and Blagojevich
37. Grazing lands
39. Jawaharlal ___
40. g or cm
41. Smelling ___, athlete's pick-me-upper
43. No neatnik
44. Lay to rest
46. They are hairy on a hobbit
47. Hefty volume
48. One in line, during COVID-19 pandemic
50. In the middle of
52. *Grain-bearing tip of a cereal plant
53. Cattle meat
55. Fleur-de-___
57. *Pollinator attractors
60. *Food for a pollinator
63. One there at the beginning
64. Famous T-Rex
66. Lowest deck
68. Forearm bones
69. Cassius Clay, ___ Muhammad Ali
70. Private instructor
71. ___-do-well
72. Thus far
73. Inflict a blow

Announcements

Lost & Found

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

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

Deadline is Noon on Friday

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

24/7 at www.NCWMarket.com

HAPPY BIRTHDAY

CONGRATULATIONS!

WILL YOU MARRY ME?

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

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

Wanted

In 2003, a man named Mike from Cashmere worked for Karpert Corner and laid carpet at my Skyline Condo- Job well done! Are you still available? Please call June, 662-6836.

Commercial

Business opportunity

Successful Business in Leavenworth is for Sale. Simply Found Boutique has been in this Front Street location for 15 years. Owner is retiring to be with grandbabies! Cynthia, 425-330-2756.

Employment

Help Wanted

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad online 24/7 at www.NCWMarket.com It is easy, just register and pay online.

Print only? Deadline is Monday by Noon for all papers:

Lake Chelan Mirror 683-2213
Leavenworth Echo 548-5286
Cashmere Record

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

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



Help Wanted



NA-C Full-time/Nights

Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, personal needs and treatment of each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required. Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital Human Resources Department
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
EOE

Help Wanted



OR Manager Full-Time

Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Days and hours vary; includes some call-time.

Interested Candidates may apply in person or by mailing their resume to:

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(509) 689-2517
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EOE

Puzzle Solution

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8	4	2	7	3	6	5	9	1
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Happy Ads

Please help Almond Blossom Roasted Nuts support Leavenworth Reindeer Farm during their 2nd COVID mandated shut-down! 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](https://www.facebook.com/almondblossomnuts)) for restrictions.

NCW MARKET.COM
CLASSIFIED ADS

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FREE! Savings include an American Standard® Walk-in Tub. 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 Quik 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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Employment

Help Wanted

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad online 24/7 at www.NCWMarket.com It is easy, just register and pay online.

Print only? Deadline is Monday by Noon for all papers:

Lake Chelan Mirror 683-2213
Leavenworth Echo 548-5286
Cashmere Record

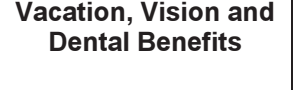
Your ad will appear online and in the newspapers for one low price!

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

We have an opening for a full-time Caregiver Position on our Evening Shift.

Vacation, Vision and Dental Benefits

We will train and assist with credentialing as a Home Care Aid.



Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998



Popular Boutique in Leavenworth now hiring, part or full-time. Fun and enjoyable environment. Email resume to frenchquail@gmail.com or pick up an application at Simply Found, 833 Front Street. Cynthia 425-330-2756



Help Wanted

Interested Candidates may apply in person or by mailing their resume to:

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

Full and Part-time Bedmaker, Laundry and Housekeeping

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

Help Wanted

Manson School District

located on the beautiful shores of Lake Chelan is seeking applicants for the following position.
* Temporary Technology Assistant
Detailed job description and online application process are available at: <https://www.manson.org/Page/609>, EOE. Question please call Lorrie (509) 687-3140

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**

CROSSWORD PUZZLE

CROSSWORD

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71				72				73			

THEME: BOTANY 101- ACROSS

- One's arbitrary assertion
- "Swan Lake" step
- Not Sunni
- Mountaineer's tool
- Tolkien creature
- Bebe Rexha's "___ to Be"
- Artificial or mannered
- Snow runner
- Nylon or Kevlar, in chemistry terms
- Scooby-Doo's best friend
- *Between order and genus
- *Marine botany is study of plants living here
- 35mm, e.g.
- Public health agency, acr.
- Partner of void
- Small lynx
- Stewart and Blagojevich
- Grazing lands
- Jawaharlal ___
- g or cm
- Smelling ___, athlete's pick-me-upper
- No neatnik
- Lay to rest
- They are hairy on a hobbit
- Hefty volume
- One in line, during COVID-19 pandemic
- In the middle of
- *Grain-bearing tip of a cereal plant
- Cattle meat
- Fleur-de-___
- *Pollinator attractors
- *Food for a pollinator
- One there at the beginning
- Famous T-Rex
- Lowest deck
- Forearm bones
- Cassius Clay, ___ Muhammad Ali
- Private instructor
- ___-do-well
- Thus far
- Inflict a blow

DOWN

- Female sib
- "Hamlet" has five
- Sure or uh-uh
- "The Forsyte ___" pl.
- *Product of photosynthesis
- One of a pocketful, according to Mother Goose
- Genesis vessel
- "The Matrix" genre
- Highway hauler
- Icy precipitation
- Dr. Jones, fictional professor of archaeology, to friends
- Filled up
- Biblical personification of material wealth
- Olden-day Celts
- Priest's robe
- Blank leaf in a book
- *Seed holder
- "Death, Be Not Proud" poet
- Mine passages
- Food manufacturer
- Superlative of better
- Actress Sevigny
- Something in the air
- *Potato, e.g.
- Proofreader's mark
- *Plant support
- "...he found a crooked sixpence upon a crooked ___"
- Sales lure
- Electric fish
- *Not monocoats
- Piece of writing
- Pull strings
- Carpet attribute
- Marine eagle
- Russia's famous Peter
- Sans mixers
- Choir voice
- *Plant anchor
- Good times
65. Israel Kamakawiwo'ole's guitar
- Prefix for prior

OMAHA STEAKS

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.) Omaha Steaks Burgers
- 4 (3 oz.) Gourmet Jumbo Franks
- 4 (2.8 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets
- Omaha Steaks Seasoning Packet

+ 4 MORE BURGERS FREE
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ORDER NOW! 1.833.406.1259 ask for 63281KJ
www.OmahaSteaks.com/family588

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See
MORE CLASSIFIEDS & PUBLIC NOTICES
on Page 6

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

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/>

Vehicles

Trucks & Vans

Restored 1952 Chevrolet 3100 Pick-Up Truck Restored in 2002. Baby blue 1952 Chevrolet 3100, 1/2 ton, 2 door, 6 cylinder, 216.5 ci, 860 miles with pine truck bed. \$27,500 Call Kary 206-295-5107. See pictures on NCWMARKET.COM

Garage & Yard Sale



CLEAR SOME SPACE WITH A Fill your pockets with CASH \$\$ AD Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

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

Public Notices

BEFORE THE OKANOGAN COUNTY WATER CONSERVANCY BOARD OKANOGAN COUNTY, WASHINGTON

TAKE NOTICE: That on 8/6/2020, William B. Greene and Sharon M. Greene of Pateros, WA filed application with the Okanogan County Water Conservancy Board (OCWCB) to change/transfer the place of use and change the source location under Certificate No. S3-21752C. The application was assigned OCWCB number OKAN-20-03. That said Certificate S3-21752C, under priority 9/17/1973, authorizes a diversion site from the Columbia River (Wells Pool) located within Gov't Lot 4 of Sec. 30, T30N, R24EWM. That the certificate "legal description of property water [is] to be used on" describes an area of land that is located within portions of Gov't Lot 4 and Gov't Lot 5 of said Sec. 30. Complete legal description available upon request to OCWCB. That the certificate issued for irrigation of 3 acres (0.08 cubic feet per second (cfs) and 12.8 acre-feet/yr (af/yr)) from 4/1 to 10/15 each year, and single domestic supply continuously (0.01 cfs and 2 af/yr) for a maximum total diversion and use of 0.09 cfs and 14.8 af/yr. That the applicant requests to change the place of use, for its water right ownership, to be within parcel Nos. 3024300062 and 8843700102, which are located generally within Gov't Lot 4 of Sec. 30, T30N, R24EWM. Complete legal description available upon request to OCWCB. That the applicant requests to change the source location to the following: a well w/in the SW1/4SW1/4 of said Sec. 30. Any protests or objections to the approval of this application must be filed with the Department of Ecology and must include a detailed statement of the basis for objections; protests must be accompanied by a fifty dollar (\$50) recording fee for each application protested and filed with: Department of Ecology, Cashiering Unit, PO Box 47611, Olympia, WA 98504-7611 within (30) days from September 9, 2020. Any interested party may submit comments, objections, and other information to the board regarding the application(s). The comments and information may be submitted in writing or verbally at any public meeting of the board held to discuss or decide on the application(s). The application(s) will be on the board agenda during its regular meetings, contact the OCWCB for time and location of meetings, and/or instructions for attending remotely. Meetings are generally held on the first Wed. of each month, at 2:00 pm, location: 123 Fifth Ave N, Rm 150, Okanogan, WA; however due to COVID-19 related state restrictions under governor proclamations, meetings are currently being held remotely. Additionally, the OCWCB will consider written comments or information, said written comments or information may be provided by mail to: Okanogan County Water Conservancy Board, Attn: Lisa de Vera, 1205 Ormiston St, Wenatchee, WA 98801. *Published in the Quad City Herald September 2 and 9, 2020 #774*

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

PATEROS SCHOOL DISTRICT NO. 122-70J BOARD OF DIRECTORS SPECIAL BOARD MEETING Monday, September 14, 2020 at 6:00 pm

As directed by the Board Chair of the Pateros School District 122-70J; a Special Board Meeting will be held on Monday, September 14, 2020 via Zoom starting at 6:00 pm for the purpose of board candidate interviews and selection, real estate matters, and school reopening plans. There will be an Executive Session. Actions will be taken. Visit www.pateros.org board of directors for electronic meeting address. The Pateros School District is a barrier free facility accessible to persons with disabilities. Additional information is available in the superintendent's office 509-923-2751 ext. 4. Greg Goodnight Secretary of the Board *Published in the Quad City Herald September 9, 2020 #812*


COMMUNITY WILDFIRE PROTECTION PLAN

PLEASE JOIN US!!

Public Virtual Meetings

Mtg Day	Mtg Date	Mtg Time	Focus Area	ZOOM Information Via Computer	ZOOM Information Via Phone Only
Tu	9.15.20	1:30-3 PM	West side of the County: See division line below.	Mtg ID: 869 4572 7329 Passcode: WILDFIRE See "one touch link" below.	Dial: (253) 215-8782 Mtg ID: 869 4572 7329 Passcode: 47326200
https://us02web.zoom.us/j/86945727329?pwd=M0wyR21SZlZMc0U1QzZlYVIMEpRz09					
Tu	9.15.20	7-8:30 PM	West side of the County	Mtg ID: 826 3170 7561 Passcode: WILDFIRE See "one touch link" below.	Dial: (253) 215-8782 Mtg ID: 826 3170 7561 Passcode: 22610380
https://us02web.zoom.us/j/82631707561?pwd=UjF2YzY3Y1N0SnY4a3dmNGVpdz09					
W	9.16.20	1:30-3 PM	East side of the County: See division line	Mtg ID: 840 1240 5995 Passcode: WILDFIRE See "one touch link" below.	Dial: (253) 215-8782 Mtg ID: 840 1240 5995 Passcode: 54523491
https://us02web.zoom.us/j/84012405995?pwd=V3kwcjFNeFNuQzR5R0pxQW9WV0Uz09					
W	9.16.20	7-8:30 PM	East side of the County	Mtg ID: 852 0610 1217 Passcode: WILDFIRE See "one touch link" below.	Dial: (253) 215-8782 Mtg ID: 852 0610 1217 Passcode: 27121769
https://us02web.zoom.us/j/85206101217?pwd=UjF2YzY3Y1N0SnY4a3dmNGVpdz09					

These meetings will address the Community Wildfire Protection Plan being updated for Okanogan County. The last revision was done in 2013, prior to the wildfire disasters of 2014 and 2015. Your insight, recommendations and input will be invaluable. It is our intention to These meetings are open to the public and will share a slideshow presentation facilitated by Okanogan Co. Long Term Recovery Group and coordinated with NW Management Inc. and Okanogan Emergency Management.



Public input is being sought in order to better frame the region's efforts for wildland fire protection, resource enhancements and emergency preparedness.

For more information and copies of the 2013 current CWPP, visit www.okanogandem.org <https://www.facebook.com/Okanogan.County.Emergency.Management/>

If you are unable to attend or have information or comments you would like to share regarding the CWPP, or any other community wildfire concerns, please email carltoncomplexbuild@gmail.com or mail to OCLJRG PO Box 655 * Pateros WA 98846.

The most common side effect of medicine

Q: I think my medicine is upsetting my stomach. Is there anything I do about that?



I can really relate, as I remember taking an antibiotic that really bothered my stomach. I felt queasy, and there was a peculiar taste in my mouth. While taking it, a fresh cup of coffee with cream tasted rancid, and I couldn't look at food without cringing.

The most commonly reported side effect of medications is "upset stomach," which in medical terms is called "gastritis". Having gastritis means that you may have any or all of the following: queasiness, stomach pain, stomach cramping, stomach burning, loose stools, or nausea.

Gastritis is very common when taking medicines. Every single medicine has been reported to cause stomach upset in at least some people, and some medications cause more stomach irritation than others.

Antibiotic medications are one of the most common causes of stomach irritation. While some antibiotics are relatively gentle on your gastrointestinal (GI) system, others have reputations for causing significant GI side effects. One time I had a dental infection that took three different antibiotics to cure, each one causing more stomach upset and intestinal distress than the previous one.

Three years ago, one of my molars became infected. My dentist prescribed me Antibiotic Number 1: penicillin, which caused queasiness for a few hours after each dose. Although I took it faithfully, it wasn't able to conquer the infection. One week later, I was back in the dentist's office, getting a root canal. Oy.

My tooth still hurt after the root canal, so I was given Antibiotic Number 2: a more powerful version of penicillin, called amoxicillin plus

clavulanate. The clavulanate part of that antibiotic is famous for causing stomach pain and cramping. I became nauseated for several hours after each dose, and it made my food and drink taste funny.

Unfortunately, Antibiotic Number 2 didn't work. In a last-ditch attempt to save my tooth, I was switched to Antibiotic Number 3: clindamycin. Clindamycin has a reputation of not being gentle on your stomach and intestinal system. Taking the clindamycin made my stomach hurt and caused considerable queasiness for the first 3 hours after taking each dose four times a day. While on clindamycin, just thinking about food made my stomach cramp up, and just about the time I started to feel better, it was time to take my next dose.

What causes medicines to make your food taste so bad?

Most antibiotics are designed to spread throughout your tissues and are present in small amounts in your saliva. I experienced the awful taste in my mouth while on an antibiotic because I was tasting the medicine in my saliva.

To minimize stomach upset, unless you are told otherwise, always take your medicines with food. Except for some bone-building drugs like alendronate (Fosamax®) and risedronate (Actonel®), nearly all medicines can be taken with food. One exception is the thyroid supplement levothyroxine, also called Synthroid® or Levothroid®. Levothyroxine is absorbed more completely when you take it before you eat, compared with taking it with food.

Here Are 4 Ways to Help

Relieve Stomach Upset Caused by Your Medicine:

- 1. Take your pills last.**
Always try to take the offending medicine near the end of your meal, not at the beginning. You'll be able to dilute the effects of the drug much better if your stomach already has food in it instead of taking your pill with the first few bites of your meal or snack.
- 2. Dilute your medicine.**
Take the irritating medicine with a full glass of fluid, either water, juice, or milk. Try to avoid washing it down with a carbonated drink like pop or soda, which is very acidic and can aggravate instead of relieving stomach distress triggered by the medicine.
- 3. Space them out.**
If you're taking more than one medicine that causes stomach irritation, avoid taking them simultaneously. Instead, take medications that can cause stomach irritation at least two to three hours apart.
- 4. Ask for another medicine.**
If you vomit after taking your medicine, don't panic. If it's been at least 45 minutes since you swallowed it, most of it has already reached your system and you DON'T need to re-dose. If you took it less than 30 minutes ago, try taking it again after making sure you have both food and fluid in your stomach.

If your medicine is an antibiotic, if you vomit it despite taking it with food, inform your doctor right away to get a different one.

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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