

Pateros 2019 speed zones proposed



Courtesy City of Pateros

A new directional sign with a jumping salmon mounted on top, shows visitors the way to Ives Landing Park.

BY MIKE MALTAIS
STAFF WRITER

PATEROS - City administrator/public works supervisor Jord Wilson submitted his review of city speed limits at the regular meeting of the city council on August 19. Following a meeting with the Street and Parks Committee Wilson will propose a speed ordinance at the September council meeting. The 2019 speed zone proposals include:

- School Zone (when children are present) 20 miles per hour (mph)
Ives Street from North Street to Stadium Way.
Warren Street from North Street to Chris Street.
15 mph
North Street from Ives Street to Warren.
Beach Street from North Street to Stadium Way.
Stadium Way and Chris Street.
Narrow streets, alleys and parks 10 mph
Mansfield Street, Otto Street, Otto Alley, City alleys, City parks.
High pedestrian use 15 mph
Lakeshore Drive adjacent to Memorial Park.

In other business, work on well house #4 continues and is scheduled for completion by Oct. 14. Council members approved a third change order for the project not to exceed a cost of \$64,420.90. The approved changes include:

- Replace two main street poles and lights.
Extend the well casing for the pump pad.
Add bench and trash pads.
Remove and replace extra sod on the lake side of the roadway.
Add extra concrete width on the perimeter of the interior parking lot.
The city sold a surplus fire engine to the City of Vantage for \$5,000. Pateros purchased the 1994 Seagrave engine in 2011 but later discovered that the engine was not a good fit for the fire department. The fire department removed an estimated \$37,000 of tools and equipment off the Seagrave to use on an engine that better suits its needs. Tools and equipment included:
\$20,000 Hoses
6,000 Hand tools
5,000 Ladders
3,000 Nozzles

SEE ENGINE ON PAGE A2

Brewster Middle School hosts open house

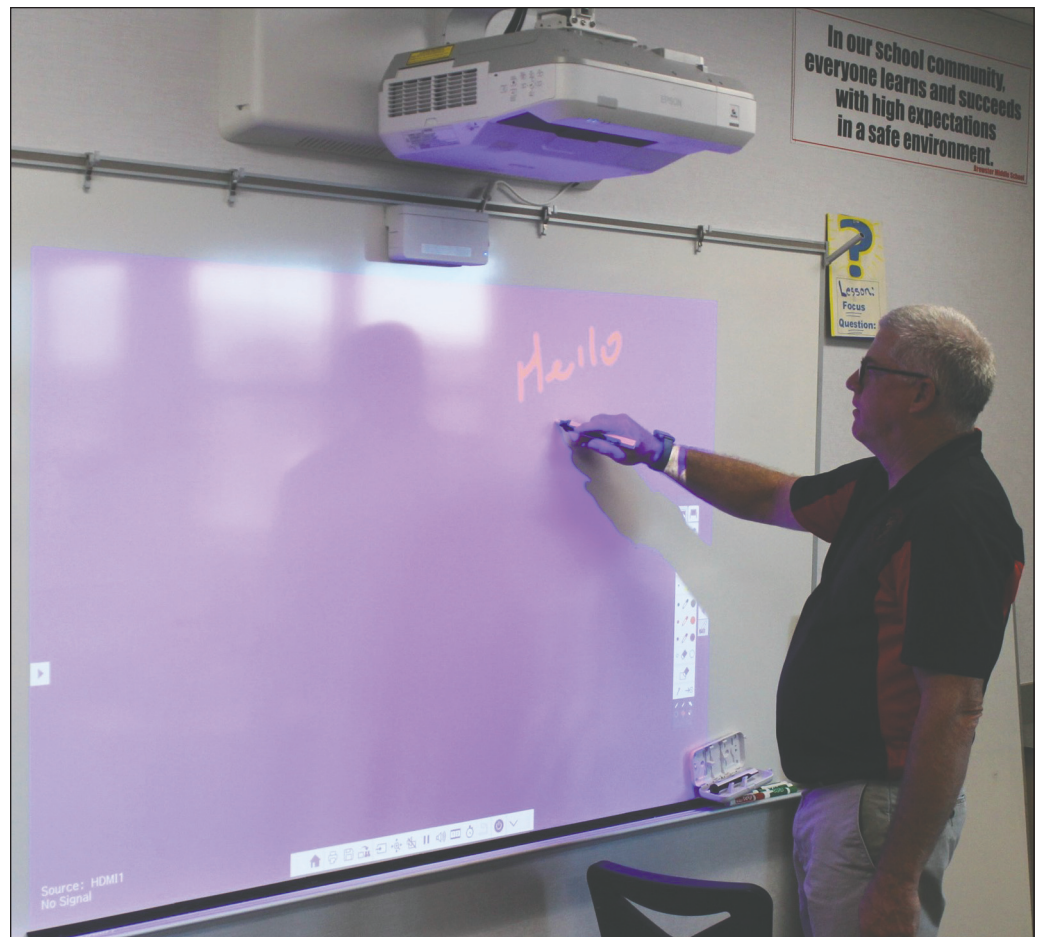
BY MIKE MALTAIS
STAFF WRITER

BREWSTER - The new Brewster Middle School opened its doors to public view during an open house last Thursday, August 22, to provide parents and students with a look at the new facilities greeting back-to-schoolers this year.

Brewster Middle School Principal Greg Austin was on hand to provide guided tours and point out many of the new features in classrooms and the performance center/gym. New features include touchscreen smart boards in place of conventional marker boards. The user employs a stylus instead of chalk or erasable marker that erases electronically.

The gym includes an elevated all-weather walking track that surrounds the space above the movable bleachers. A retractable screen that is nearly as large as the stage will facilitate movies, presentations, and similar events in the gym.

SEE SCHOOL ON PAGE A2



Mike Maltais/QCH

Brewster Middle School principal Greg Austin demonstrates a touchscreen smart board, one of the many new classroom features in the new middle school.

New DSHS investigator

Cariker resigns as Brewster Police Chief

BY MIKE MALTAIS
STAFF WRITER

BREWSTER - After 17 years with the Brewster Police Department, the last three as its chief, Nattalie Cariker is resigning her position effective August 31. Cariker is moving on to a new position at the Omak office of the Department of Social and Health Services (DSHS) as an investigator for Adult Protective Services. She will start her new position at DSHS on Sept. 1.

In a media release to the Quad Cariker said she accepted the DSHS position

because it will allow her to spend more time with her family, husband Kelly Cariker and their children. The Carikers were married in 2003 and have four children, two boys and two girls. The oldest is a teenager and the youngest a toddler

"I won't be on call, work weekends or holidays which occurs in police work," said Cariker. "I turn 40 this year and started thinking what I wanted to do with the next 20 years of my life."

Her new job will also allow Cariker to continue to work in investigations.

"One of the many reasons

I got into police work is for investigations," Cariker said.

Cariker was hired by the City of Brewster in 2001 and has spent her entire law enforcement career with the Brewster Police Department. She attended the police academy in Burien.

"I left being a full-time police officer for about one-and-a-half years to be a stay-at-home mother with my children," said Cariker. "I was a reserve officer and helped out on occasion."

Cariker returned to the Brewster Police Department

SEE CHIEF ON PAGE A3



Nattalie Cariker

Courtesy Brewster Police Department

Informational guide

New map recognizes First People of the Methow

BY MIKE MALTAIS
STAFF WRITER

TWISP - A new informational map designed to introduce users to the First People of the Methow Valley is now available in limited quantity at select outlets around the area.

Titled "First People of the Methow" the full-color, multi-fold piece focuses on the First People who arrived and settled along the Methow drainage some 11,500 years ago near the end of the Pleistocene Ice Age. The pocket-sized guide features one side with a topographic map showing locations of early settlements, gathering places, fishing sites, and trade routes used by the First People. It also includes sites of 10 informational

stops along the State Routes 153 and 20 that follow the Methow River from Pateros to Mazama and on to Washington Pass in the North Cascades. These stops include, from Pateros heading north, the Memorial to the Methow in Pateros, McFarland Creek Fishing area, Methow Valley Interpretive Center/Native Plant Gardens on the Twisp-Works campus, Twisp Ponds Discovery Center, Cottonwood Trail, the new Homestead Park in Winthrop, Interpretive Loop Trail at Sun Mountain, Sa Teekh Wa Trail in Winthrop, and Early Winters Campground.

A Purpose Statement released by the design team said the map "was produced to provide an introduction to the Methow Valley and its First People."

Methow tribal members, descendants of these First People, continue to live in this area practicing and passing along cultural traditions that came to them through previous generations.

"Users are encouraged to walk the trails and visit the interpretive sites noted on the map," invites the Purpose Statement. "Please respect the land and personal property. Do not disturb archaeological sites. Leave only footprints; take only memories."

Map team member Joanna Bastian said plans call for the map to be distributed to three pilot school districts in Okanogan County, with established MVIC field trip programs. David LaFever, Methow Valley Interpretive Center (MVIC) education

coordinator is working with Colville Confederated Tribe (CCT) curriculum specialists to develop program specifics that should be available next year. As funding becomes available maps will be distributed to all nine of the county's school districts.

Members of the team who created the First People map include:

- Joanna Bastian - writer
Randy Lewis - Methow descendant, Elder, historian, teacher
Crystal Miller - Methow descendant, CCT anthropology with the History/Archaeology program.
Arnold Cleveland - Methow descendant.
Chuck Borg - historian.
Mary Yglesia - former

SEE MAP ON PAGE A3



Place your Classified Ad in your Local Community Newspaper Online 24/7
NCWMarket.com

Place Employment and Rental Ads • Promote your Event or Business • Find a Job - Buy a Car - Rent a House ...

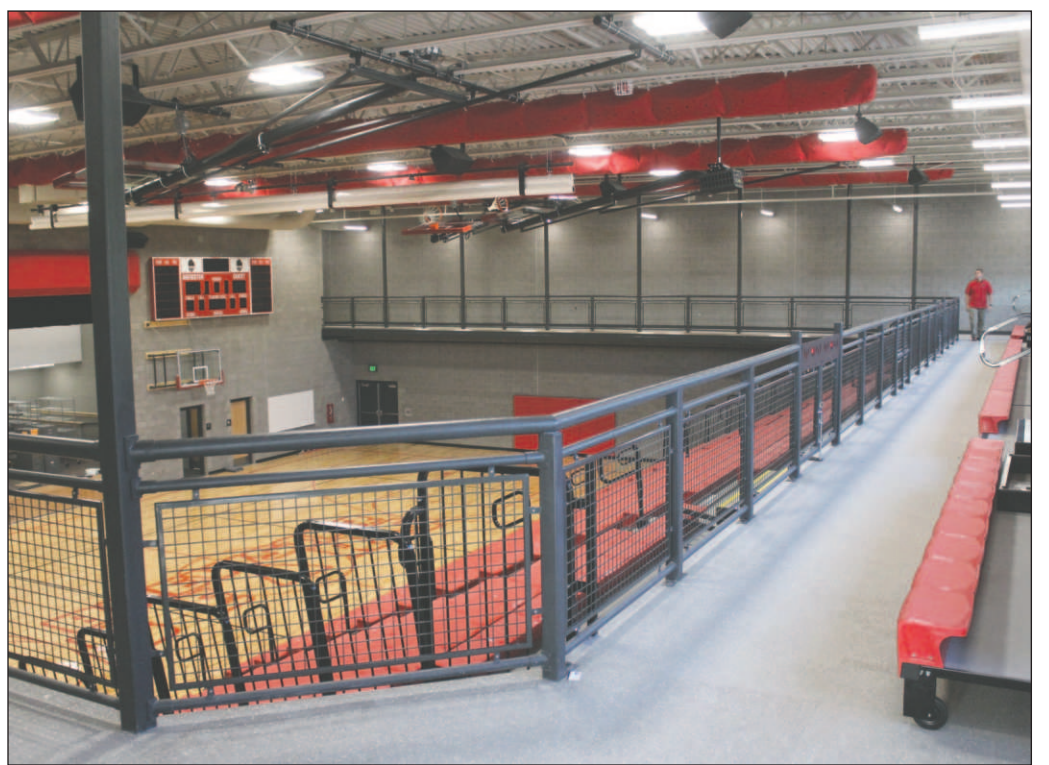
NCW MARKET.COM CLASSIFIED ADS
Your one stop spot to reach all of North Central Washington with a few Simple keystrokes.
BUSINESS JOURNAL
ECHO RECORD MIRROR HERALD

INSIDE THIS WEEK

Table with 2 columns: Category and Page Number. Includes Community/School, Births, Church Directory, Classified Index, etc.

INSERTS: Safeway

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



ABOVE: Brewster School Superintendent Eric Driessen, right background, turns the corner on the new indoor walking track that surrounds the middle school gym.

LEFT: A retractable video screen that is nearly the size of the stage is lowered for visitors during a tour of the new gymnasium and walking track.

BOTTOM LEFT: Bear tracks set into the concrete of the entry sidewalks add a mascot touch to the facility.



SCHOOL

CONTINUED FROM PAGE A1

Workmen were applying final touches to the interior and doing final cleanup prior to the start of school on Wednesday, August 28.

"This year the middle school will be primarily occupied by the elementary students as we remodel and update the elementary building," wrote superintendent Eric Driessen in his online newsletter (brewsterbears.org/newsletter). Grades 3, 5, and 6 will be in middle school, 4th grade will be in the portables. K-2 will remain in the elementary building."

Driessen said work is underway in the east side of the elementary building and is scheduled to be completed in January.

Students from the adjacent elementary school can access the new middle school through a breezeway connecting the two buildings.

Mike Maltais/QCH

TOP RIGHT: Brewster school students line up to speak with Brewster school guidance counselor Gina Kelly, left.

Students turn out for Bear Day



BOTTOM RIGHT: Brewster High School senior class representative Gabe Garcia, left, answers a question from fellow senior Javier Whighthouse during Bear Day last Thursday, August 22. The first day of school for Brewster and Bridgeport school districts is Thursday, August 28. Pateros and Mansfield schools start on Tuesday, Sept. 3.

ENGINE

CONTINUED FROM PAGE A1

• 3,000 Fittings
William Rose, chief of the City of Vantage Fire Department submitted an offer of \$5,000 for the Seagrave and wrote that the engine will be used to replace the city's only other engine, a 1981 Kenworth.

Pateros council members approved the offer.

The Ives Street/North Street chip seal project has been delayed until next spring because bids for the job came in too high for the Transportation Improvement Board to approve.

"I will be looking at adding road repairs due to our 2019 water leaks and repairs to that project in the spring of 2020," Wilson said.

Public works personnel have been performing city street sign maintenance

and installation to provide uniform signage that meets state Manual on Uniform Traffic Control (MUTC) standards.

Council approved a resolution to open a checking account at North Cascades Bank. In 2017 city clerk/treasurer Kerri Wilson interviewed three different banks in search of the one with the best rates and experience to handle interim financing for the city's Rural Development loan through the USDA. Wilson recommended North Cascades Bank as the best of the three.

Manganese contaminated

water continues to elicit complaints from city water users.

"The manganese finding its way to residential taps and toilets is residual manganese breaking loose from over 40 years of build-up," said Wilson. "Manganese breaking free in the lines is probably related to our new chlorine system."

Wilson said the increase in chlorine, the increased water pressure - up 22 pounds per square inch - and the amount of flow in lines - 19 million gallons in July - continues to scour out residual manganese.

QUAD CITY HERALD

© NCW Media Inc. 2019
310 E. Johnson Ave., Chelan, P.O. Box 37, Brewster, WA 98812
Phone: (509) 689-2507
Fax: (509) 682-4209

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

Contact Information

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

Managing Editor
Gary Bégin
509-571-5302
gary@ncwmedia.net

Reporter/Photographer
Michael Maltais
qchreporter@gmail.com

Reporter/Photographer
lcmceditor@gmail.com

Advertising Sales Director
carol@leavenworthecho.com
Carol Forhan • 548-5286
echoads@leavenworthecho.com

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

Classifieds/Legals
heraldads@qcherald.com

Circulation
509-293-6780
circulation@lakechelanmirror.com

Delivery
Gary Hopkins

Production Coordinator & Creative Services
RuthEdna Keys
prepress@lakechelanmirror.com
509-682-2213

Bookkeeper
509-548-5286

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. (and additional mailing offices)

Postmaster: Send address corrections to: Quad City Herald, P.O. Box 37, Brewster, WA 98812



Classifieds/Legals

Classified ads can be placed during normal office hours by calling (509) 689-2507, e-mailing heraldads@qcherald.com
Weekly rates:
\$12.00 for the first 30 words
50 cents each additional 5 words (over the 30 words)
Borders, bold words, headlines, logos, photos subject to additional charges.

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

Services

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

Deadlines

Letters to the Editor: Noon, Monday
Calendar Listings: Noon, Monday
News Submissions: Noon, Monday
Display Advertising: Noon, Monday
Legals: Noon, Tuesday
Classified Ads: Noon, Tuesday

Subscriptions

Okanogan/Douglas Counties (yearly) print \$40
Okanogan/Douglas Counties (yearly) print & web \$45
In State (yearly) \$50
Out of State (yearly) \$52
Good Neighbor (monthly) print or web, or both \$5

Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

Letters policy

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

Corrections

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

News Tips

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

On The Internet

website: www.qcherald.com
e-mail: qchreporter@gmail.com
advertising e-mail: heraldads@qcherald.com



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

LAKE CHELAN COMMUNITY HOSPITAL, GUILD B

Home Tour & Art Show

Saturday, Sept. 21 • 10 am - 4 pm

On a Whim

Italian Villa

Art Show Tsillan Cellars
10 am-4 pm • Free Admission • Featuring Northwest Artists

Tickets: \$25 per person
Available at: Lake Chelan Chamber of Commerce, Culinary Apple in Chelan, or from any Guild B member

Home Tour Information/Tickets • 1-800-4CHELAN or 888-0597
ONLINE TICKETS www.LakeChelanHomeTour.com

All proceeds are used to purchase needed medical equipment for Lake Chelan Community Hospital

No, you can't wrap a fish in a Web site,

...but you can get the local news online at www.qcherald.com

CHIEF

CONTINUED FROM PAGE A1

full time in November 2013 and was appointed Chief of Police in July 2016. When she assumed the reins, the Brewster Police Department was comprised of the chief, a supervisor, three officers and an administrative assistant/court clerk.

“During my time at Brewster Police Department

I was a Field Training Officer for new officers, child interviewer, and D.A.R.E. Officer,” Cariker said.

Cariker has been a D.A.R.E. (Drug Abuse Resistance Education) officer since 2003 and connected with Brewster elementary students through its 10-week program that included a graduation ceremony. For her students Cariker added a field trip to the jail, juvenile detention and court.

“The field trip can show students why not to get into trouble but also the different jobs that are available,” Cariker said.

The police department hosted its first National Night Out in 2016 and has been having an annual one ever since.

“It’s a great way for first responders and other organizations to come together in community participation in a non-emergency manner,” said Cariker. The community

can obtain helpful information and meet employees of the departments and organizations.”

The Brewster Police Department holds a Cops N Kids event every December at the Brewster Boys and Girls Club. Along with Mr. and Mrs. Santa and refreshments, a Christmas Shoppe allows children and parents/guardians to purchase family Christmas gifts for \$1 per item.

“It’s a great affordable way

to have Christmas for families,” Cariker said.

Cariker said it is important for the police department to be involved in the community in a positive manner while still enforcing traditional requirements of traffic, patrol, investigation and municipal codes.

“It’s important for the department to be connected with the school by attending PAC meetings, sporting events, school meetings, crosswalk

patrols, Halloween Safety presentations, general safety/law enforcement talks, and even 9-1-1 presentations with OCSO (Okanogan County Sheriff’s Office) dispatch.”

Officer Adam Nichols will serve as interim chief until the mayor can appoint a new chief. Brewster clerk/treasurer said the city will also get some help from the Okanogan County Sheriff’s Office while the Brewster department is short on officers.



Mike Maltais/QCH

A human chain of volunteers pass a chinook spawner held in a rubber “boot” as the cargo goes from hand to hand to eventual release into the Columbia River. See more photos at qcherald.com

Back to historic habitat

Colville tribes complete third salmon release

By MIKE MALTAIS
STAFF WRITER

NESPELEM – For the third time over a three-week period, the Colville Confederated Tribes (CCT) released spawning stocks of adult chinook salmon into the Upper Columbia River system. In cultural ceremonies above Chief Joseph Dam, above Grand Coulee Dam and near Kettle Falls the CCT, in conjunction with the Colville Tribes Fish and Game Department (CTFG), reintroduced salmon back into traditional habitats that have not seen the species in decades since the dams were built.

The latest release last Friday, August 23, was near Kettle Falls in Stevens County and about 30 miles south of the Canada-U.S. border. The area is a traditional early fishing site for Columbia River tribes.

The second release above Grand Coulee Dam on the Columbia River near Keller released 30 chinook spawners on August 16. The first re-

lease was above Chief Joseph Dam in Rufus Woods Lake near Nespelem on August 9.

The releases are part of an ambitious and long-term four phase plan to reestablish fish stocks in their historic waters in the Upper Columbia River system. That effort began in 2014 at the Future of Our Salmon Conference which supported restoring salmon back to historic waters. Soon after a 15-tribe coalition developed a phased approach to fish passage and the Northwest Power and Conservation Council adopted a similar approach.

The summer chinook used for the releases came from the Wells Dam hatchery.

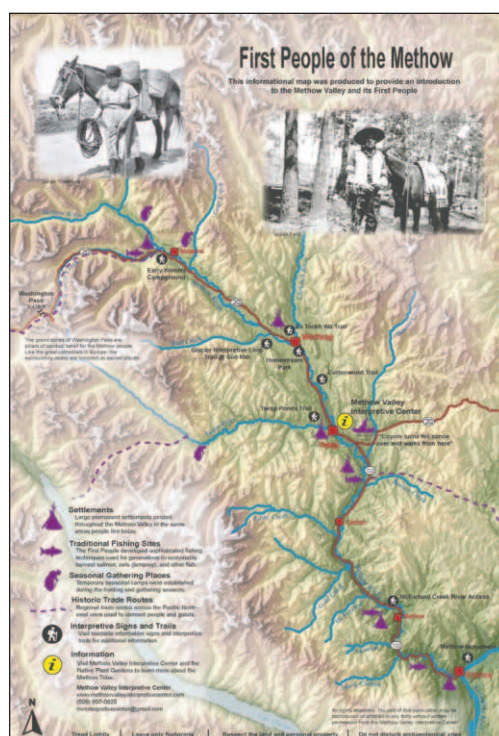
At the first release tribal member Angela Davis observed that “the spirit has returned to the river.”

“Our elders teach us that each of us has a purpose on this earth and so do the salmon,” said CCT council chairman Rodney Cawston at the first release site. “We’ve seen the negative impacts to salmon and it’s time to right

something that’s been wrong for 80 years now.”

A CCT media release noted that another 60 summer chinooks were released into Rufus Woods as part of a tracking study to determine how effective the new transplants will use the spawning habitat and monitor their movement behavior among other data collected.

The releases signaled the end of Phase I of the reintroduction program. Phase II will investigate interim passage facilities that will allow salmon a means to be transported over dams into their traditional waters. One of those passage options is the Whooshh salmon cannon, a technology that transports salmon quickly and harmlessly through a flexible pressurized tube from one body of water to another. Representatives of Whooshh Innovations discussed their fish transport technology with attendees at the CCT First Salmon ceremony at the Chief Joseph Hatchery last May.



Courtesy MVIC

One side of the 30 x 16-inch multi-fold, pocket-size guide features a map of the Methow River and State Routes 153 and 20 from Pateros north to Washington Pass. First people highlights include early settlements, fishing sites, gathering places, trade routes and current interpretive signs and trails. The opposite side features a historic timeline, with photos of early and contemporary life of the First People and their descendants.

MAP

CONTINUED FROM PAGE A1

MVIC executive director.

Julie Grialou - Methow Conservancy (MC).

Two anonymous donors funded the map, one through the Methow Conservancy, and one through the MVIC. The MVIC is a fiscal sponsor.

The Colville Confederated Tribes (CCT) History/Archaeology program provided oversight and editing. Graphic design is by Tara Gregg of Terra Firma Design. Images and artwork were donated by the CCT History/Archaeology Program, MVIC, Methow Conservancy, Okanogan County Historical Society, artist Vir-

gil “Smoker” Marchand, David Moskowitz, Tom Forker, Solveig Torvik, Randy Lewis, and the Miller family.

The map was presented to and approved by the Colville Business Council.

“With less than 2,000 to distribute, we had to limit our distribution points to a small sampling of school districts, museums and libraries in Okanogan County,” Bastain said.

The First People of the Methow map is available at:

- Pateros - Museum and Public Library
- Twisp - MVIC, Methow Arts, and Public Library
- Winthrop - Shafer Museum, Public Library, and Methow Conservancy
- Fort Okanogan Interpretive Center
- Omak Public Library
- Okanogan Public Library
- Colville Tribal Museum

Donors who wish to contribute toward production of additional copies of the First People of the Methow map are encouraged to contact MVIC at email mvinterpretivecenter@gmail.com or call 509-997-0620. The MVIC map point of contact is David LaFever, Methow Valley Interpretive Center Education Coordinator at 509-919-0686 or email dhlafever@gmail.com.

MVIC is located at the TwispWorks Campus, 210 Fifth Ave., Twisp 98856. The website address is methowvalleyinterpretivecenter.com.

www.qcherald.com

American Flair at Our Okanogan County Fair

September 5-8th

HURRY! Fair Registration Closes Aug. 31

Pro-West Rodeo
Friday & Saturday
Sept. 6 & 7 • 7 p.m.

Horse Racing
Saturday, Sept. 7 • 11 a.m.
Sunday, Sept. 8 • 1 p.m.
Horse Nation Relay Races
Kids Races • Gate Races

Night Riders

Kids Games

Nashville Stars

Robert Henry Band

Joe Stoddard

The Company Band

Branch and Dean

Live Entertainment Daily!

**175 Rodeo Trail Rd. ~ Between Omak and Okanogan
Just off Hwy. 97 • 509-422-1621 • okanogancounty.org/fair**

FAMILY HEALTH CENTERS
YOUR FAMILY, YOUR HEALTH, YOUR CHOICE

Erin Cooley M.D.
MD from the University of Washington

Dr. Cooley has experience in LGBT/Gender Affirming Care, OB, women’s health, preventative medicine and community organizing, and is ready to provide you with the care you deserve.

Seeing patients NOW in our Brewster Jay Clinic

MOST PRIVATE INSURANCE ACCEPTED AND REDUCED FEE AVAILABLE FOR THOSE WHO QUALIFY

“I am looking forward to living in a place where I can play in the outdoors in my free time and have an impact on my community within my job. I am grateful to be part of an organization that is finding innovative ways to keep our community healthy..”

800.660.2129

www.myfamilyhealth.org

DEATH NOTICES/SERVICES

Toni Roberson, Tony Zaversnik

There will be services for both Toni Roberson, and her father Tony Zaversnik, Saturday, September 21, 2019 at 11 a.m., from Barnes Chapel. This will be followed with a luncheon-reception at the American Legion in Brewster at 1 p.m.

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

LIBRARY NEWS

Rewarding volunteer opportunity, join the Friends of the Brewster Library

BREWSTER - The Friends of the Brewster Library will meet on Tuesday, Sept. 24, 6:30 p.m. at the Brewster Library. Join them as they rebuild their volunteer group. Meet with fellow library enthusiasts and work alongside library staff to support library improvements, programs, and events. Are you ready to begin making a positive impact in your community? They hope to see you there. Questions, contact Rebecca Zion at 509-689-4046 or email brewster@ncrl.org.

About North Central Regional Library (NCRL)

NCRL is a rural library district with 30 branch libraries, a couple of bookmobiles, and a mail order library serving five counties. Established in 1960, NCRL currently has a collection of more than 700,000 books and other materials. The library district maintains this wonderful collection and provides the staff for each branch. The mission of the North Central Regional Library is to promote reading and lifelong learning.

COMMUNITY BULLETIN BOARD

Thursdays

S.A.I.L classes

BREWSTER - S.A.I.L (Stay Active and Independent for Life) classes are Thursday, 10-11 a.m. at the Brewster-Pateros-Bridgeport Senior Center.

Tuesday, Wednesday, Thursday

Brewster Senior Center Rummage Room

BREWSTER - Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 12:45 a.m. Tuesday through Thursday. Donations will be accepted during store hours at the back door for the Rummage Room. No children's clothing. They will take "small pieces of furniture and sometimes larger items."

August 30

Farmers Market

BREWSTER - The Brewster Farmers Market is held every Friday, 2-5 p.m. at the Brewster Grange Hall, located at the corner of Highway 97 and Grange Road in Brewster. The market will continue thru mid-October.

Sept. 2

Study Group for Citizenship / Grupo de estudio para la ciudadanía

BRIDGEPORT - Join us at the library as we study materials and practice answering citizenship test questions on Mondays 1-2 p.m. at the Bridgeport Public Library. / Los lunes unase a nosotros en la biblioteca de Bridgeport de 1-2 p.m. para repasar materiales y practicar a contestar las preguntas del examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 686-7281 or email atrejo@ncrl.org.

Sept. 2

TOPS meeting

BREWSTER - TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m., Brewster Boys and Girls Club, 601 Cliff Ave W. Preteens, teens, adults - male, female welcome. First meeting is free. TOPS Club, Inc. ® is an affordable, nonprofit, weight-loss support and wellness education organization. Learn about nutrition, portion control, food planning, exercise, and motivation. For info: Joyce Anderson, Coordinator, (509) 922-8820, visit www.tops.org, call TOPS Headquarters, (800) 932-8677.

Sept. 3

Citizenship Study Group/ Grupo de estudio para la ciudadanía

BREWSTER - Join us at the library as we study materials and practice answering citizenship test questions on Tuesdays 1-2 p.m. at the Brewster Public Library. / Los martes unase a nosotros en la biblioteca de Brewster de 1-2 p.m. para repasar materiales y practicar a contestar las preguntas del examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 689-4046 or email atrejo@ncrl.org.

Sept. 3

VFW Post #6853 to meet

CHELAN - VFW Post #6853 will meet at the Clubhouse at the Horse shoe Pits (near Chelan Valley Hope) at 6:30 p.m. To join the VFW call Post Commander Steve Palmush at (509) 670-3346 or email: chelanvfw@gmail.com

Sept. 4

American Legion Auxiliary to meet

BREWSTER - American Legion Auxiliary Unit 97 of Brewster will meet Sept. 4, beginning at 6 p.m. at the American Legion Post. All members are encouraged to attend to discuss the status of the Unit.

Sept. 4

American Legion to meet

BREWSTER - American Legion Post 97 of Brewster will meet Wednesday, Sept. 4, beginning at 6 p.m. at the American Legion Post.

Sept. 4

Brewster Chamber to meet

BREWSTER - The regular Brewster Chamber of Commerce meeting will be held Wednesday, August 7, 9-10 a.m. at the Columbia Post 97 American Legion building at 102 N. Third Street in Brewster. All are welcome to join them for community updates, lively discussions and business education opportunities. For information: Mike Mauk, (509) 593-0771.

Sept. 4

Toddlers & Waddlers Storytime for Little Ones

BREWSTER - Looking for an exciting way to start off the day for your little ones? Join us at the Brewster Public Library for rhymes, stories and playtime every Wednesday at 11 a.m. For more information, Rebecca Zion at (509) 689-4046, email brewster@ncrl.org

Sept. 4

North Cascades Sportsman's Club

CHELAN - The North Cascades Sportsman's Club Board meetings are held the first Wednesday of the month at 7 p.m. Meetings take place at the Chelan PUD located at 1034 E. Woodin Ave. in Chelan.

Sept. 10

Cancer Support Group

CHELAN - The Women's Wellness Group, cancer support group, meets the second Tuesday of each month with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m. For more information, contact Anne at 682-8718.

Sept. 11

Lilac Services for the Blind meetings

WENATCHEE - The Wenatchee Valley Chapter of the Lilac Services For the Blind meets every second Wednesday of the month at 4 Kittitas St. across the street from the bus station in Wenatchee, second floor, at noon. All with sight impairment are welcome. For information: Rae Hall, (509) 888-7597. On Mondays and Tuesdays call (509) 423-5178.

Sept. 13, 20

Brewster area monthly bus trips to Omak and Wenatchee

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Sept. 13. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Friday of each month, Sept. 20, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Sept. 13

VFW Auxiliary to meet

CHELAN - VFW Post #6853 Auxiliary meets the second Friday of the month at the Heritage Heights Assisted Living meeting room, 505 E. Highland Avenue, at 2 p.m. Anyone interested in joining can call Carol Palmush at (509) 682-5624.

Sept. 14

Beaver celebration to be held

WINTHROP - The Methow Beaver Project will hold its first Beaver Celebration on Sept. 14 and 15, 5-9:30 p.m. Come join in the fun at this free event, starting with a social in Mack Lloyd Park at 5 p.m. on Saturday the 14th. At 6:30 p.m., the celebration will move into the Winthrop Barn for presentations by Ben Goldfarb and Sarah Koenigsberg, who will screen her feature film The Beaver Believers. Beaver restoration site tours will be offered on Sunday morning, the 15th, sign up at Saturday's event and choose an easy, moderate, or more strenuous option.

Sept. 16

Compassionate Friends to meet

WENATCHEE - The Compassionate Friends is an organization offering friendship, understanding and hope to bereaved parents and their families. They are bereaved parents reaching out to bereaved parents. Anyone who has had a child or loved one die in their family is invited to their monthly meeting on Monday, Sept. 16, 7-8:30 p.m., Grace Lutheran Church, 1408 Washington Street. For information: Carol, (509)860-3620.

Sept. 17

Help available for Douglas County veterans

BRIDGEPORT - Sarah Simonson the Veterans Service Officer for Douglas County, sets up an outreach/satellite office in Bridgeport once a month on the third Tuesday of the month, in the town office's conference room 10 a.m. to 2 p.m. You can find her on Facebook at: https://www.facebook.com/douglascountytvso/

Senator Brad Hawkins 2019 Listening Tour

Tuesday, Sept. 3
8:30 a.m. to 9:30 a.m. - Cashmere City Hall
2 p.m. to 4 p.m. - Leavenworth City Hall

Wednesday, Sept. 4
8:30 a.m. to 9:30 a.m. - Quincy City Hall
10 a.m. to 10:30 a.m. - Rock Island City Hall
1:30 p.m. to 5 p.m. - Confluence Technology Center, Wenatchee

Thursday, Sept. 5
9 a.m. to 10 a.m. - Mansfield School District Office, Mansfield
11:30 a.m. to 12:30 p.m. - Pateros Sweet River Bakery, Pateros
3 p.m. to 5 p.m. - TwispWorks, Twisp

Friday, Sept. 6
10 a.m. to 11 a.m. - Mazama General Store, Mazama
2:30 p.m. to 4:30 p.m. - Lake Chelan School District Office, Chelan

Saturday, Sept. 7
9 a.m. - Meet at Chelan Butte trailhead in Chelan for community hike

If you are interested in scheduling an individual or group appointment, please send an email to brad.hawkins@leg.wa.gov or phone his legislative office in Olympia at 360-786-7622.

BUSINESS & SERVICE DIRECTORY

PEST CONTROL

STEVE'S PEST CONTROL

Over 35 years of experience!

- Full Service Pest Control
- Free Inspections
- Crawl Space Repairs
- Handyman Services

www.Steves-PestControl.com
Steve is Back!
Lic#13858 Contr. STEVEC8128G

CALL YOUR LOCAL BUG MAN
509-439-0358

Add your Business or Service to this Directory
Call Lindsay
509-860-7301 or Ruth - 682-2213

Dezelle Hill Road emergency slide repairs to begin Sept. 3

BRIDGEPORT - Work on the Dezelle Hill Road Slide will begin on Sept. 3, and continue for approximately 2 weeks. The road will be closed during construction at milepost 0.0 (SR Highway 173) to milepost 4.17 (N. Division Rd.). For questions please call Douglas County Transportation and Land Services at 509-884-7173.

FAMILY HEALTH CENTERS
BE YOUR BEST SELF

WHOLE PERSON HEALTH
PHYSICAL EMOTIONAL SOCIAL

PRIVATE INSURANCE WELCOME

800.660.2129

OBITUARY & MEMORIAL POLICIES
NCW MEDIA, INC.

An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later. Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to. Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday. Obituaries are priced per word while Memorial ads are per column-inch. For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

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 Ryan Kilgore

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

PUD addresses rate stabilization fund

COMPILED FROM A REPORT BY SHEILA CORSON, COMMUNITY RELATIONS COORDINATOR

OKANOGAN - The Okanogan County PUD board discussed establishing a financial policy, including a proposal by staff on managing the rate stabilization fund at its August 12 board meeting.

General Manager Steve Taylor said he worked with Treasurer Janet Crossland and Director of Finance and Accounting Don Coppock to form the proposals, which involved four areas: key performance indicators, financial targets, the rate stabilization fund and a vehicle replacement fund.

Taylor suggested the district define what the rate stabilization fund is meant to accomplish. The staff proposal was that the fund is meant only to help with "unusual, unforeseen financial circumstances," such as the extra \$1 million in power purchases in February. The fund could be used to cover the unexpected expenses compared to the budget, then the proposed policy gives three

years to replenish the fund back to the \$6 million mark.

Commissioners discussed methods to replenish the fund, either constantly or on an as-needed basis while avoiding rate increases. Staff said the fund is not meant to avoid rate increases altogether, as that is not sustainable. However, it could mean avoiding sudden rate increases in response to unforeseen circumstances.

Staff also suggested starting a vehicle replacement fund. The district vehicle purchases vary year-to-year, since many of the large trucks cost as much as half a million dollars each. Instead of a fluctuating budget each year, a steady monthly contribution could fill the fund to allow for easier budgeting, based on a 10-year plan.

Key performance areas and financial targets serve to gauge the district's financial standing and give guides by which to achieve higher ratings for borrowing money. Taylor suggested raising some of those targets, such as the debt service ratio and days of

cash on hand, in order to be in an even stronger position.

The financial policies will be reviewed by the policy committee, then brought back to the board for approval.

In other business:

- Director of Power Resources and Broadband Services Ron Gadeberg reported that wholesale power sales were under budget again, due to low water flows leading to less power to sell. Wholesale sales for the year so far are \$2.1 million under budgeted amounts. Retail sales are also about \$811,428 under budget.

- Gadeberg advised that broadband customers have reached 2,023 through retail service providers. The district has been losing access points lately, which are 5-6 years old. In the heat the units tend to reboot, but in two weeks' time eight of them failed instead of rebooting. Several more have failed since then. The district had been losing one or two per year. However, replacements are available, and the district has begun upgrading the units.

Schools holding fall sports practices



Mike Maltais/QCH

Brewster Bears assistant varsity coach Travis Todd, left, tosses the football to a player during warmup workouts on Champion Field this week. Brewster, along with Bridgeport, Pateros, and Mansfield is holding practices for football and other fall sports now.

Bridgeport Highly Capable Program seeks nominations

SUBMITTED BY BRIDGEPORT SCHOOL DISTRICT

BRIDGEPORT - Bridgeport School District is committed to identifying and providing for the unique educational needs of all of our students. At this time, the district is soliciting nominations from parents, school staff, and community of students that are believed to have a high capacity to learn quickly, deeply, and/or broadly, so that we can better provide an individualized educational service to each of our students. Students nominated through this process will be considered for enrollment in the district's highly capable

program based upon screening and assessment with the permission of their parent/guardian.

Definition of highly capable students means those students who:

Perform or show potential for performing at significantly advanced academic levels when compared with others of their age, experiences, or environments.

(1) Capacity to learn with unusual depth of understanding, to retain what has been learned, and to transfer learning to new situations;

(2) Capacity and willingness to deal with increasing levels of abstraction and complexity

earlier than their chronological peers;

(3) Creative ability to make unusual connections among ideas and concepts;

(4) Ability to learn quickly in their area(s) of intellectual strength; and

(5) Capacity for intense concentration and/or focus.

(WAC 392-170-035, WAC 392-170-036)

Nomination forms may be obtained from the district office or found on the Bridgeport School District website (<https://www.bridgeport.wednet.edu>). Please return completed forms to the district office by September 27, 2019.

DOUGLAS COUNTY SHERIFFS REPORT

August 14
Welfare check at 75 Buckingham Alley, Bridgeport Bar.
Theft at 56 Gun Club Road, Bridgeport.

August 15
Agency assistance at 75 Buckingham Alley, Welfare check at 1624 Columbia Ave. in Bridgeport.
Noise at 412 Fairview Ave., Bridgeport.

August 16
Domestic disturbance at 105 Arden Ave., Bridgeport Bar.
Public assistance at 320 22nd St., No. 3, Bridgeport.
Public assistance at 635 State Route 173, Bridgeport Bar.
Noise at 1529 Tacoma Ave., Bridgeport.
Animal problem at 1708 Fish Ave., Bridgeport.

August 17
Suspicious incident at Crane

Orchard Road, milepost 1, Bridgeport.
Disturbance at Fairview Ave. and 12th St., Bridgeport.
Trespass at 13356 State Route 17, Bridgeport.

August 18
Malicious mischief at 1218 Columbia Ave., Bridgeport.
Agency assistance at State Route 17, milepost 135, Bridgeport.

August 20
Trespass at 1220 Kryger St., Bridgeport.
Juvenile problem at 2331 Monroe Ave., Bridgeport.

August 21
Domestic disturbance at 700 Columbia Ave., No. 9A, Bridgeport.
Agency assistance at 10 McCormack St., Bridgeport.
Harassment/threat at 5 Richard Ave., Bridgeport.

Noise at 16th Street and Douglas Avenue, Bridgeport.
Agency assistance at 600 N. Seventh St., Brewster.
Assault at 39 E. First Ave., Mansfield.
Civil incident at 124 Fir Ave., Bridgeport Bar.

August 22
Non-injury accident at 646 State Route 173 area, Bridgeport.

August 24
Vehicle theft at 2405 Monroe Ave., Bridgeport.
Animal problem at 557 State Route 173 area, Bridgeport.
Noise at 1705 Raymond Ave., Bridgeport.

August 26
Hazard at Rd. 28 N.E. and Rd. L N.E., Bridgeport.
Welfare check at 124 Fir Ave., Bridgeport Bar.
Disturbance at 700 Columbia Ave., No. 9A, Bridgeport.

THE WASHINGTON OUTDOORS REPORT

Downs Lake will lift your spirits

BY JOHN KRUSE, HOST OF NORTHWESTERN OUTDOORS RADIO AND AMERICA OUTDOORS RADIO

Suffering from a case of the summertime blues? Is life's fast and frantic pace stressing you out? There's a tonic for that and you'll find it at the most unlikely of named destinations, Downs Lake.

That's where I went a few weeks ago after loading my kayak into the back of my pick-up, placing a couple of fishing rods in the cab, and bringing a digital camera for good measure. Located in Spokane County, this 425-acre lake is easily accessible from Interstate 90 (Exit 245) and the small town of Sprague. The lake itself sits in a region known as the channeled scablands, a rural area of lakes, ponds and coulees surrounded by basalt rock formations, all formed by the Great Missoula Flood some 14,000 years ago.

Downs Lake is a peaceful place - you won't find jet skis or water skiers here. The only public access and boat launch available is at Downs Lake Resort, a rustic but pleasant place to pitch a tent or park an RV if you want to stay the night. Pay a small boat launch fee then hit the water. During the summer, huge rafts of lily pads cover much of the lake and other portions are unfishable because of weed growth. However, if you paddle your way through a channel cut through the pads, you'll be able to access about 75 acres of water on the other side of the lake where the water is deeper and the fishing is good.

During my day on the water I fished along the edge of the lily pads and cast small jigs tipped with worms. I was rewarded with lots of six-inch perch, a nice 10-inch crappie and an 11-inch rainbow trout. I also hooked and lost quite a few others to include a nice largemouth bass. Other fish found in Downs Lake include uncommon species such as tench and grass pickerel.

The weather was perfect:



Courtesy Northwestern Outdoors Radio and America Outdoors Radio
Turtles (above) and perch (below) can be found at Downs Lake in Spokane County.

Sunny with temperatures in the mid 80's coupled with a soft breeze that blew over the water throughout the day. Better still was the wildlife. From turtles in the water to birds of the air, there was much to see. In fact, I found out I was far from the only angler on the lake. There are two resident bald eagles that perch in a tall Ponderosa near the shoreline, osprey that soar above the water looking for their next meal, and flocks of small Bonaparte's gulls that flew all around my kayak. The gulls would call to each other with a "Keh...Keh" sound as they flapped their wings a few yards above the water before stopping, hovering for a moment and then diving to the surface to catch small fish.

Experiencing all of this from a quiet platform like a kayak, immersing my hands into the water or paddling alongside the lily pads, was an intimate experience that proved to be a very effective way to decompress. Better still, there are no side effects to this sort of therapy except for good memories and a desire to repeat the experience again.

Downs Lake is open for fishing from March 1 through September 30. Check the WDFW regulations for details about catch limits.

Other places to kayak, fish and watch wildlife:

Deception Pass State Park
Cast for Coho and pink salmon during the next couple of weeks from the beach in this popular state park at the north end of Whidbey Island near Deception Pass; then go on a 90-minute guided kayak tour



with Anacortes Kayak Tours out of Bowman Bay at the north end of the park. Keep your eyes peeled for seals, porpoise and maybe even a whale. www.anacorteskayaktours.com

Columbia Hills State Park
Horsethief Lake in the Columbia River Gorge is an 85-acre lake bordering the Columbia River. Enjoy the views of the scenic gorge and nearby Horsethief Butte while fishing for trout and bass. Raptors to include various hawks, bald eagles and osprey are common and don't forget to check out the Native American pictographs at the park.

Sinlahekin Wildlife Area
Blue Lake is a 205-acre body of water within the Sinlahekin Wildlife Area north of Conocully in Okanogan County. Sightings of deer along the shoreline and a variety of different birds in and around the lake go hand in hand with good spring and fall fishing for nice sized rainbow and the occasional brown trout. Selective regulations rules (single barbless hooks and no bait) are in effect here.

Programa Altamente Capaz

El Distrito Escolar de Bridgeport está comprometido a identificar y proveer las necesidades educativas únicas de todos nuestros estudiantes. En este momento, el distrito está solicitando nominaciones de los padres, el personal escolar y la comunidad de estudiantes que se cree que tienen una gran capacidad para aprender de manera rápida, profunda y/o amplia, de modo que podamos brindar un mejor servicio educativo individualizado a cada uno de nuestros estudiantes. Los estudiantes nominados a través de este proceso serán considerados para la inscripción en el programa altamente capacitado del distrito basado

en la evaluación y evaluación con el permiso de sus padres/tutores.

Definición de estudiantes altamente capaces significa aquellos estudiantes que:

Realizar o mostrar potencial para desempeñarse en niveles académicos significativamente avanzados en comparación con otros de su edad, experiencias o entornos.

(1) Capacidad para aprender con una profundidad inusual de comprensión, para retener lo que se ha aprendido y para transferir el aprendizaje a situaciones nuevas;

(2) capacidad y disposición para tratar con niveles crecientes de abstracción y com-

plejidad antes que sus pares cronológicos;

(3) capacidad creativa para hacer conexiones inusuales entre ideas y conceptos;

(4) Capacidad de aprender rápidamente en su (s) área (s) de fortaleza intelectual; y

(5) Capacidad para concentración intensa y/o concentración.

(WAC 392-170-035, WAC 392-170-036)
Los formularios para realizar tales nominaciones pueden obtenerse en la oficina del distrito o en el sitio web del Distrito Escolar de Bridgeport (<https://www.bridgeport.wednet.edu>). Por favor devuelva los formularios completados a la oficina del distrito antes del 27 de septiembre de 2019.

Local students win CFNCW scholarships

BY MIKE MALTAIS
STAFF WRITER

QUAD CITIES - Seven Quad Cities students are among a select group in North Central Washington to receive scholarships from the Community Foundation of North Central Washington (CFNCW) for 2019.

CFNCW awarded 307 scholarships totaling \$666,040 to 200 NCW students, a record disbursement for the foundation. Quad City recipients include:

Brewster: Andrea Baird, and Beatriz Martinez-Garcia; Pateros: Yamile Ascencion, Litzy Gomez and Ashlyn Gonzalez-Soriano; Mansfield: Eugene MacDonald and Ariana Salcido.

The CFNCW Scholarship Committee received and re-

viewed more than 3,000 applications for scholarships this year. Their recommended finalists were then reviewed and approved by the Board of Trustees.

"These scholarships support such a diverse range of students" said Julie Mott, scholarship program specialist. "Some focus on area of study while others seek to help the students who have overcome obstacles. There are opportunities for nearly every student."

The CFNCW has awarded more than \$5 million in scholarships since 2003, and annual award disbursements continue to grow each year. CFNCW manages more than 100 scholarships established by businesses, individuals and families who determine the qualification criteria. Most

of those are directed toward students with the greatest financial need to help ease some of the burden of higher education costs.

CFNCW Executive Director Beth Stipe said scholarship and endowment funds are pooled and invested for long term growth.

The scholarship application process is completed online. The applicant creates an account and completes an eligibility quiz to help match the applicant with compatible scholarships. The deadline to apply for most scholarships is March 1. Winners are notified by May 8.

For more information about the CFNCW application process, contact Julie Mott at 509-663-7716 or email scholarships@cfncw.org.



FAMILY HEALTH CENTERS
YOUR FAMILY, YOUR HEALTH, YOUR CHOICE

FREE SPORTS PHYSICALS

EXAMENES FISICOS GRATUITOS PARA DEPORTES

CALL TODAY TO BOOK YOUR APPOINTMENT

800.660.2129

JULY 15TH - SEPTEMBER 15TH

YOU DON'T HAVE TO BE A FAMILY HEALTH CENTERS PATIENT TO TAKE ADVANTAGE OF THIS OFFER.
USTED NO TIENE QUE SER UN PACIENTE DE FHC CON EL FIN DE TOMAR VENTAJA DE ESTA OFERTA.

Tis the season for ragweed

Yesterday morning I woke up feeling under the weather. Stuffy nose? Check. Runny nose? Check. Sinus pressure? Check. Sneezing? Check. Is it August? Check. Aaagh, it must be ragweed season again!

I have allergic rhinitis, which is inflammation of my nose from exposure to something I'm allergic to. Airborne pollens can stick to the inside of your nose and throat and trigger an allergic reaction, which used to be called hay fever because doctors associated it with plant pollens like hay.

Allergic rhinitis can be either seasonal or perennial (year-round). Seasonal allergic rhinitis is usually triggered by plant-based pollens, which are identified by the time of year that your symptoms flare up, while perennial symptoms are often from molds and pet dander.

Grasses and trees like birch, oak, elm, and maple release their pollens in the spring and early summer, while weeds like



ragweed produce their pollen in late summer and early fall. Ragweed is related to marigolds, chrysanthemums, and daisies, and is one of the most common seasonal allergies, creating a fine powdery pollen that can be carried for hundreds of miles on the wind.

To treat my ragweed allergy, what I take for it depends on which symptoms are making me miserable. Sometimes my eyes itch and water, but usually my nose is both running constantly, called rhinorrhea, and also is congested. This year I have sneezing, nasal congestion, rhinorrhea and sinus pressure.

Allergic rhinitis is triggered by a chemical called histamine. Your body stores histamine in special cells called mast cells,

and when it recognizes pollen or cat dander as something you are allergic to, the mast cells in your nose open up and release histamine, creating the misery of your allergic reaction.

Medicines called mast cell stabilizers can BLOCK this chain reaction from starting by keeping histamine safely locked up inside your mast cells. If my eyes get itchy and are watering, my favorite remedy is prescription-strength over the counter (OTC) ketotifen eye drops. Ketotifen works not only as a mast cell stabilizer but is an antihistamine, too, making it able to both prevent and relieve allergic reactions. Once sold as the prescription drug Zatoro®, ketotifen is available as a generic and Alaway® eye drops.

Steroid nose sprays decrease inflammation and are the most effective way to treat allergic symptoms, especially those that involve the nose, like sneezing, sniffing and stuffiness. There are several agents available

without a prescription.

Oral antihistamines can be used either with or without eye drops or steroid nasal sprays, and can relieve all of your allergic rhinitis symptoms. Diphenhydramine (Benadryl®) is one of the most effective antihistamines available OTC, but has to be taken every 6 hours and causes drowsiness. If you need a medicine that won't cause drowsiness, try loratadine (Claritin®) or cetirizine (Zyrtec®), which last all day.

Because my nose is often both running and congested at the same time, I prefer an older combination of antihistamine and decongestant called Actifed®. Actifed® contains triprolidine plus pseudoephedrine (the original formulation of Sudafed®) and is available as a generic. Triprolidine dries up my watery eyes and runny nose without causing drowsiness, and the pseudoephedrine eases my stuffy nose.

5 Tips on Taking Allergy Medicine:

1. The most effective OTC medication for allergic rhinitis is steroid nose spray.

For a runny nose, stuffy nose and sneezing, try a steroid nasal spray like Nasacort Allergy 24-Hr® (triamcinolone), Flonase Allergy Relief® (fluticasone), and Rhinocort® (budesonide). Be patient, though; it may take several days to get full relief. Until then, take an oral antihistamine along with your nasal spray.

2. Ketotifen eye drops work well for itchy or watery eyes.

Ketotifen (Alaway®) works both as an antihistamine and mast cell stabilizer. It's available as an inexpensive generic and can be used safely even in children as young as 3 years old.

3. If you have a runny nose, avoid using an oral decongestant.

A decongestant relieves a stuffy nose but often makes a runny nose even worse. Try an antihistamine instead, or a combination antihistamine/decongestant purchased from

the pharmacy counter.

4. Don't waste your money on phenylephrine (Sudafed PE®).

Phenylephrine's side effects limit the dose allowed by the Food and Drug Administration (FDA) to one that's only 1/3 as effective as pseudoephedrine. Purchase pseudoephedrine from the pharmacy counter, either alone or with an antihistamine.

5. Limit your use of decongestant sprays.

Avoid using any decongestant nasal sprays for more than 2-3 days at a time to avoid triggering rebound (worsening of your stuffy nose) symptoms.

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 Medication Insider.com for daily tips on how to take your medicine safely. ©2019 Louise Achey

How immunotherapy is changing lives for people with allergies

(BPT) - Every year, more than 50 million Americans suffer from allergies, and as pollen production grows in intensity and duration due to longer freeze-free periods, that number is only expected to rise. For chronic allergy sufferers, this can mean battling symptoms around the calendar, year after year.

Allergies pose a genuine health risk beyond stuffy noses and itchy, watery eyes. Those with intense allergic symptoms find their quality of life drastically affected, leading to missed school and work days, or even emergency room visits. Severe allergy sufferers may experience intense congestion, sneezing, hives or eczema, plus difficulty breathing. Of the 26 million Americans who suffer from asthma, around 60% have allergic asthma, according to

the Asthma and Allergy Foundation of America, meaning that the serious, life-threatening respiratory distress of asthma is triggered by allergic reactions to pollen and other substances.

Over-the-counter antihistamines and other allergy medications can provide temporary relief, but long-term relief requires finding a specialist for inconvenient office treatments often multiple times a week for several years in a row. Or does it?

Immunotherapy at home

The standard of care for allergy treatment, immunotherapy, was introduced in 1911 based on the positive results of vaccines that produced protection against infectious diseases such as smallpox. Scientists recognized that they could induce immunity and build tolerance

to allergens by injecting hay fever patients with the pollen to which they were allergic.

More than a century later, only 20% of allergy sufferers see an allergy specialist. And those that do must stick to a regimented schedule of frequent in-office visits for treatment for it to be effective. Now, innovation in allergy immunotherapy means patients can be tested by their general practitioner instead of seeking out a specialist, and then conduct their own treatment at home. That makes it more convenient to not only seek treatment but also stay committed to the immunotherapy protocol as it helps their bodies build up resistance to the allergens that impact their lives. At-home immunotherapy allows allergy sufferers to treat themselves over time.

"The biggest challenge is

getting a patient to stay consistent with treatment. With the traditional method, it's a huge inconvenience and time commitment to have to go to an allergist's office sometimes hundreds of times over the course of years to make a difference," says Hormazd Sanjana, M.D. of Castle Hills Family Practice in San Antonio, who has incorporated allergy immunotherapy treatment into his practice. "To be able to provide better access to treatment to my patients, and a way for them to conveniently administer it to themselves on their time, where they are most comfortable, is a game changer."

How does immunotherapy treatment work?

The largest provider of immunotherapy services, United Allergy Services, has been working with physicians to

create and administer custom treatments for patients since 2009. More than 500 primary care providers offer UAS testing and treatment right in their offices.

• First, an onsite allergy specialist tests patients for the 48 most common allergens.

• After specific triggers are identified, specific doses of the allergen are mixed for the patient to gradually expose him or her to very small amounts of the allergens.

• The physician and Clinical Allergy Specialist guide the patient through at-home immunotherapy administration and UAS's myAllergyPal app helps patients see test results, track doses and receive helpful tips between check-in visits.

• With exposure to increasing amounts at regular intervals over the course of treatment,

the body is gradually desensitized to those triggers that once caused uncomfortable or debilitating symptoms.

Up to 85% of patients on United Allergy Services' treatment program start seeing results within 12 months, some in half that time. With continued treatment for up to three years, patients can then discontinue doses and experience long-term relief.

Tiffany Conner of North Carolina says "I have lived with allergies my entire life and now I have almost no symptoms. Going through at-home immunotherapy treatment was the best decision I could have made."

For help finding a primary physician in your area that offers United Allergy Services testing and treatment, visit unitedallergyservices.com.

Free MMR Vaccine now available for child care workers

OLYMPIA - The Department of Health is collaborating with Safeway Inc. and Albertsons Companies LLC and with the Department of Children, Youth, and Families to offer free measles, mumps, and rubella (MMR) vaccination for uninsured child

care workers and volunteers. As of July 28, 2019, Washington state law will require staff and volunteers of licensed child care centers to be immunized against measles.

Fifteen Albertsons and Safeway pharmacies across the

state will offer MMR vaccine free of charge through June 2020 to uninsured child care staff and volunteers who need it. The pharmacies will also waive the administration fee. The cost and fees will also be waived for those who are underinsured and can-

not afford the vaccine.

Find the list of participating locations on the Department of Health's website.

Child care staff and volunteers who have insurance also have options to get vaccinated. MMR vaccine for those age 19

and older is covered by most insurance companies and by Medicare and Apple Health (Medicaid). Learn more about the cost and coverage of adult vaccines. Washington also provides recommended vaccines at no cost to everyone under the

age of 19.

The effort is a collaboration between Safeway and Albertsons; the Department of Health; the Department of Children, Youth, and Families; and the Washington State Pharmacy Association.

Hidden epidemic: the anticipated #1 cause for liver transplants in 2020

(BPT) - Every day your liver works tirelessly to support over 500 essential bodily functions, including storing energy, neutralizing harmful toxins, converting nutrients for absorption and acting as a filtration system. If your liver isn't healthy, it's unable to do these important tasks. The problem is, many people's livers are at risk for a disease that impacts up to one in four individuals. To make matters worse, the symptoms for this disease are subtle and easily mistaken for other health issues.

Nonalcoholic fatty liver disease (NAFLD) is a condition in which fat makes up more than 5% of the weight of the liver, not caused by alcohol use. Left untreated, it can progress into nonalcoholic steatohepatitis (NASH). A whopping 25% of adults worldwide have NAFLD,

according to the Global Liver Institute, and about 12% of adults worldwide have NASH.

Risk factors

Obesity and type 2 diabetes are two of the main risk factors for NAFLD and NASH. While many health experts have called obesity a modern epidemic, NAFLD and NASH remain relatively unknown, especially among patient populations. In fact, NASH is sometimes called a "silent epidemic" since its symptoms are not overt and it currently requires invasive biopsy for diagnostic confirmation, but is truly a "hidden epidemic." Symptoms are present but often overlooked and the disease is under diagnosed because an invasive biopsy is currently required.

The worldwide prevalence of obesity nearly tripled between 1975 and 2016, affecting 650 mil-

lion adults in 2016, according to the World Health Organization. NASH is expected to become the leading cause of liver transplant by 2020 in the United States, and its prevalence is projected to increase globally in association with obesity and type 2 diabetes growth rates.

Ask your doctor

NASH is poorly known and under-diagnosed. Self-advocacy is an important step for protecting your health, understanding your risks and spreading the word about this growing disease. Symptoms include fatigue, weakness and pain in the upper right portion above your stomach where the liver is located. Keep in mind, it can take years for symptoms to develop and you may have this disease long before you notice any health changes.

To learn more, visit the Glob-

al Liver Institute's website at www.globalliver.org. Then have a conversation with your doctor. Ask about your risk factors and if you should be concerned. Lifestyle changes can make a difference and, if necessary, diagnostic testing can help you better understand your condition.

Beyond the Biopsy(TM) is an initiative of the Global Liver Institute, dedicated to accelerating the acceptance and adoption of non-invasive technologies as an alternative to painful liver biopsies. "Patients need access to a low-risk, non-invasive diagnostic tool so they can better understand the health of their liver and their treatment options. Biopsy may be considered the gold standard in diagnosis of liver disease, but it's hardly the best science can do," says Donna R. Cryer, JD,

CEO, Global Liver Institute. Beyond the Biopsy joins with patients and health care providers to call for non-invasive alternatives to increase the number of liver patients appropriately diagnosed.

Questions to Ask

If you have two or more risk factors you should be screened, which usually entails bloodwork and imaging. Be aware that liver function tests are not always elevated in early stages so normal levels should not rule out disease. Ask your doctor these questions so you feel empowered:

1. What stage is my disease now and how quickly do we expect it to progress?

2. What is the schedule of lab tests, imaging and visits I should expect over the course of the next year?

3. How much weight loss

will I need to achieve to show results for my liver condition?

4. Does your clinic/office/hospital offer nutritionist counseling, social work or other services?

5. Does my insurance cover health coaching, gym membership or other supports for lifestyle change?

6. Are clinical trials available? Should I participate?

7. What medications, if any, are you prescribing me? What are the expected benefits? What are the potential side effects?

8. Would I be a candidate for a liver transplant?

Take action today

Learn more by speaking with your doctor. Whether you or a loved one are at risk, taking the next best step to support your health starts with a conversation.

Ask the expert: oral health as you age

(BPT) - We all know brushing our teeth twice a day is crucial to keeping our smile bright, but most of us probably don't understand how dental hygiene can impact our overall health, especially as we age. Going to the dentist is one of the most important things we can do for our health.

Each year more than 2 million people visit the emergency room because of oral health complications, due to things like cavities or gum disease. Many of these cases could have been prevented through routine dental care and exams.

Alison Komarek, DDS, with UnitedHealthcare Medicare & Retirement, answers some of the most pressing questions older adults have regarding their oral health.

Q: How often do I need to go

to the dentist?

A: Adults, especially those 65 and older, should get to the dentist every six months to one year. Routine dental exams are critical, as they allow your dental team to develop a baseline for your overall oral health, so they can spot changes as you age.

Dental X-rays may be taken, which give your dentist a more comprehensive view of your teeth, gums and bones. These are useful in helping to detect cavities or other areas of concern that are not noticeable by looking in the mouth. Even if you have no remaining teeth, routine X-rays are helpful to evaluate the remaining bone and soft tissues.

A head and neck screening for oral cancers is also recommended. Oral cancer primarily

affects older adults and routine screenings are the best way to help ensure early detection.

Q: What is gum disease and is it treatable?

A: Gum disease, an infection of tissues that surround and support teeth, is one of the most common oral health issues facing older adults. In fact, according to the Centers for Disease Control, 68 percent of adults age 65 and older have some form of gum disease, one of the major contributors to tooth loss. Not removing plaque buildup from teeth, including between teeth, can play a role in the disease.

Gum disease can be hard to detect, as it is often painless. Signs of gum disease include:

* Gums that bleed easily, or are red and swollen, * Receding gum line, * Loose or sensitive teeth

one or more of your medications.

If you are taking a medication at the direction of your medical doctor for which dry mouth is a side effect, there are some things you can do, like drinking water more frequently throughout the day or using a mouth moisturizing agent. Talk to your dentist if you are experiencing dry mouth, as it can be caused by an underlying health issue.

Q: What are some considerations for my dental hygiene routine as I age?

A: Keeping up a good dental hygiene routine is one of the most important things you can do to ensure your teeth and mouth stay healthy. Here are some practices you can implement daily:

* Brush your teeth twice a day

with a soft-bristled toothbrush and fluoridated toothpaste. Soft bristles are the safest and most comfortable choice.

* Clean between your teeth once a day with floss or another flossing tool. If you have not flossed in a while, you might notice some bleeding after a few times you start - this is normal and should go away as you floss more regularly.

* If you wear full or partial dentures, clean them daily.

Bottom line: Adhering to a consistent dental hygiene routine and seeing the dentist regularly are some of the best things you can do for your oral health. In addition, if you see or feel something out of the ordinary in your mouth, call your dentist and make a dental appointment as soon as possible.

Ready to sell or buy?

REAL ESTATE

Homes • Cabins • Condos • Acreage
Commercial Property • Investments • Businesses



NCW MARKET.COM
CLASSIFIED ADS

Place your Classified Ad Online 24/7
and reach all of North Central Washington

BUSINESS JOURNAL
ECHO RECORD MIRROR HERALD



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.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisement: 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.



PUBLIC NOTICES

Your right to know - See them here in our Classified Section

BUSINESS OPPORTUNITY



Profitable Flower Shop For Sale
Kashmir Gardens Florist, is a successful, well-known, respected business, and a Cashmere mainstay since 1949. Great growth potential! Owner retiring. Asking 35K. Includes inventory, equipment, and displays. Terms-cash. Building is for sale separately. **509-782-2071** Kashmirgardens florist@yahoo.com

FOR RENT
Chelan: One bedroom duplex. Year around. No pets. \$700/ month. Includes S.W.G. power, Dish,Wi-Fi and AC. References. Deposit. 509-682-2460.

1 bedroom apartment, completely furnished in Manson. Private entrance. \$750/ month. Utilities included. No pets. No smoking. No drugs. Available immediately. 509-679-4900.

WANTED TO RENT
RV/Motorhome space for rent. Water provided, \$40.00 per night. Also have a 25' travel trailer setup ready for at least 4 campers/ \$75.00 per night. Call (509) 393-0299 for more information.

ANNOUNCEMENTS
The Okanogan County Central Landfill, Ellisforde Transfer Station, Bridgeport Transfer Station, and Twisp Transfer Station will be closed on Saturday, August 31, 2019 in observance of Labor Day Holiday. They will all be open on regular schedules Tuesday, September 3, 2019.

HAPPY ADS

ANNOUNCE IT IN THE CLASSIFIEDS
AT NCWMarket.com

- *HAPPY BIRTHDAY
- *CONGRATULATIONS!
- WILL YOU MARRY ME!
- *I'M SORRY!!
- *Happy Anniversary

Only \$15 for 30 days
includes 3 photos

HELP WANTED
Leavenworth Pavz Cafe-Bistro is interviewing "Experienced Cook-Pantry" persons. Excellent pay, based on experience. Email Bill at Lahon1065@gmail.com

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

HELP WANTED



Journalist Wanted
The Lake Chelan Mirror
Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:
Publisher
NCW Media, Inc
PO Box 39
Leavenworth, WA 98826
or email to
Publisher@leavenworthecho.com

Lead RN
Epledalen Retirement and Assisted Living Seeking Lead RN, Four years experience-\$39 per hour, minus four years wage negotiable, \$2,500.00 sign on bonus. Insurance, stipend/ added income. 32 hours plus per week. To inquire contact the facility 509-782-7600. or in person, 809 Pioneer Ave. Cashmere, WA. Monday - Friday. 9 a.m.-4:30 p.m.

HELP WANTED
Brewster School District is accepting applications for the following paraprofessional positions.

- Middle School/ High School Para-Bilingual Preferred
- Elementary Reading Para

The successful candidate must have a high school diploma or equivalency and meet Title 1 Requirements.

1. AA Degree or;
2. 2 years of college course work (70 credits) documented with transcripts or
3. Pass the ETS paraprofessional test (given at the school with prearrangements) in the areas of math, reading and writing.

Applications are available on the district's website www.brewster.wednet.edu
These positions are open until filled.

Brewster School District is an Equal Opportunity Employer.

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

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon **Quad City Herald**

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


HELP WANTED
The City of Brewster Police Department seeks applications from qualified candidates to fill the position of Chief of Police. Potential candidates should have experience working in or around small departments in small communities. The City seeks a community-oriented experienced and compassionate law enforcement officer willing to work in all facets of law enforcement services delivery including patrol, scheduling, meeting with the Mayor, City Council, and working with other City department heads. The City Mayor and Council are committed to continuing the tradition of making the City a safe place to live, work, and play. Qualified applicants should have a minimum of 5 years of law enforcement experience, leadership experience and/or academic credentials indicating the potential for success in a leadership role. The City of Brewster is located on the beautiful Columbia River in rural Eastern Washington, and has a population of 2,405. The Police Department consists of a total of 5 fully commissioned law enforcement officers, inclusive of the Chief. The salary is DOE and DOQ.

Please contact City Clerk/Finance Director, Misty Ruiz, at 509-689-3464 or at misty.ruiz@brewsterwa.us or click here to obtain an application. Completed cover letters, applications, and resumes should be sent to the attention of Ms. Ruiz for review and consideration by Mayor Smyth. This position will remain open until filled.

Brewster School District is accepting applications for a full-time custodian to work Monday - Friday beginning at 2:30 p.m. - 11:00 p.m. Beginning salary \$16.32, depending on experience. Medical, dental and optical benefits are offered. Applications are available on the district's website <https://brewsterbears.wednet.edu>

This position is open until filled.

TRYING TO AMBUSH A BUYER?



Here's a better option Advertise it on **NCWMarket.com**

Run it till it sells - Automotive (\$25.00)
Don't just park your car on the side of the road with a "For Sale" sign!

Promote it on the web for one low price where local buyers can see it at their leisure.

- Includes up to 3 photos
- Includes video
- Unlimited description
- Google map to your location (or you can opt out)
- Privacy link (interested buyers contact you through the site protecting your identity)

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it. You can renew it for an additional 12 months at no additional charge.

CROSSWORD PUZZLE

THEME: GEOMETRY 101

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
13					14				15			
16					17				18			
19					20			21	22			
			23			24						
25	26	27		28		29		30	31	32	33	34
35			36		37			38		39		
40				41				42		43		
44				45		46				47		
48				49		50			51		52	
				53		54			55		56	
57	58	59	60			61			62	63	64	
65				66	67			68				
69				70				71				
72				73				74				

1. Say without thinking
6. Abscess contents
9. Fictional Griffin and actual Ryan
13. Witty one-____
14. Khan
15. Swan of the "Twilight" series
16. Carl Jung's inner self
17. What is the reason?
18. Painter's support
19. *Six-sided polygon
21. *Type of triangle
23. Appetizer in a blanket
24. Brooding
25. *____perpendicular lines
28. Ghana monetary unit
30. Star of Raffi's song
35. Instead of written
37. "Formerly," formerly
39. Archeologist's find
40. Cusco valley dweller, once
41. *Plane to 2D is like ____ to 3D
43. Shade of beige
44. Daughter of a sibling
46. ____ dream
47. Same as Celt
48. Mother of Calcutta
50. Capital of Ukraine
52. Robert Burns' "Comin' Thro' the ____"

53. Classic board game
55. Unruly bunch
57. *Pythagoras'
61. Archipelago constituents
65. Donkey in Mexico
66. Auction proposal
68. Seize a throne
69. Scatter
70. The day before
71. *Prepare to meet your ____!
72. Boot-wearing feline
73. Swedish shag rug

74. Lament for the dead
DOWN
1. Ho-hum
2. *Straight and infinitely extended
3. Type of operating system
4. Remake a map
5. Opposite of comic
6. Weakest in chess
7. "Gross!"
8. One's assertion
9. Square one?
10. Additional
11. Campbell of "Rhinestone Cowboy" fame
12. White one at Macy's
15. Bringer of news, e.g.
20. S-shaped moldings
22. Mowgli to Raksha in "The Jungle Book"
24. Feeling of aversion
25. "It has no dimensions, only position
26. "Sesame Street" regular
27. Mario Andretti or Niki Lauda
29. Between stop and roll
31. Potato's soup mate
32. H. pylori consequence
33. Like a stereotypical girl
34. *Not right or obtuse
36. Spike punch, e.g.
38. Cone-shaped quarters
42. Regards
45. Real estate sale agreement
49. Type of brew
51. *Length x width x height
54. Earthy color
56. Primary
57. Cookbook amt.
58. Rwanda's majority
59. Does something wrong
60. Loads from lodes
61. Brainchild
62. Heat in a microwave
63. Fortune-telling coffee stuff
64. Light on one's feet
67. Like Brown league

Your Family Deserves The **BEST** Technology... Value...
\$59.99 MONTHLY
190 Channels
CALL TODAY Save 20%!
1-888-416-7103

Upgrade to the Hopper 3 Smart HD DVR
Watch recorded TV shows all once
• Get better Netflix and YouTube
• Watch TV on your mobile devices
Hopper upgrade fee \$50/mo.

Add High Speed Internet
\$14.95/mo.
www.dish.com/Internet
Internet provided by DISH in participating areas.

dish

SUDOKU PUZZLE

SUDOKU

The support you need to find quality
SENIOR LIVING SOLUTIONS
A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you!
CALL (855) 439-6734
! We're paid by our partner communities

aPlace for Mom.

				8	7		1			
	8		9		6					5
		7	5		4	2				
7	6						8			
		3	8	7		1	6	5		
			1						4	7
		9	2		5	7				
8				1		3		6		
4			8	7						

© StatePoint Media
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.

HELP WANTED

Brewster School District is accepting applications for a Business Manager.

The job description is on the district's website www.brewster.wednet.edu

Terms of employment are 260 days each year, 8 hours per day; salary and benefits to be determined by the district.
Salary Range \$65,000-\$75,000. Benefits are offered.

This position is open until filled.



Receptionist/ Administrative Assistant

The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity.

Interested applicants can apply at the Lake Chelan Mirror office at 310 E. Johnson Ave. 9 a.m.-5 p.m. or send their resume to P.O. Box 39, Leavenworth, WA 98826. EOE

Night Caregiver/ CNA

Eplealden Retirement & Assisted Living is hiring one full-time night position, 40 hours per week. \$14.00 to \$16.00 per hour depending on training and experience. Must be CNA or HCA with current CPR/ First Aid. Will assist clients with ADLs, wellness monitoring and some housekeeping. For more information call 509-782-7600, 9-5, Monday - Friday or email Eplealden@kashmircc.com

Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 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



Director of Operations Chelan Valley Hope, a 501c3, seeks a Full-time Director of Operations

Ideal candidate for this 40-hour per week position will be highly organized, experienced in organizational leadership and fundraising, an excellent communicator and "people person", with a collaborative management approach, and a commitment to CVH's mission and vision.

Resumes can be sent to info@chelanvalleyhope.org



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

Icicle River Middle School Volleyball Coach

Cascade High School Assistant Volleyball Coach and Assistant Girls Soccer Coach

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

PUZZLE SOLUTION

B	L	U	R	T	P	U	S	M	E	G	S		
L	I	N	E	R	A	G	A	B	E	L	L	A	
A	N	I	M	A	W	H	Y	E	A	S	E	L	
H	E	X	A	G	O	N	S	C	A	L	E	N	E
H	E	X	A	G	O	N	S	C	A	L	E	N	E
P	E	R	C	E	D	I	T	B	E	L	U	G	A
O	R	A	L	E	R	S	T	R	E	L	I	C	
I	N	C	A	S	O	L	I	D	E	C	R	U	
N	I	E	C	E	P	I	P	E	K	E	L	T	
T	E	R	E	S	A	K	I	E	V	R	Y	E	
C	L	U	E	M	O	B							
T	H	E	O	R	E	M	I	S	L	A	N	D	S
B	U	R	R	O	B	I	D	U	S	U	R	P	
S	T	R	E	W	E	V	E	M	A	K	E	R	
P	U	S	S		R	Y	A	E	L	E	G	Y	

2	5	4	3	8	7	9	1	6
1	8	3	9	2	6	4	7	5
6	9	7	5	1	4	2	3	8
7	6	5	4	3	2	8	9	1
4	3	8	7	9	1	6	5	2
9	2	1	6	5	8	3	4	7
3	1	9	2	6	5	7	8	4
8	7	2	1	4	3	5	6	9
5	4	6	8	7	9	1	2	3

APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at www.NCWMarket.com

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

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth Cashmere**

Deadline Tuesday at noon for the paper **Quad City Herald**

GARAGE & YARD SALE

Estate and Antique Yard Sale

Antique furniture, tons of craft ribbon and rick rack, antique perfume bottles, bookcase of cookbooks, plus-size clothes, beautiful carved coffee and end tables. Friday, August 30 and Saturday, August 31. 9:00 a.m. to ? 12664 Chumstick Hwy 4 miles up Chumstick Highway, Leavenworth. Watch for signs.

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A



Fill your pockets with **\$\$ CASH \$\$** Let others know what items you are selling!

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere** Deadline Tuesday at noon **Quad City Herald**

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

PUBLIC NOTICES

CITY OF PATEROS, WASHINGTON ORDINANCE NO. 772

AN ORDINANCE of the City of Pateros, Washington, relating to the water system of the City; specifying, adopting and ordering the carrying out of a system or plan of additions to and betterments and extensions of the City's water system; declaring the estimated cost thereof as nearly as may be; authorizing the issuance of a water revenue bond anticipation note (non-revolving line of credit) in the maximum principal amount of \$1,720,000, pending the issuance of a water revenue bond authorized herein; creating and adopting certain funds and accounts; specifying the terms and covenants of such note; providing for delivery thereof to North Cascades Bank, a division of Glacier Bank, Chelan, Washington; and providing for other matters properly relating thereto.

PASSED: August 19, 2019

Published in the Quad City Herald August 29, 2019. #85984



Multiplied?



Our Classifieds Can Help!



Call now to place an ad (509) 293-6780 (509) 682-2213 ext. 6531



Want to place your own classified ad to your local newspaper online? Well now you can!



PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON, COUNTY OF BENTON
In re the Estate of: **NORMAN C. VEACH, Deceased.**
Case No. 19-4-00330-03
PROBATE NOTICE TO CREDITORS

CLARKE A. VEACH has been appointed as Personal Representative ("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) 30 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 the 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 non-probate assets.

Date of First Publication: August 15, 2019.

CLARKE A. VEACH, Personal Representative ATTORNEY FOR PERSONAL REPRESENTATIVE: Robert Taylor-Manning ADDRESS FOR MAILING OR SERVICE: Law Offices of Robert Taylor-Manning, 1030 N. Center Parkway, Kennewick, WA 99336. 509-866-5222 Court of probate proceedings and cause Superior Court of Washington in and for Benton County, No. 19-4-00330-03

Published in the Quad City Herald August 15, 22, and 29, 2019. #85861

PUBLIC NOTICES

UNITED STATES OF AMERICA FEDERAL ENERGY REGULATORY COMMISSION

Shell Energy North America (US), L.P.
Project No. 14795-002

NOTICE OF AVAILABILITY OF DRAFT ENVIRONMENTAL ASSESSMENT
(August 2, 2019)

In accordance with the National Environmental Policy Act of 1969 and the Federal Energy Regulatory Commission's (Commission) regulations, 18 C.F.R. Part 380, the Office of Energy Projects has reviewed the application for license for the Hydro Battery Pearl Hill Pumped Storage Project, which would be located on Rufus Woods Lake, near Bridgeport, Douglas County, Washington and has prepared a Draft Environmental Assessment (DEA) for the project. The project would be located on state lands except for the lower reservoir and power generation and pumping equipment which would be located on Rufus Woods Lake, a reservoir operated by the U.S. Army Corps of Engineers (Corps). The Corps, a cooperating agency for the preparation of this environmental assessment, is reviewing Shell's project for permits it would issue under Sections 10 and 14 of the Rivers and Harbors act of 1899 and Section 404 of the Clean Water Act.

The DEA contains staff's analysis of the potential environmental impacts of the project and concludes that licensing the project, with appropriate environmental protective measures, would not constitute a major federal action that would significantly affect the quality of the human environment.

A copy of the DEA is available for review at the Commission in the Public Reference Room or may be viewed on the Commission's website at <http://www.ferc.gov> using the "eLibrary" link. Enter the docket number excluding the last three

PUBLIC NOTICES

digits in the docket number field to access the document. For assistance, contact FERC Online Support at FERCOnline-Support@ferc.gov, (866) 208-3676 (toll free), or (202) 502-8659 (TTY).

You may also register online at <http://www.ferc.gov/docs-filing/esubscription.asp> to be notified via email of new filings and issuances related to this or other pending projects. For assistance, contact FERC Online Support.

Any comments should be filed within 30 days from the date of this notice.

Comments may be filed electronically via the Internet. See 18 CFR 385.2001(a)(1)(iii) and the instructions on the Commission's web site (<http://www.ferc.gov/docs-filing/ferconline.asp>) under the "eFiling" link. The Commission strongly encourages electronic filing. Please file comments using the Commission's eFiling system at <http://www.ferc.gov/docs-filing/efiling.asp>. Commenters can submit brief comments up to 6,000 characters, without prior registration, using the eComment system at <http://www.ferc.gov/docs-filing/ecomment.asp>. You must include your name and contact information at the end of your comments. For assistance, please contact FERC Online Support. In lieu of electronic filing, please send a paper copy to: Secretary, Federal Energy Regulatory Commission, 888 First Street, NE, Washington, D.C. 20426. The first page of any filing should include docket number P-14795-002.

The Commission anticipates issuing the final EA by November 2019.

For further information, contact Ryan Hansen at (202) 502-8074 or at ryan.hansen@ferc.gov.

Kimberly D. Bose, Secretary.

Published in the Quad City Herald August 29, 2019. #85987

RUN IT 'TILL IT SELLS REAL ESTATE \$100.00

Housing sales are HOT! Is your home getting the attention it needs?

Advertise your property on our website for one low fee.

- Includes up to 5 photos
- Includes video
- Unlimited description
- Google map to your location (or you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)



Our site is promoted across North West Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it.

Don't forget to renew your subscriptions this spring

There's something for everyone in the local newspaper

- Local news
- Local school news
- Local sports
- Local arts & entertainment
- Opinion & editorials
- Meeting notices
- Event notices
- Public & legal notices
- Outdoor activities
- Health tips
- Online Access for all newspapers
- Breaking News

ONE YEAR 52 ISSUES
Call us today! 509-293-6780

Community newspaper Subscription rates:
Print and Premium on-line access - **\$45 per year**

RECORD ECHO HERALD MIRROR

Print only - **\$40 per year**

RECORD ECHO HERALD MIRROR

On-line only - **\$40** – includes E-edition of paper exactly as printed

RECORD ECHO HERALD MIRROR

Print only out of state - **\$52 per year**

RECORD ECHO HERALD MIRROR

Out of state Premium/E-Edition on-line - **\$40 per year**

NCW Media Inc. Attn: Circulation P.O. Box 249 Chelan, WA 98816 Ph: 509-293-6780 Fax: 509-682-4209 Email: circulation@lakechelanmirror.com

Name of person ordering: _____
Address: _____
Email: _____ Phone: _____
Send gift subscription to: _____
Address: _____
Email: _____ Phone: _____
Payment information (pay by credit card or check):
Credit Card number: _____
Exp: _____ Visa MasterCard Discover

Paying by check?
Check enclosed:

