A Guide to Healthy Living For Seniors & Others



August 22, 2019 • Volume 117, No. 34

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

SINGLE COPY \$1.00

Shots fired at Cass Gebbers

Jury finds Worth guilty of attempted murder

By MIKE MALTAIS STAFF WRITER

OKANOGAN - A jury found Pateros resident Mark Reynolds Worth guilty of attempted murder while armed with a firearm and drive-by shooting earlier this month after he fired two shots at Brewster businessman Cass Gebbers during an encounter north of Brewster almost three years ago.

Worth, 48, was declared guilty of the changes in Okanogan County Superior Court before judge Henry Rawson on August 8 after a jury deliberated for approximately two hours before returning its verdict. Worth attempted to kill John W. Cascade "Cass" Gebbers, 55, CEO of Gebbers Farms, on Sept. 7, 2016, when he fired two shots from a handgun at Gebbers as the two were driving north in separate vehicles on State Route 97 Alternate.

Gebbers was northbound in his 2016 Dodge Ram 3500 pickup on old Highway 97 near the Electrodynamics COMSAT complex when Worth, driving a late-model BMW sedan, pulled up beside him, rolled down his passenger side window and fired twice at Gebbers. One bullet shattered the drivers side window of Gebbers' pickup and lodged in the



Mark Worth



A bullet hole can be seen in the left edge of the opened rear door post in Gebbers' Dodge Ram pickup parked in the Okanogan County Sheriff's impound lot.

driver's seat headrest. A second bullet struck the door post.

According to details released by then-sheriff Frank Rogers, Gebbers braked his pickup, reversed course and returned to Brewster

SEE **GUILTY** ON PAGE A2

School begins

Students go back to school August 28, Sept. 3

By Mike Maltais Staff writer

BREWSTER - Activities are underway in Quad City school districts as Brewster and Bridgeport schools prepare to open August 28 with Pateros and Mansfield not far behind on Sept. 3.

Brewster

Brewster's schedule for the week began with Sport Night on Tuesday, Wednesday, August 21: Sixth grade orientation 2:30 - 3:30 p.m. Ninth grade orientation 2:30 - 5

First day football practice 3:30 4:40 p.m.

Thursday, August. 22: Bear Day grades 6-12 9:30 a.m. - 3 p.m. Monday, August 26: First day soccer and volleyball practice 23:5-

Teacher in service 7:30 a.m. Elementary open house 6 – 8 p.m. Tuesday, August 27: Teacher in

Wednesday, August 28: First day

Bridgeport

Wednesday, August 22: Sixth grade orientation 8:30 – 11:30 a.m.

Thursday, August 23: High school students pick out lockers 8 a.m. -3:30 p.m.

Monday, August 26: High school students pick out lockers 8 a.m. -3:30 p.m. School Board meeting 6 - 7 p.m.

Tuesday, August 27: Elementary

School open house grades 1-5, of school

Pateros Wednesday, August 21: High

school football practice starts 7

Confluence volleyball camp 9 a.m Saturday, August 34: Volleyball coaches clinic 8 a.m.

Charmaine shooting clinic 4 p.m. Monday, August 26: High school volleyball practice starts 10 a.m. School Board meeting 6 p.m. High school girls soccer practice

starts 6:30 p.m. Tuesday, Sept. 3: First day of school Monday, Sept. 9: First day of kinder-

Mansfield Monday, August 26: School board

meeting 8 p.m. Sports practices (combined with and at Waterville High school) Wednesday, August 21: High school football practice begins 6 -

8 a.m., 4 – 6 p.m. Monday, August 26: School board meeting 8 p.m.

Sports practices (combined with and at Waterville High school) Monday, August 26: High school

volleyball practice begins 3:45 p.m. High school cheer practice begins Wednesday, August 28: Junior high (grades 7-8) football practice

Tuesday, Sept. 3: Junior high girls (grades 6-8) basketball practice Junior high cheer 96-8) practice Tuesday, Sept. 3: First day of

More School Stories on Page B3

Federal prohibition cited

AN NCW MEDIA PUBLICATION.

Brewster gives thumbs down to cannabis

By MIKE MALTAIS STAFF WRITER

BREWSTER - There will be no cannabis retail store within the city limits following a unanimous vote by the Brewster City Council on August 14 to deny a request by Saranjit Bassi, owner of Forbidden Cannabis Club in Okanogan to open one here.

Following public comment both supporting and opposing a retail marijuana store in the city, council members voted against the proposal out of concern that allowing the sale of a substance that is currently in violation of federal law might jeopardize the city's access to future funding.

Bassi asked the council last June to reconsider allowing a retail cannabis store within the city limits. At that meeting city attorney Chuck Zimmerman explained the 2012 city ordinance that allows the city to deny a license to



Council member John Housden wants city ordinances to conform with federal law.

any activity that is illegal under state or federal law.

Council member John Housden suggested the council defer any decision until Bassi could identify a location that would not violate existing buffer zones.

Bassi returned for the July council meeting with



Saranjit Bassi states his case before council members.

a potential store site at 416 N. Bridge Street where The Land Company building now stands. Council members expressed concerns over traffic flow on nearby Lakeview Drive, a one-way street, parking space, and the city's ability to control related operations. The matter was referred to Zimmerman for further research.



Juan Hernandez expresses concern over property values.

At last week's meeting Bassi, from Bonny Lake, returned to learn which way the council vote would go.

Homeowner Juan Hernandez whose property on Lakeview Drive is just north of the site under consideration voiced concern over

SEE CANNABIS ON PAGE A2

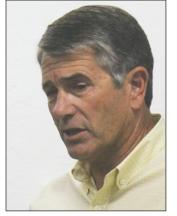
Police chief resigns

Rep. Goehner addresses council on well permit

By MIKE MALTAIS STAFF WRITER

BREWSTER - It was a full night for the city council during its regular meeting last Wednesday, August 14, as members heard from 12th District state representative Keith Goehner, chamber secretary Mike Mauk, and police chief Nattalie Cariker, among other business.

Rep. Goehner dropped in after city officials contacted him for help expediting a state permit so the city can drill its newest water well. The Department of Ecology



12th District state representative Keith Goehner encouraged the council to reach out to his office for assistance with city and



Brewster chamber secretary Mike Mauk addressed the council about adding picnic tables to overflow spots on Seventh Street and daily RV



Brewster Police Chief Nattalie Cariker announced her resignation from the **Brewster Police Department** at the city council meeting on

FHC recognizes Baird, Guzman-Cortes, Dowers



Marlen Guzman-Cortes

By MIKE MALTAIS STAFF WRITER

PATEROS - Family Health Centers (FHC) honored three South Okanogan County community leaders on August 14 with a ceremony in Columbia Cove Park. The award recipients were Patricia Baird of Pateros, Marlen Guzman-Cortes of Brewster, and Gene Dowers of Pateros.

Dowers is executive director of the Pateros-Brewster Community Resource Center.



Patricia Baird

Guzman-Cortes is a Migrant Student Advocate, PAC Coordinator and District Translator for Brewster schools. Baird volunteers at Pateros school, Apple Pie Jamboree, and the American Legion Columbia Post 97.

FHC CEO Jesus Hernandez said FHC has two purposes in presenting the awards. In conjunction with National Health Center Week, or month in FHC's

"We celebrate the great "community-focused" work



Courtesy Carlene Anders

Left to right: Gene Dowers, executive director of the Pateros-Brewster Community Resource Center; Grace Larsen, and FHC CEO Jesus Hernandez.

that community health centers do here and across the country to insure access to healthcare for everyone...from the wealthiest person to the least fortunate who might not have the ability to pay for their healthcare,' said Hernandez. "We seek to raise awareness so that people don't go without access to care regardless of their financial health.'

Hernandez said the second

purpose is a local one.

"We want to "celebrate what we want more of" ...community minded leaders that make notable contributions to improve the quality of life and future of our communities," said Hernandez. "Every year we invite community members to help identify and nominate leaders in their respective communities for their leadership in making good things happen.'



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 ...



North Central Washington with a few Simple keystrokes

BUSINESSJOURNAL

INSIDE THIS WEEK

Community/Sports	Business & Services Directory
	INSERTS: Safeway, LaDouxs



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

Whole Hog BBQ serves a park full of people



EFT: Edward Suber, left, and Pateros student Aiden Hall handled the heavy lifting at the park barbecue spit.

ABOVE: Cecilia Arellano, right, had plenty of help serving up the vittles from Pateros school students Ishmael Mireles, Danny Dowers, and Sam Watson. INSET: The pink hog windsock marked the spot to be for those with large appetites at last Saturday's Whole Hog BBQ in Pateros Memorial Park.

Staff writer

PATEROS - If spectators at the Terry Troxel Memorial Regatta on Lake Pateros last Saturday and Sunday, August 17-18, had any complaints about shortages, food wasn't among them. Thanks in large part to the Whole Hog BBQ sponsored by the Pateros-Brewster Community Resource Center (PBCRC) everyone who wanted a plate of food got one.

PBCRC Director Gene Dowers said the Whole Hog ladled up some 340 meals at \$10 a plate netting the non-profit \$3,400 in revenue.

Dowers said a combination of good weather, good water conditions, and good crowd turnout made for an ideal weekend of racing as well as eating.

"It's the first hydro classic I remember where water conditions were good enough that the boats could race both days," Dowers said.

WELLS

By MIKE MALTAIS

CONTINUED FROM PAGE A1

who issues those permits, had the city on a four-month hold, a typical delay while the agency processed the transfer of water rights from one party to another.

"We can understand that," said city clerk/treasurer Misty Ruiz of the DOE decision, "but

we only have until 2020 to use the money we have so we can't afford a four-month delay."

Goehner briefly addressed the council during his visit to Brewster.

Mauk, secretary of the Brewster Chamber asked the council if picnic tables could be added to the power-only overflow sites.

"I checked it out and for

\$130-150 you can buy a cheap picnic table and you only need five," said Mauk who added that he had been told that old Forest Service tables might be available.

Mauk said the Brewster school shop might be another option to build tables. He also suggested that local businesses might sponsor or purchase the tables.

Another issue Mauk raised was the prices Brewster charges for its RV spaces in comparison with spaces in Pateros and Bridgeport. Brewster has 29 spaces and five overflow (power only) sites and while the spaces were booked for the recent Brewster Salmon Derby, Mauk said there was not a single camper on the site when he drove by it prior to the council meeting. The Bridgeport and Pateros

spaces are \$10 to \$15 cheaper than their Brewster counterparts so Mauk suggested that the city might want to reconsider its rate schedule to be more in line with its closest competitors.

Council member John Housden said he was on the Parks and Recreation Committee

tor David Stevens handled

and would welcome an opportunity to pursue both issues further with Mauk.

Police chief Nattalie Cariker advised the council that she is resigning her position effective August 31 to take a position as an investigator for DSHS in Omak. Cariker spent all 17 years of her law enforcement career at Brewster, the last three as chief.

www.qcherald.com



© 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

lanaging Edito

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

Reporter/Photographer

Michael Maltais qchreporter@gmail.com

Reporter/Photographer

Icmeditor@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 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

Deadlines

Letters to the Editor: Noon, Monday Noon, Monday Calendar Listings:

News Submissions: Noon, Monday Display Advertising: Noon, Monday Noon, Tuesday Legals Classified Ads: Noon, Tuesday

Subscriptions

Okanogan/Douglas Counties (yearly) print \$40 Okanogan/Douglas Counties (yearly) print & web \$45 In State (yearly) 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 wel letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: publisher@leavenworthecho.com

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 qchreporter@gmail.com advertising e-mail: heraldads@gcherald.com



Newspaper Publishers Association

Washington

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

GUILTY

CONTINUED FROM PAGE A1

to report the incident. He had recognized Worth as the shooter and told Rogers there had been some past unusual encounters with Worth of a minor nature.

Worth fled the scene and was later taken into custody in Wenatchee.

Okanogan County Prosecuting Attorney Arian Noma told The Quad that Chief Criminal Deputy Prosecu-



Okanogan County Prosecuting Attorney Arian Noma

the prosecution while Noma "reviewed Mr. Stevens; trial strategy and helped in trial preparation." "Given the size of our office

and that we are down a DPA (I) was not able to participate in the trial," Noma said. Worth, who did not testify

in his defense, was represented by Okanogan County attorneys Melissa MacDougal, Esq., and Randy Thies,

Testifying for the prosecution along with Gebbers was his son, Wade Gebbers, Jerrod Riggan, Reggie Collins, Okanogan County Sheriff Sargeant Kevin Arnold, and deputies Kreg Sloan, Rob Heyem, and Kevin Kinman.

"The Department of Corrections will do a presentence investigation which will be sent to the judge and the parties," said Noma. "The defense may have a mitigation expert prepare a report to submit to the court."

Worth is currently scheduled to be sentenced on Oct.

CANNABIS

CONTINUED FROM PAGE A1

traffic congestion, parking, and property value.

"How is this going to affect the value of my property?" asked Hernandez who suggested that many potential buyers may not want to purchase a home close to a cannabis business.

Brewster businesswoman CasSondra Hogan discussed some of the applications and benefits of medical marijuana and suggested that many users would welcome a closer source of those prod-

ucts than Okanogan. 'We have a liquor store in town," said Hogan, "and liquor has more downfalls against your town than cannabis ever will, I can almost guarantee you that."

Council member John Housden was firm and direct in his opposition to cannabis in Brewster.

"I will not change my mind

on this measure as long as it's against federal law," Housden said.

He reminded the meeting that Brewster relies on federal loans and grants to assist the city with infrastructure projects. Brewster is currently upgrading its city well and water system with \$10 million in federal funds.

The question was put to 12th District State Representative Keith Goehner who was present at the meeting. Goehner concurred with Housden that the federal government did have the option to consider city compliance issues when evaluating funding requests.

The current administration has taken some sanctuary cities to task over stands not to comply with some immigration regulations.

The council voted unanimously to rejects Bassi's request to locate a retail cannabis store in Brewster.

Winthrop resident wins hand-crafted teepee

Winthrop resident Darold Brandenburg was the lucky winner of this Methow design canvas teepee donated by Julianne Timentwa and hand-crafted complete with American flags by Methow tribal member and Pateros resident Cyndy Miller. The raffle was held last Saturday, August 17 during the Whole Hog **BBQ** in Pateros Memorial Park.



Mike Maltais/QCH

Don't Trust Just Anyone For That Once-In-A-Lifetime Investment Sign up now! For Well Drilling!

Over 12,000 wells drilled NE Washington's leaders in Well Drilling



- Water Well Drilling
- Rotary Drilling
- Hydro-fracturing
- Licensed Drillers Free on-site Estimates

99% CUSTOMER **SATISFACTION!**







Fogle Pump &

Supply,

SPOKANE • COLVILLE • REPUBLIC • DEER PARK • WENATCHEE 509-782-5071 • 1-800-845-3500

Miss Pateros is SE class points leader

By MIKE MALTAIS STAFF WRITER

PATEROS – If a new paint job can make a boat faster, then hot pink paint must be a good fit for the Miss Pateros this season. Owner/driver Brandon Cushing of Tri-Cities is the season points leader in the SE class this year and the racing circuit nears its last race in Manson at the end of September.

But even winners have bumps in the water.

"We had an ignition issue and broke a header," Cushing said during a repair break during heats on Lake Pateros last Sunday, August 18.

Cushing's sister, Jennifer Combs, was helping with repairs between her own rookie qualifying run and an eventual third place trophy.

Pateros resident George Harrison who has been securing sponsorships for the boat said Miss Pateros sponsors this year include Thomason Law &Justice, Unique Interiors of Arlington, and Les Schwab Tire of Chelan.



ABOVE: Miss Pateros owner/driver Brandon Cushing is this season's SE class points leader. RIGHT: Brandon's sister, Jennifer Combs, left, and crew members make a repair on the Miss Pateros power plant.



Terry Troxel Memorial Regatta returns to Pateros









Mike Maltais/QCH

TOP LEFT: Y12 driven by Brady Baker leaves a big rooster tail roaring down the straightaway. TOP RIGHT: Crew members unhook the Lunatic Fringe from the crane cable. BOTTOM RIGHT: Pateros resident and race supporter George Harrison, center was presented with this year's Terry Troxel Memorial Trophy in recognition of his work on behalf of the Regatta. BOTTOM LEFT: Driver Brady Baker hooks up his oxygen mask before leaving the pit. More photos at qcherald.com

By Mike Maltais STAFF WRITER

PATEROS - Near-ideal weather and water conditions left two less factors to worry about as hydro drivers gathered at Pateros Memorial Park for the annual Terry Troxel Memorial Regatta last Saturday and Sunday, August 17-18. A Friday schedule that usu-

ally includes school drivers driving an American Power Boat Association school boat was cancelled this year since the APBA boat was out of service. While race results were not

available at press time, rac-

ers competed in a half dozen classes including 2.5 stock, 2.5 modified, 1 litre, SE, and three classes of Vintage boats. The Pateros race was organized by the Tacoma Inboard Racing Association that has been hosting ABPA events for more than 50 years.

An added bonus for partici-

pants this year was a Saturday evening Driver Appreciation Dinner hosted by Pateros resident and race supporter George Harrison and Sweet River Bakery owner Alex Hymer.

Beginning with a roster of just shy of 100 diners Harrison said the number grew to 140 as dinner approached and topped out at more than 200. Word may have leaked out beforehand about Sweet River's great pizzas because manager Chris Webb sent out more than 35 pizzas to handle the demand.

Harrison was this year's recipient of the Terry Troxel Memorial Trophy presented each year to a driver or individual who exemplifies outstanding merit in support of the event.

Pateros was the sixth stop on the race circuit this year. The racing season began in April at Lawrence Lake in Yelm and will conclude at Manson on the last weekend on September 28-29..



THREE RIVERS FAMILY MEDICINE

VELCOMING DR. AMY ELLINGSON

17 years of local family practice, specializing in:

Personalized primary care for all ages, Hormone Replacement Therapy, well child exams,

and more. Habla Español. Call 509-689-3749 to make an appointment!

415 HOSPITAL WAY, BREWSTER

LIBRARY SUMMER PROGRAMS

PATEROS/BREWSTER - Under the theme "A Universe of Stories" libraries across North Central Washington are preparing for a summer filled with reading challenges, science and technology, theatrical programs, crafts and more. Sign-up now.

Local NCRL branches will include the following summer activities:

Pateros Public Library • 174 Pateros Mall • 509-923-2298 August

2 p.m. Friday, 8-23 - Craft: Button Moon.

2 p.m. Tuesday, 8-27 – Craft: Clothes Pin Zombie (Teen). 2 p.m. Friday, 8-30 – Craft: Alien Headband.

*Events subject to change.

Check online at NCRL.org/pateros for updates

Brewster Public Library • 108 S. Third St. • 509-689-4046

August 3 p.m. Thursday, 8-22 - Storytime and Craft. 3 p.m. Friday, 8-23 - SLP Grand Prize Drawing.

3 p.m. Saturday, 8-24 - Game Time. *Events subject to change. Check online at NCRL.org/brewster for updates

Find us online at www.qcherald.com



BUSINESS & SERVICE DIRECTORY



509-439-0358

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

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

Tuesday, Wednesday, Thursday

Senior meals menu

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50. All diners are welcome.

Tues., August 27

Pulled Pork Sandwich, Broccoli Salad, Green Salad, Apple Slices, Dessert

Wed., August 28

Chicken Cacciatore, Wild Rice, Carrot Raisin Salad, Focaccia Bread, Mixed Berries, Angel Food Cake

Thurs., August 29

Spaghetti, Caesar Salad, Peaches, Garlic Bread, Dessert

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 22

American Red Cross Blood drive

BREWSTER - An American Red Cross Blood Drive will be held Thursday. Thursday, August 22, Noon-5 p.m. at the Brewster Boys and Girls Club, 601 Cliff Ave. By donating blood you can save up to three lives for each donation. Blood is something that is so easy to give and means so much to receive. How to donate blood: Download the American Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law). weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

August 23

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-

August 26

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.

August 26

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.

August 27

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.

August 28

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. 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 Palmbush at (509) 670-3346 or email: chelanyfw@gmail.com

Sept. 4

American Legion Auxiliary to meet

BREWSTER - American Legion Auxiliary Unit 97 of Brewster will meet August 7, 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, August 7, beginning at 6 p.m. at the American Legion Post.

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. 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.

Did you know that 33% of adults between the ages of 18 and 29 JS years old don't have a primary care Hey man, how provider? are you feeling? Still sick, I just can't Family Health Centers offers shake this. affordable care to all patients Dude, go to the regardless of insurance status. doctor. You know I don't With our new online portal you can nave insurance, I an't afford it. access your records, renew Go to Family prescriptions and much more, all Health Centers. from the palm of your hand. they have a sliding fee scale so even if you don't have insurance, you can still afford to 800-660-2129 go to the doctor. Calling nov

Map Your Neighborhood Program: Your Neighborhood's Disaster Preparedness

PATEROS/BREWSTER: Are you ready? Get your neighborhood involved. Information provided. Registration encouraged. More neighborhood leaders wanted. Contact Gene Dowers, Executive Director, Pateros-Brewster Community Resource Center and Map Your Neighborhood coordinator at 509-449-9028

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

Vietnam veteran pinning ceremony Thurs., August 22

OKANOGAN - Rep. Dan Newhouse will host a Vietnamera veteran pinning ceremony to honor the heroes, including unreturned veterans, and their families. In partnership with the Vietnam War 50th Commemoration, Rep. Newhouse will present veterans with a service lapel pin and certificate of appreciation for their service.

The ceremony will be held at American Legion Post #56, 801 2nd Avenue North, in Okanogan on Thursday, August 22, 2-4 p.m.

All constituents in the 4th Congressional District are invited to join the ceremony to honor these men and women.

UAD 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.

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





Senior Focus

A Guide to Healthy Living For Seniors & Others



Alzheimer's: An early diagnosis | Great ways to keep can make a big difference

(BPT) - After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before - grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home.

Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us

The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario's memory lapses were interfering with his work, it was time to talk.

Take action through conversation

"Veronica told me I was asking for more and more help," Mario said. "I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before.

The couple's difficult conversation led Mario to his doctor's office and he was eventually diagnosed with Alzheimer's disease.

Mario is not alone. He is one of more than 5 million Americans living with Alzheimer's - a fatal brain disease that causes problems with memory, thinking and behavior. Every 65



Courtesy BPT

Every 65 seconds someone in the United States develops Alzheimer's disease and it's the country's sixth-leading cause of death.

seconds someone in the United States develops Alzheimer's disease and it's the country's sixth-leading cause of death.

Despite Alzheimer's growing impact, many families struggle with discussing the issue. A recent Alzheimer's Association survey reveals that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important conversations sooner can prevent a crisis and improve health options and outcomes.

Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer's Association, in partnership with the Ad Council, has launched the "Our Stories" campaign. "Our Stories" features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

"It's understandable that many families are reluctant to express their concerns and

start a conversation, but there are good reasons to do so," said Ruth Drew, director of information and support services, Alzheimer's Association. "Initiating conversations sooner can enable early diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed individuals a voice in their future care."

The "Our Stories" website (alz.org/ourstories) offers families tools and resources, including customizable conversation starters, a list of early signs and symptoms of Alzheimer's, benefits of early diagnosis, a downloadable discussion guide and other resources.

Whether you're noticing changes in yourself or a loved one, starting a conversation about Alzheimer's can be difficult, but it can make a big difference and there are resources to help. When something feels different, it could be Alzheimer's - now is the time to talk.

your mind sharp

(STATEPOINT) - When you think about exercise, you likely envision using the treadmill or lifting weights. But every bit as important to your long-term health and wellness are activities that keep your mind sharp and your cognitive abilities strong and limber.

Here are several things you can do to help keep your mind sharp:

 Solve a Crossword Puzzle: A crossword puzzle asks you to reach into your long-term memory bank to solve clues. You may be filling in boxes, but well-constructed crossword puzzles will require you to think outside the box, as sometimes clues are a bit trickier than they seem at first glance, relying on word play or double meanings to work. A relaxing way to unwind and concentrate, consider adding this ritual into your morning.

• Get More from Nature: On your next nature hike, don't check out mentally. Set goals and keep your senses alert, paying attention to sounds, sights and smells. New tech, such as Casio WSD-F30 Pro Trek Smart Outdoor Watch, can help. The watch features apps to support your hike, including Location Memory to record information on trails and viewpoints along the way,



A crossword puzzle asks you to reach into your long-term memory bank to solve clues.

as well as Moment Setter to notify you when you reach your targeted altitude.

· Learn a Language: A multilingual brain works more efficiently, and it is never too late to pick up a new language. There are many languages apps available to help, some of them free, as well as more traditional taped audio lessons you can pop on while commuting to work or doing chores around the house.

• Make Math Fun: Want to build your critical thinking skills and improve your ability to problem solve? Delve into mathematics with fun math puzzles found online. Free online software, such as ClassPad.net, includes resources to help you solve problems, from simple calculations to statistics, graphing

· Get Sleep: Sufficient high-quality sleep is one of the most fundamental ways to maintain a sharp mind and keep your brain healthy through the years. Between 7-9 hours a night is ideal for adults, according to the National Sleep Foundation. If you aren't sleeping well, or feel foggy during the day, consider how to shift your evening routine to get more and better quality sleep.

From math puzzles to crossword puzzles to nature walks, prioritizing workouts for the mind will help you stay sharp.

Ask the expert: Vision health as you age

(BPT) - Many people expect their eyesight to decline with age - perhaps requiring a stronger eyeglass prescription or "readers." Some vision changes are linked to age, but there are steps to consider to help our eyes stay as healthy as possible.

Dr. Linda Chous, OD, chief eye care officer, UnitedHealthcare, answered the following questions:

1. Are my eyes going to keep getting worse as I

While your eyesight is not guaranteed to deteriorate with age, it is normal to notice changes to your vision as the years pass,

* Minor adjustments to your eyeglasses prescription or needing to use "readers" for the first time; Trouble distinguishing

colors, such as blue from black: and * The need for more light

to see well. Although these changes

SEE VISION ON PAGE B2

Signs your aging parents may need more help at home

nationwide turn 65, according to the Pew Research Center,

(STATEPOINT) - Every day, which means that a growing parents or relatives. Among people at home." dealing with the many challenges associated with aging



You're healthy ... until you're not



 Got questions about Medicare? or Health Insurance?

• Turning 65?

Retiring soon?

Kelly Allen a call 509-888-9038





Kelly@KellyAllenAgency.com • www.KellyAllenAgency.com

number of Americans are them is determining when parents may need assistance they aren't currently receiv-

ing. "Asking for help and depending on others for care may make an individual feel like a burden to family or friends. The goal of home care should be to strengthen the mind and the body, lift spirits and support loved ones in a way that makes life worth living," says Jennifer Sheets, president and chief executive officer of Caring Brands International and Interim HealthCare Inc. "This whole person and individualized approach allows caregivers to look for ways to empower

Unfortunately, when seniors struggle with basic tasks such as self-care, transportation or household chores, they don't always talk about it. They may be embarrassed or afraid of losing their independence or homes. Still others may not even realize anything is amiss, particularly if they're in the beginning stages of dementia.

Interim HealthCare shares some warning signs that an aging loved one may be in need of senior care:

• A change in mood, such as depression, anxiety or a loss of interest in social activities and hobbies.

· Significant weight loss,

ENJOY THE SOUNDS OF FAMILY AGAIN. Sage Is Reminding You To Have Your Hearing Checked Today!

509-888-3277

www.hometownhearing.net

123 E. Johnson, Ste 3, Chelan 612 Valley Mall Parkway, East Wenatchee

which can happen for a va- is forgetting to take critical riety of reasons including pills serious physical and mental disorders.

· Issues with mobility and balance. These can be signs of joint, muscle or neurological problems, and increase the likelihood of falls.

• Bruises, cuts or scrapes are sometimes evidence of falls or kitchen mishaps, and a potential indication of declining physical agility.

• Piles of bills, un-watered plants and overflowing hampers -- these are just a few of the many signs that basic tasks are being neglected.

· New dents or dings on your parents' vehicle. These could be signs that safe driving has become an issue.

• Stains, missing buttons and untrimmed nails, are signs of neglected personal hygiene.

· No food in the house, or moldy, stale or spoiled food, might mean a parent is struggling to grocery shop or cook, or may have even lost interest in eating.

• A prescription stockpile could indicate your parent

· Stacks of unopened bills, late payment notices, unbalanced checkbooks and wads of cash stashed in odd places, are all signs of mismanaged

money. If a parent requires extra care, consider all your options, including in-home assistance, which allows older adults to continue living at home, while getting needed help. Look for care that offers a whole-person approach, such as Interim HealthCare's HomeLife Enrichment standard of care, which looks beyond basic needs to encompass mind, body, spirit and family to develop specific protocols and interactive activities that stimulate the brain, improve motor functions and help seniors feel in control of their days. To learn more, visit interimhealthcare.com.

If your parents are displaying signs of needed care, getting them this support is crucial -- both for their immediate health and safety, as well as their overall happiness and wellness.

We wish health insurance headaches could be cured with a pill.

Since they can't, we're here to help answer your health insurance questions and find good coverage at a good price.



AUTO | HOME | LIFE | BUSINESS | RETIREMENT



Ryan & Tracy Greene 509-682-1433 144 E. Woodin Ave, Chelan





Senior Focus

A Guide to Healthy Living For Seniors & Others





Six questions to ask your healthcare provider about out-of-pocket medication costs

(BPT) - Even in the privacy of a doctor's office, many patients hesitate to discuss one subject - money.

While nearly one in four Americans over the age of 50 feels stressed about their medical bills, only half of those have spoken to their healthcare provider about it, according to a University of Michigan poll. But it pays to ask about the cost of your treatment. The same poll found that two-thirds of patients who talked to their healthcare provider about drug costs received a recommendation for a lower-cost alternative.

Speaking with your healthcare provider about treatment options and outof-pocket costs should be one of the first things you do after being diagnosed with a chronic illness. But sometimes it can be hard to know how to start the conversation, or what questions to ask. As the largest independent charitable organization dedicated to helping people pay out-of-pocket costs for their prescribed treatments, the Patient Access Network (PAN) Foundation helps patients manage the financial burden of care every day. Dan Klein, President and CEO of the PAN Foundation, suggests asking your healthcare provider the following questions if you are concerned about the cost of your medication.

1. Can you or someone in your office help me find out how much this medication will cost out-of-pocket?

Although drug prices fluctuate, and patients pay different amounts depending on their health insurance, healthcare providers or their staff can usually provide an estimated cost for a treatment or can call your pharmacy and find out. This simple question is an easy way to start the cost-of-care conversation and let your healthcare provider know that you want to explore ways to minimize your costs.

2. Does this medication have a generic equivalent

While nearly one in four Americans over the age of 50 feels stressed about their medical bills, only half of those have spoken to their healthcare provider about it.

that I can use?

Many brand-name drugs, especially those that have been on the market for a long time, have generic equivalents that are significantly cheaper. These generic copies contain identical active ingredients and are rigorously tested by the FDA to ensure they are as safe and effective as the brand-name versions.

3. Could a change in dosage or frequency help reduce my costs, but still be effective?

Out-of-pocket costs should not prevent you from accessing and adhering to your treatment. But controlled changes to your dosage or frequency may help you lower your costs without compromising effectiveness. It's crucial that this is only

as making cost-cutting decisions without your healthcare provider's input can be harmful 4. Is there a less expensive

done under medical advice,

way to receive my treat-

Depending on your condition, there may be multiple ways to receive treatment, some more expensive than others. For example, oral anti-cancer agents have become an increasingly common part of cancer treatment plans but are sometimes more expensive than traditional intravenous (I.V.) administration. Be sure to ask your healthcare provider if there is a cheaper treatment option for you that meets your healthcare needs.

5. Do you have drug coupon discount cards for my medication, or free samples?

Drug companies often give healthcare providers discount coupons or free samples to dispense to patients. It can be easy for healthcare providers to forget about these, so don't be afraid to

discount coupons can only be used by those with commercial insurance, not by people with Medicare or Medicaid. 6. Can you or someone

ask! Drug manufacturer

in your office help me find financial assistance to cover my costs? Is there a charitable foundation that I can apply to?

Charitable foundations, like PAN, can help patients pay their out-of-pocket costs for prescription medications. Your healthcare provider's office should be familiar with these programs and can point you in the right direction. You can learn more about patient assistance charities and connect with resources to help you manage your chronic illness at panfoundation.org. You can also download the FundFinder app from that website, which will notify you when assistance becomes available from any of the major charitable patient assistance foundations.

VISION

CONTINUED FROM PAGE A1

are often normal, they can also be signs of conditions like cataracts or even diabetes. It is important to maintain regular appointments with your eye doctor to help identify pressing concerns. If you experience sudden vision loss or any rapid change to your eyesight, contact your eye care provider immediately.

2. What are the tiny spots or specks that float across my vision?

These tiny threads of protein float across the gel-like substance between your eye's lens and retina.

Usually there is no need to worry if you notice these spots occasionally and they disappear after a few minutes, but only a dilated eye examination can determine the cause of the "floaters."

If your vision is overcome by these specks or you notice vision loss, contact your eye doctor, as it could be a symptom of a sight-threatening condition

3. What are some common vision-related diseases that come with age?

Age-related macular degeneration (AMD)

AMD is the leading cause of vision loss in people over 65. AMD causes damage to the macula, the small spot on the retina that enables people to see clearly and view things straight ahead

Common symptoms are distortion and blurring of the center of your field of vision. If caught early, there are potential benefits from certain prescription medications and nutritional supplements. Late-stage AMD is much more difficult to treat.

Certain factors like heredity, ultraviolet light exposure and smoking may increase the risk of AMD. Consult with your eye doctor to determine if a preventive treatment plan is right for you.

Cataracts

A cataract is the clouding of the lens in your eye, blocking the flow of light to the back of your eye (retina), which ultimately causes loss of sight. Most form slowly and do not cause pain. Significant clouding can form in some people and, ultimately, negatively impact vision.

Cataracts are treatable via surgery that replaces the clouded lens with a clear

plastic lens. Cataract surgery is generally safe and one of the most common surgeries in the U.S. Once a cataract is removed, it cannot grow back.

Glaucoma

Glaucoma is caused by increased pressure inside the eye, which can cause permanent vision loss and blindness if untreated. The most common form usually has no noticeable symptoms in the early stages - the only way to detect it is routine

Treatment may include prescription eye drops, oral medications, laser treatment surgery or a combination of any of these. It is important to find glaucoma early because once vision is lost, it cannot be regained.

4. What are the best ways to keep my eyes healthy as

Some of the best ways to protect your eyes include:

Stop smoking. Smokers are up to four times more likely to develop AMD and may contribute to development of cataracts.

* Maintain a healthy

weight. Conditions associated with being overweight, like diabetes and heart disease, increase your risk of vision loss from cataracts, glaucoma and retinopathy.

* Wear sunglasses. Help protect your eyes from harmful ultraviolet rays.

* Be physically active. People who are physically active experienced less vision loss over 20 years compared to those who are less active.

* Eat a healthy diet. Colorful fruits and vegetables contain nutrients that can keep your eyes healthy and reduce AMD risk.

5. Do sunglasses really protect my eyes?

Sunglasses act as a buffer between your eyes and the sun's ultraviolet (UV) rays. Exposure to these rays can put you at greater risk of cataracts and AMD. Look for a pair that blocks 99% to 100% of UV rays.

Note that polarization is different from UV protection; however, most polarized sunglasses also provide UV protection. Check the product tag or ask for assistance in choosing the right pair.

6. How often should I see my eye care doctor?

Eye exams are crucial to maintaining eye health as you age. Many eye diseases, like glaucoma, have no symptoms in early stages. And many systemic conditions, such as diabetes and high blood pressure, can be first found during a routine eye exam. Aim to see your eye doctor annually even if your vision hasn't changed, so your doctor has a record of your eye health. See your doctor immediately for sudden changes.

For UnitedHealthcare Medicare Advantage members, many plans include routine vision services as well as additional services not covered under Original Medicare. It's helpful to learn how to take advantage of these and other benefits.

Plans insured through InitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

SMITHSON INSURANCE SERVICES

Information You Can Rely On!

Kathy Z. Smithson

@gmail.com 720 Valley Mall Pkway East Wenatchee

Life Insurance

Long-term Care
 ALL Medicare Plans

Let Kathy assist you with answers to your

questions about:

Health - Medicare Part D Rx plans

509-884-5195

SmithsonInsuranceServices.com

• Final Expense • Individual & Group Health



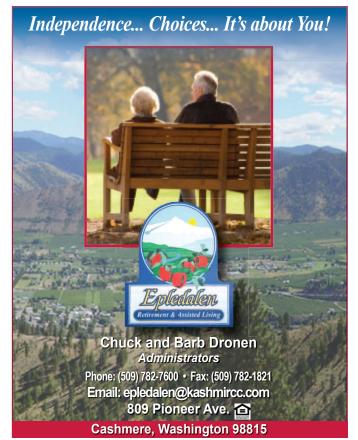
completion of Living Trust estate plans.



CDFCU

www.cdfcu.com

106 State Hwy 97 • Brewster CENDER











Mike Maltais/QCH



Mike Maltais/QCH Construction on Bridgeport Middle School is expected to be completed by Thanksgiving break at the end of November. RIGHT: Bridgeport high (pictured) and elementary schools are on track to be completed by the end of the calendar year in December.



Save the Date!

Plain Cellars and Glassybabies at 1 home

Saturday, September 14, 2019 noon-5pm

Questions? Email foundation@cascademedical.org

Your patience is requested

Bridgeport schools will open amid construction

STAFF WRITER

BRIDGEPORT -- School days will be a little chaotic at the Bridgeport schools between opening day August 28 through the end of the year. With all three buildings in the final stages of completion students and parents alike will need to be flexible as access and parking absorb some of the effects of the added activity.

Bridgeport School Superintendent Scott Sattler told The Quad last Tuesday that he hopes that all affected will be patient while the new renovations are completed.

"The main thing I want folks to know is that we are only four months away from completion and those four months will go by very quickly," said Sattler. "Parking will be at a premium

and visitors may face some rerouting. Please be patient."

When all the equipment and construction debris has been

settled all concerned will benefit from the additional classroom space and improved amenities.

24th Annual Home & Garden Tour

(tickets available online and at Plain Hardware in September)

5 Plain area homes — beautiful décor, picturesque settings, wine tastings at

Join us for a fun day, all for 3D Mammography at Cascade Medical!

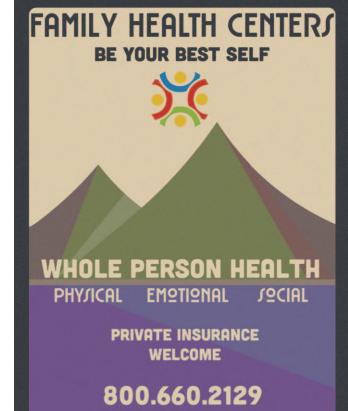
www.cascademedicalfoundation.org/fundraisers/home-garden-show

CASCADE MEDICAL FOUNDATION

www. qcherald.

com

\$20 tickets



Open house scheduled for new

Brewster Middle School

The newly completed Brewster Middle School will be ready for students when school opens

August 28. An open house is scheduled for 3 p.m. Thursday, August 22.

Ready to sell or buy?

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

CLASSIFIED ADS Place your Classified Ad Online 24/7

and reach all of North Central Washington BUSINESSJOURNAL



PUBLISHER'S NOTICE All real estate advertis-ing in this newspaper subject to the Fair Housing Act, which street any 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 discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is

1-800-927-9275.

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



ORCHARDS & FARMS

We have buyers for your Pear, Apple and Cherry Orchards!

509-669-4500 information@nwi.net



Public Notices: Your right to know-See them here in this 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

FOR RENT

florist@yahoo.com

bedroom with garage. \$825 per month. Lo-cated on Columbia River minute drive from Chelan near Rio Vista Winery. Cleaning deposit, and last months Call Paul at 509 rent. 682-9623.

Chelan: One bedroom Year duplex. around. \$700/ month. Includes Wi-Fi, S.W.G. electric, AC, Dish and Wi-Fi. Ref-Deposit. erences 509-682-2460.



FOR RENT



Immediate openings for 2 bedroom apartments

HUD vouchers welcome Rent based on income. Must meet eligibility criteria. Background screening required: \$40.00/ adult

Call 509-683-1225 or 509-423-3539 E-mail: mansfieldmanorapartments@gmail.com

> This institution is an **Equal Opportunity** Provider and Employer."

WANTED TO RENT

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

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



Receptionist/ Administrative **Assistant**

The Lake Chelan Mirror

is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time Monday-Friday Chelan office. Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash re-ceipts journal, make de-posits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing com puter 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 in volved in the daily activi-ties 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

See **MORE CLASSIFIEDS & PUBLIC NOTICES** on Page B4

HELP WANTED

Full and Part-Time Bedmaker, Laundry and Housekeeping

_eavenworth Enzian Inn

hiring for full and part-time Housekeeping Bedmakers Laundry competitive Enjoy wage and positive workenvironment. Shifts typically begin at 9:00 and end between 2:00 4:00 daily. Hotel ameni ties such as fitness room indoor pool and jacuzz are available to employ ees and their immediate family to enjoy in the winter months.

> Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth



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

Icicle River Middle School Special Education Para Educator

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

EOE **Evening Cook Position**

Epledalen Retirement & Assisted Living is hiring one full-time cook position. Hours 11 a.m. - 6:30 p.m. 5 days a week. Pay \$14.00 per hour. Preparing evening meal for 40 clients. Home style cooking. ²509-782-7600, Contact 9-5, Monday - Friday or

email Epledalen@kashmircc.com HELP WANTED



Three Rivers Hospital is in need of an HIM Clerk. This position will assist Health Information the Dept in clerical, secretarial and assistant duties. knowledge Basic computers required. Medical terminology and transcription experience and minimum of 2 years' experience preferred. Friday; Mondayhours/week.

Interested Candidates may apply in person or by mailing their resume

Three Rivers Hospital Human Resources Department PO Box 577 Brewster, WA 98812 (509) 689-2517

www. threerivershospital.net opportunity@ trhospital.net EOE

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/ <u>Cashmere</u> Deadline Tuesday at noon **Quad City Herald**

Your ad will appear online and in the newspaper for

one low price.

NCW MARKET.COM **CLASSIFIED ADS**

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. AA Degree or;

2. 2 years of college course work (70 credits) documented with tran scripts or

3. Pass the ETS paraprofessional test (giver at the school with prearrangements) in the ar eas of math, reading and writing.

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

Brewster School District is an **Equal Opportunity** Employer.

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 positon is open until filled.

The Brewster Police Department is looking for qualified lateral and entry level police applicants.

SALARY **RANGE** \$4,842 based \$4,351 on years of experience Benefits include longeveducational pay & health insurance Spanish paid. speaking incentive pay. \$10,000 sign on bonus for lateral only.

Interested applicants should contact the **Brewster Police** Department Civil Service

Secretary for confirmation of minimum qualifications. Brewster Police Department Civil Service PO Box 1074 Brewster, WA 98812. Phone (509) 689-2331. Click here to download

the application http://www.cityofbrewsterwashington.org/police%20department.html Closing August 30, 2019. Application can be

submitted to jescobar@ brewsterpd.org. Application fee waived.

1-888-416-7103

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 departments small The small communities. 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 committed to continuing the tradition of making the City a safe place to live, work, and Qualified appliplay. should have cants minimum of 5 years of enforcement experience, leadership experiand/or academic ence credentials indicating the potential for success in a leadership role. The City of Brewster is located on the beautiful Columbia River in rural Washington, Eastern and has a population of The Police Department consists of a total of 5 fully commissioned law enforcement officers, inclusive of the

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

The salary

Chief.

DOE and DOQ.

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 posirequiring 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.

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

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 "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 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.

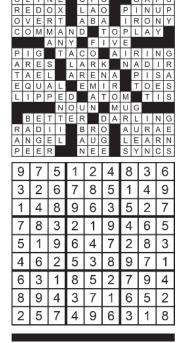
Night Caregiver/ CNA

Epledalen Retirement & **Assisted Living** hiring one full-time

night position, 40 hours \$14.00 to week. per \$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 Epledalen@kashmircc.com

PUZZLE SOLUTION



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 <u>Cashmere</u>

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

GARAGE & YARD SALE



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.

AUTOMOBILES

PATEROS SCHOOL DISTRICT SURPLUS VEHICLE

School District Pateros has **2000** has declared for surplus a **2000 Ford Taurus Sedan.** 168,775 miles, runs, but needs work. Questions should be di 923-2751 x 4 or jgetzin@pateros.org . Sealed bids accepted in the District Office until noon, Monday, September 9, 2019. Please write the except amount of your bid and act amount of your bid and place it in a <u>sealed</u> envelope entitled: "Pateros School District Surplus Sale Bid"; PO Box 98; Pateros, WA 98846. Bids will be opened in the Superin tendent's office at 12:15 p.m. on Sept 9, 2019. The board of directors reserves the right to review and award all bids dur-ing this process. Successful bidder will be notified and payment must be made by certified check.

BOATS & **TRAILERS**



Leavenworth. Very nice 10 ft. fiberglass boat, modified with 2 oars and 1-1/2 Hp electric motor and anchor. A fun boat for perch or bass fishing. Trailer. 509-548-4321.

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. son 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 reditor 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 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 as-

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

Deadline is August 29

Housing sales are HOT! Is your home

dvertise your property on

getting the attention it needs?

Sudoku

There's no cost to you!

Economic Alliance accepting Development **Prioritization applications**

OMAK – The Economic Alliance Infrastructure Committee is accepting applications for the 2020 prioritization process for economic and community projects and public infrastructure projects within Okanogan County.

EA committee coordinates the application and review process and provides the Okanogan County Commissioners with a single prioritized master list of economic and community development projects.

The 2020 application is available online at https://forms.gle/ RrTCwveqN3ni52Dg7.

For additional information contact EA Executive Director Roni Holder-Diefenbach at 509-826-5107 or email rholderdiefenbach@economic-alliance.com.

Includes up to 5 photos Includes video Unlimited description Google map to your location (or you can opt ou • 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.

www.qcherald.com

CROSSWORD PUZZLE

THEME: THE BEATLES ACROSS 1. Patsy, e.g.

Between generations
 Reduction/oxidation portmanteau

Tsu 15. Page or Grable 16. Out in the open 17. Legal org.

18. Often-missed humor 19. *"Nowhere man, the world is at your

21. *"...love was such an easy game

23. *"___ time at all, all you gotta do is call..." 24. *One more than The Beatles

25. 2019, Year of the 28. Shell and its contents 30. Showing on TV 35. Mars, to the Greeks 37. "On a _____" or carefree

39. Rock bottom 40. Asian weight unit 41. Gladiator venue 43. Site of Leaning Tower 44. Zero calorie sweetener

46. Arab ruler 47. Zac Brown Band's 2008 hit 48. Tight-____ 50. H or O in H2O, e.g. 52. ____ the season!

53. Word type 55. Booking photograph 57. *"...take a sad song and make it 60. *" _, it's been a long cold lonely

winter' 64. 2 halves of a diameter 65. Sis' sibling 67. Sign of a saint, pl.

69. Summer mo. 70. *"..., but you can the game" ___ how to play

71. Pressure inducer 72. Born, in society pages 73. Synchronizes, for short ĎOWN

3. Footnote word 4. Norman Bates' Mother 5. Opposite of extinct 6. Decked out 7. *Like The Four 8. Raccoon's South American cousin

"...listen to my story all about the who came to stay?"

10. Dwarf buffalo 11. Small and weak 12. Stratego piece S

15. Deliver via Keystone 20. Spiral-horned African antelope 22. Spermatozoa counterpart 24. Supervisor 25. *"Yesterday" star 26. Baghdad resident

27. "Faster!" to a horse 29. *"...and if she's beside me I know I need never 31. Wholly engrossed 32. "The ____," Dostoyevsky's novel One born to Japanese immigrants *"Jojo left his home in Tucson,

Arizona for some California 36. Dueler's blow 38. Opposite of purl 42. Something in the air 45. Dal seed 49. Anonymous John 45. Dal seed 45. Chol. Street artist's masterpiece
54. City-like 56. Sticky 54. City-like

58. U2 guitarist 57. Misery cause Wedding cake part 60. Venetian magistrate 61. A Flock of Seagulls' 1982 hit 62. Narcotics agent 63. Singular of gentes 64. Drake's genre

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. 1. Gator's cousin 2. To the left, prefix

CALL (855) 439-6734

aPlaceforMom.

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

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.