



Sen. Hawkins includes Pateros, Mansfield on Listening Tour Sept. 3-7

By MIKE MALTAIS
STAFF WRITER

PATEROS – 12th District State Senator Brad Hawkins has scheduled stops at Pateros and Mansfield during his third annual Listening Tour of Okanogan, Douglas, Chelan, and Grant counties from Sept. 3-7. Citizens interested in discussing issues with their legislative representative are invited to request an appointment to schedule a time on the senator's calendar.

Hawkins will stop at both Quad City communities on Thursday, Sept. 5, at the fol-



State Senator Brad Hawkins

SEE HAWKINS ON PAGE A2

Coaches, assistants named

Bridgeport schools announce fall athletic checklist

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – The high school and middle school annual athletic enrollment will be held from 6-7:30 p.m., Monday, August 19 in the Bridgeport High School Commons. Athletic Director Scott Darwood said he will be there together with middle school principal Hanna Coffman, high school ASB secretary Lisa Pierce and high school office secretary Brenda Garcia.

"We will be discussing high school/middle school student athletes required needs before they are able to attend their first practice," Darwood said.

Those required needs will include:

- Athletic codes read, understood and signed by athlete and a parent,
- All previous year's school fines paid.
- Physicals completed and up to date,
- Proof of insurance.
- Attendance at and signed-off in a concussion protocol class.
- Payment of the annual \$50 ASB card is required before an athlete can compete in his or her first game or competition.

Darwood reminds all Bridgeport School District families that now through Sept. 15, all Family Health Centers are of-

fering free physicals to student athletes. They can be reached at 509-686-0603 to schedule an appointment.

2019 high school/middle school Fall coaches

Head high school Football Coach: John McDougal and his assistant Luke Luttrell.

Head high school Volleyball Coach: Suni Gill and her assistant Zoe Baxley.

Head high school Girls Soccer Coach: Gabe Gonzalez and his assistant Carlos Lopez.

Head high school/middle school Cross Country Coach: Rick Neigel.

Head high school Cheer Coach: Samantha Torres.

Head middle school Football Coach: Sam Buckingham and his assistant Derek Pulsifer.

Head middle school Volleyball Coach: Susan Schuh and her assistant Dolly Buckingham.

Both high school head Football Coach John McDougal and high school head Volleyball Coach Suni Gill step into their new positions as head coaches after serving as assistant coaches last year for Bridgeport High School. Fall sports begin with high school football and cheer on Wednesday, August 21. High school volleyball, High school girls soccer, High school/middle school cross country, middle school football and middle school volleyball begin on Monday, August 26.

Bridgeport man drowns, boater still missing

RUFUS WOODS LAKE - On Sunday, August 4 at approximately 7:09 p.m., Douglas County Deputies were dispatched to Rufus Woods Lake above the Chief Joseph Dam in regards to a possible drowning. When Deputies arrived, they found Manuel De Jesus Galarza-Martinez, a 26-year-old male out of Bridgeport, lying on the shore unresponsive. Deputies attempted life saving measures, but were ultimately unsuccessful.

Deputies learned Marti-

nez had been swimming with friends when he went under the water. After he did not resurface friends dove in, found him unresponsive, pulled him to shore and then called for help.

Douglas County Sheriff Kevin Morris advised The Quad last Tuesday that there is no new developments in the search for Charles Baker, an 81-year-old boater who was last seen last May 27. Baker's boat was found drifting on the Columbia River five miles above Chief Joseph Dam.

Years in the making

Ribbon cutting dedicates Bridgeport's new Conklin Marina RV Park



Mike Maltais/QCH

ABOVE: Viewed from an overlook on State Route 173, south of the city limits, the completed Conklin Marina RV Park offers ample room for the big rigs that require large parking spaces. BELOW: Bridgeport mayor Janet Conklin cuts the ribbon surrounded by state, county, and city officials who helped make the new park possible.

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – A major development, tourist attraction, and economic asset made its official debut in this city last Saturday, August 3, when a ribbon-cutting ceremony dedicated Conklin Marina RV Park as Bridgeport's newest achievement.

Officials from the state, county, and city joined Bridgeport mayor Janet Conklin and snipped a red ribbon at 11 a.m. at the en-

SEE RV PARK ON PAGE A2



Pateros ponders Warren Avenue sidewalk project

By MIKE MALTAIS
STAFF WRITER

PATEROS – The City Council met in special session last Monday, August 5, and approved an application to the state Transportation Improvement Board (TIB) for funding to extend a sidewalk on Warren Avenue, Phase 2, from Chris Street to River-

side Drive.

That sounds simple enough and most of us take sidewalks for granted as one of the more mundane maintenance jobs a city routinely does. But the reality is that sidewalks are complicated and sometimes even contentious undertakings that require plenty of detail

along with the blessings of residents affected.

The city has applied to TIB twice before for the Warren Avenue project and has been rejected both times in the competition for limited funding - \$3 million for small cities statewide - for the proposed \$330,000 project.

City Administrator Jord

Wilson met with city engineers Varela & Associates to revise the plan for a better shot at getting approved the third time around. The new guidelines include:

1. Narrowing the west-bound lane of Warren to 11 feet, the maximum TIB recommended width for a

SEE SIDEWALK ON PAGE A3

Seven fish, for seven kids of Roman family

The Roman family was well represented in this year's Brewster Salmon Derby. Of the seven youngsters, three caught salmon in the Youth Division (8-14 years) and four in the Child Division (8 and under).

Courtesy Brewster Salmon Derby

See story, results and more photos on page A3.



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RV PARK

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trance to the park's 17 paved RV sites – already occupied – as scores of well-wishers and supporters applauded the long-awaited moment.

Mayor Conklin delivered a brief history explaining how the property was originally acquired and eventually became what it is today. Conklin's father-in-law, Wilber "Web" Conklin purchased the property in 1944 for use as an orchard. When Wells

Dam was built the Douglas County PUD acquired half of the Conklin property and in conjunction with state fish and wildlife built the existing boat launch.

The Conklin's request to name the boat launch was approved by the PUD so a letter writing campaign was initiated to request suggestions from the public. The responses came back, three-to-one in favor of naming it Conklin Landing in honor of Web, who died in 1974, the mayor said.

The Conklin's continued to use the remaining half of the property as orchard until Ed Conklin removed the trees in the 1990's. He later negotiated a sale of the property to the city. When the PUD needed a project to renew its Federal Energy Regulatory Commission (FERC) license it decided to develop seven RV sites on the property. With the help of city planner Kurt Danison, the city was able to secure a grant to piggyback 10 additional spaces to the PUD project.

Erlandsen & Associates performed the design work, Hurst Construction the site development, and Anderson Landscaping the grounds.

The economic benefits of the new RV park are already making their contribution to the city.

"As of Tuesday (July 30) or Wednesday (July 31) we have surpassed the highest revenue ever by over \$1,000," said new park host Sue Stanley.

Since Randy and Sue Stanley assumed the position of

park hosts last April, they have revamped the reservations system and eliminated lost revenues from unused or unpaid spaces. Now, the RV park is on several sites where prospective clients can easily find it.

In April, park revenues were up almost \$1,000 from last year. May revenues were \$6,000 greater than 2018 and June exceeded the previous year by almost \$3,000.

"Bridgeport Washington. net will take you to the online reservations. We're on RVillage, a Facebook for RV'ers, and Google My Business just cleared for Conklin Landing so you can find us on Google Maps now," said Stanley. "We've had four reviews on Yelp and will be listed in the updated edition of Big Rigs Best Bets that has 15-20,000 online subscribers.

All the new RV spaces are large enough to accommodate large RV packages.

"Our shortest site is 65 feet so we can handle the big rigs with tow-behinds," Stanley said.



Mike Maltais/QCH

ABOVE: Douglas County Commissioner Mark Straub gingerly handles the giant shears before the ribbon cutting. LEFT: Master carver Jacob Lucas stands next to the work he created from a sycamore trunk featuring salmon and sturgeon that was recently installed near the RV park entrance. In the past Lucas has turned more than two dozen tree trunks into distinctive decorations throughout the city.



HAWKINS

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lowing locations and times:

- Mansfield School District Office, 491 Road 14 N.E., 9-10 a.m.
- Pateros Sweet River Bakery, 203 Pateros Mall, 11:30 a.m. – 12:30 p.m.

To schedule an appointment, email brad.hawkins@leg.wa.gov, or call his Olympia legislative office at 360-786-7622. There may be no time for unscheduled, day-of visits so citizens are requested to contact Hawkins' office in

advance for an appointment.

"Doing a listening tour each year allows me to visit communities in all four counties in our district and hear from constituents who want to meet with me and share ideas or concerns," Hawkins said. "It's very helpful for me to hear directly from the people I serve."

Hawkins said hosting a listening tour allows him to hear ideas and concerns that can be turned into successful legislative action. He cited examples from stops in Leavenworth, Twisp, and Wenatchee that resulted in legislative action to address

issues brought to his attention. He includes aides and issue specialists in his tour group so they can also hear directly from the people and be prepared to research and develop ideas for later follow up.

"As we've done with our previous listening tours, we are wrapping up this year's tour with a community hike, this time on Chelan Butte," said Hawkins. "The 12th District is beautiful and known for its outdoor recreation, so it's fun to experience that together and connect with people in a fun and different way."

The hike will start from the Chelan Butte trailhead at 9 a.m., Sept. 7. Everyone is invited to participate with no appointment or RSVP needed. Those participating in the hike are encouraged to bring sunscreen and water.

Directions to reach the Chelan Butte trailhead: From U.S. 97, take State Route 150 toward the city of Chelan. Turn left to stay on SR-150 (E. Woodin Avenue). Turn left on Sanders Street. Turn left onto Farnham Street. Continue onto S. Sanders Street. Turn left onto E. Iowa Avenue. Trailhead parking lot will be on the left.

DOE seeks feedback on salmon recovery efforts

By MIKE MALTAIS STAFF WRITER

OLYMPIA – Now that we have your attention regarding salmon from the just completed Brewster Salmon Derby, the Washington Department of Ecology (DOE) is accepting feedback on proposed rules changes aimed at helping increase salmon migration in the Snake and Columbia rivers.

The rules changes would allow hydropower dams on both rivers to spill more water

over the dams at crucial times to improve juvenile salmon migration. The DOE proposes to change the water quality standard for Total Dissolved Gas during spring spill season in the two rivers.

"Increased spill over the dams has the potential to be a win-win for salmon, orca, and power generation," said Heather Bartlett, Ecology's Water Quality program manager. "We are at a critical time for our orca and salmon. This is a change we can make relatively

quickly to help with the long-term recovery efforts.

Taking action to allow more spill over the dams is one of the Southern Resident Orca Task Force recommendations to the Governor. Salmon runs on the Snake and Columbia rivers include Chinook, the Southern Resident orca's primary food.

Total Dissolved Gas refers to the amount of nitrogen and oxygen allowed in the rivers and DOE is proposing to change the amount of gas allowed. While

there is a risk to increasing the amount of gas, the spillways offer a safer route for fish migrating downstream than passing through the turbines.

The DOE is accepting feedback through Sept. 26. More details on the proposal, information on public hearings, and instructions on how to submit comments are available on Ecology's rulemaking webpage, <https://ecology.wa.gov/Regulations-Permits/Laws-rules-rulemaking/Rulemaking/WAC173-201A-revisions>

CCT release first salmon above Chief Joseph Dam

By MIKE MALTAIS STAFF WRITER

NESPELEM – The Colville Confederated Tribes (CCT) in conjunction with Colville Tribes Fish and Wildlife will release the first chinook salmon in Rufus Woods Lake upstream of Chief Joseph Dam since the structure was completed in 1955.

The release, open to the public, will take place at 10 a.m. Friday, August 9, at the new RV park at Rufus Woods about five miles below Nespelem.

Further information about the salmon cultural release event is posted colvilletribes.com and the CCTF&W Facebook page. More detailed information on how to reach the release site is posted on colvilletribes.com/parks-recreation.

Spectators are advised to bring lawn chairs. A continental breakfast will follow the release ceremony.



Help Smokey celebrate his 75th birthday on August 10

By DIANA PINON STAFF WRITER

ENTIAT - The United States Fire Service and Columbia Breaks Interpretive Center will celebrate Smokey's big 75th birthday on Saturday, August 10, at Entiat's Interpretive Center on the west side of Hwy 97A. From 10 a.m. - 2 p.m., groups of all ages will be able to engage

in different learning activities, play games, eat cake, enjoy climbing up the Chelan Butte Lookout tower and visit with firefighters and check out a fire engine. During the celebration kids can also take pictures and shake hands with Smokey Bear on his birthday, plus they will have the opportunity to hear his story.

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SIDEWALK

CONTINUED FROM PAGE A1

local road (the lanes of U.S. 97 passing through Pateros are 11 feet wide).

2. Include a gravel swale - the least expensive to install and maintain - to capture groundwater, a TIB requirement.

3. Warren from Chris to Riverside is the city's number one for speeding vehicle complaints. Narrowing the

westbound width and providing a separation between pedestrians and the street will help reduce speed and increase pedestrian safety, a major TIB goal.

While the new design enhances the city's chances of approved funding, council member Holly Bange raised an issue that council members must consider down the road, so to speak. Bange, who lives on the portion of Warren that will be altered by a new sidewalk, said her

neighbors are not in favor of a change to its present condition if the improvements reduce or eliminate extra parking space along Warren. As it is now, visitors or guests can park along Warren and Bange said that some of the driveways do not allow parking multiple vehicles. A sidewalk and curbing as proposed would compromise extra parking.

Following a prolonged discussion, the council approved the funding applica-

tion that must be submitted by August 16 and agreed to revisit Bange's concerns if and when the funding is approved.

Mike Maltais/QCH

The proposed sidewalk project would extend from where the current sidewalk ends west to Riverside Drive.



A 200-plus turnout

Fishermen knock 'em dead at Brewster Salmon Derby



By MIKE MALTAIS
STAFF WRITER

BREWSTER – The 14th annual Brewster Salmon Derby got the green light again this year as fishermen traded tether hooks for salmon hooks and hit the river

While the King of the Pool catch was a couple pounds lighter than those of the past two seasons, it was still large enough at 25.20 pounds to have taken top prize in both of those derbies as well. Howard Dorsey caught the prize-winner on the final day, Sunday, August 4, while the Adult Division winner, Kim Hammons landed her salmon on the previous day. They walked away with checks for \$2,000 and \$1,500 respectively.

Derby co-organizer Randy Cole who has seen his share of derbies wash over the transom said the fishing on the Thursday, August 1 opener was “unbelievable.”

“It was the best fishing I have seen out there ever,” Cole said.

The final turnout numbers showed 206 fisherman and 78 boats in this year's derby. They weighed in 122 Chinook on Friday, 65 on Saturday and 74 on Sunday for a total of 261 fish.

All Brewster King Salmon Derby profits are donated to local charities such as the Brewster Boys and Girls Club, Brewster Senior Center and the Coastal Conservation Association of Washington.



CLOCKWISE FROM LEFT: Derby co-organizer Randy Cole hands out new fishing rods to the Youth Division participants.

Kim Hammons was the Adult Division winner with a 23.57-pound catch good for \$1,500.



Adam Roman won the 8 and Under Division.

Howard Dorsey won King of the Pool and \$2,000 with a 25.20-pound Chinook.

Alex Davis won the Youth Division for the second consecutive year with a 22.76-pound Chinook. Last year Davis hauled aboard a 21.22-pound catch to take first place.

More photos at qcherald.com



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Adult Results (Top 25 of 123 qualified)

1. 25.20 lbs Chinook Salmon	Aug 4	Howard Dorsey - USA
2. 23.57 lbs Chinook Salmon	Aug 3	Kim Hammons - USA
3. 22.95 lbs Chinook Salmon	Aug 3	Gage Howe - USA
4. 22.85 lbs Chinook Salmon	Aug 3	Wes Nicholas - USA
5. 22.58 lbs Chinook Salmon	Aug 2	Tim Germain - USA
6. 22.42 lbs Chinook Salmon	Aug 2	Alex Davis - USA
7. 22.39 lbs Chinook Salmon	Aug 2	Dan Snyder - USA
8. 22.21 lbs Chinook Salmon	Aug 2	Ron Oules - USA
9. 21.81 lbs Chinook Salmon	Aug 3	Lila Olson - USA
10. 21.77 lbs Chinook Salmon	Aug 4	Jeff Barker - USA
11. 21.58 lbs Chinook Salmon	Aug 3	Landon Almont - USA
12. 20.97 lbs Chinook Salmon	Aug 3	Roger Elvigan - USA
13. 20.93 lbs Chinook Salmon	Aug 4	Cal Walker - USA
14. 20.71 lbs Chinook Salmon	Aug 3	Pat Martin - USA
15. 20.32 lbs Chinook Salmon	Aug 4	Tony Agostinelli - USA
16. 20.30 lbs Chinook Salmon	Aug 3	Josh Matson - USA
17. 20.28 lbs Chinook Salmon	Aug 2	Mike Ervin - USA
18. 20.27 lbs Chinook Salmon	Aug 2	Jason Olson - USA
19. 20.14 lbs Chinook Salmon	Aug 4	Sean McFadin - USA
20. 19.82 lbs Chinook Salmon	Aug 4	Bob Kiepke - USA
21. 19.78 lbs Chinook Salmon	Aug 2	Gabe Webster - USA
22. 19.70 lbs Chinook Salmon	Aug 2	Chris Almont - USA
23. 19.65 lbs Chinook Salmon	Aug 4	Clint Novak - USA
24. 19.51 lbs Chinook Salmon	Aug 2	Jim Cochran - USA
25. 19.41 lbs Chinook Salmon	Aug 2	Jay Shea - USA

Youth Division (16 entries)

The future of the derby, its youth fishermen brought in 16 catches to the scales and for the second consecutive year, Alex Davis took the top honors with a Chinook weighing 22.42 pounds. The next nine fish weighed in at more than 17 pounds each.

1. 22.42 lbs Chinook Salmon	Aug 2	Alex Davis - USA
2. 21.81 lbs Chinook Salmon	Aug 3	Lila Olson - USA
3. 21.58 lbs Chinook Salmon	Aug 3	Landon Almont - USA
4. 19.41 lbs Chinook Salmon	Aug 2	Jay Shea - USA
5. 19.29 lbs Chinook Salmon	Aug 4	James Roman - USA
6. 19.18 lbs Chinook Salmon	Aug 3	Claire Dunlap - USA
7. 18.71 lbs Chinook Salmon	Aug 2	Brooklyn Jacobs - USA
8. 17.85 lbs Chinook Salmon	Aug 2	Drew Dunlap - USA
9. 17.67 lbs Chinook Salmon	Aug 4	Ivan Roman - USA
10. 17.31 lbs Chinook Salmon	Aug 2	Maddy Olson - USA
11. 14.92 lbs Chinook Salmon	Aug 4	Trace Ladoux - USA
12. 13.34 lbs Chinook Salmon	Aug 2	Harrison King - USA
13. 13.19 lbs Chinook Salmon	Aug 2	Laney Howe - USA
14. 11.87 lbs Chinook Salmon	Aug 2	Dan Roman - USA
15. 9.83 lbs Chinook Salmon	Aug 4	Antonio Christensen - USA
16. 6.25 lbs Chinook Salmon	Aug 4	Dakota McAfee - USA

Child Division (6 entries)

The anglers eight years old and under made a statement of their own with four of the six fish caught weighting 10 pounds or more. An interesting statistic for their division was that four of the six salmon were hauled aboard by members of the Roman family, with winner Adam with the largest Chinook, Emma in third place, Chad fourth and Samson in sixth spot. James, Ivan, and Dan Roman placed fifth, ninth, and 14th in the Youth Division.

1. 17.74 lbs Chinook Salmon	Aug 2	Adam Roman - USA
2. 16.73 lbs Chinook Salmon	Aug 2	Hunter Jones - USA
3. 16.36 lbs Chinook Salmon	Aug 4	Emma Roman - USA
4. 10.04 lbs Chinook Salmon	Aug 2	Chad Roman - USA
5. 9.11 lbs Chinook Salmon	Aug 2	Blake Matson - USA
6. 8.00 lbs Chinook Salmon	Aug 4	Samson Roman - USA

Results courtesy of Brewster Salmon Derby.com

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OBITUARIES

P.L. 'Bud' Randall

P.L. "Bud" Randall, 84, of Milton-Freewater died Sunday, July 28, 2019, of heart failure at Providence St. Mary's Hospital. Bud was born to Thomas and Nina Randall on February 21, 1935, in Gentry, Arkansas.

He graduated from high school in Homer, Alaska and attended Walla Walla College before serving in the Korean War. Bud met Florence McGuire in Pendleton, Oregon and had been married 50 years at the time of her passing. In 2012, he married Shirley Zimmerman, and they lived happily together in Milton-Freewater, Oregon until his death.

Bud is survived by his wife Shirley Randall, two sisters Cecil Reeves and Donna Krenzler as well as children, Randy and Rhonda Randall, Jeff and Amanda Randall, Kelly Miller, and Kandy Miller. Seven grandchildren and seven great-grandchildren also survive him.

Bud treasured time spent with his loved ones and will be greatly missed by both family and friends.

A graveside service will be held at Olney Cemetery on August 9 at 10 a.m. in Pendleton, Oregon.

Revenue offers free tax workshop Aug. 20 in East Wenatchee

EAST WENATCHEE – Business owners in Washington are responsible for knowing which taxes to report. To help them, the Washington State Department of Revenue (Revenue) is hosting a free workshop for new and small business owners on Aug. 20, 1:30 – 4:30 p.m., Douglas County Fire District, 377 Eastmont Ave, East Wenatchee. Call 509-885-9825 or go online to register on Revenue's education page.

Participants will learn about Washington excise taxes, reporting classifications, deductions, tax incentives, sales tax collection and record-keeping requirements. Attendees re-

ceive a workbook and helpful reference guide to Revenue's rules and regulations. Also, attendees may earn two continuing professional education (CPE) credits. Contact the workshop instructor for details.

Contact Revenue's Rick Stedman with any questions about the workshop: 360-705-6624 or rickst@dor.wa.gov.

Revenue offers several ways for businesses to learn about taxes. Visit the education page to view a complete schedule and to register for upcoming workshops. Business owners can also watch a short streaming video version of the workshop online.

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, 8-9 – Pool Noodle Alien (Teen).
2 p.m. Tuesday, 7-18 – Craft: Telescope.
2 p.m. Friday, 8-16 – Craft: Space Rocks (Teen).
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, 8-8 – Storytime and Craft.
11 a.m. Friday, 8-9 – NCRL Puppet Show.
3 p.m. Saturday, 8-10 – Game Time.
3 p.m. Tuesday, 8-13 – Karaoke for Kids.
3 p.m. Wednesday, 8-14 – Teen Craft.
3 p.m. Thursday, 8-15 – Storytime and Craft.
3 p.m. Friday, 8-16 – Movie Time: Against the Wild 2; Survive the Serengeti.
3 p.m. Wednesday, 8-21 – Teen Craft.
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.

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

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 13

Meatloaf, Potatoes and Gravy, Broccoli, Caesar Salad, Pears, Whole Wheat Roll and Dessert

Wed., August 14

Baked Chicken, Pasta Salad, Green Beans, Stewed Tomatoes, Pineapple, Whole Wheat Bread or Roll and Dessert

Thurs., August 15

Beef Stroganoff, Peas, Garden Salad, Whole Wheat Roll and Fruited Jell-O

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 9

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.

August 9, 16

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 August 9. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc.

On the third Friday of each month, August 16, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

August 12

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

DOUGLAS COUNTY SHERIFF

July 25

Non-injury accident at State Route 173, milepost 5-1/2, Bridgeport Bar.

Court order violation at 500 Fairview Ave., No. 7A, Bridgeport.

Alarm at 305 E. Second Ave., Mansfield.

July 26

911 at 430 16th St., Bridgeport.

July 30

Welfare check at 314 19th St., Bridgeport.
Domestic disturbance at 2327 Road A N.W., Mansfield.

July 31

Domestic disturbance at 867 Highland Orchard Rd. No. A, Bridgeport.
Suspicious incident at Quik-E-Mart, 2606 Foster Creek Ave., Bridgeport.
Civil incident at 635 State Route

examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 686-7281 or email atrejo@ncrl.org.

August 12

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 13

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 14

Toddlers & Waddlers story time

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

August 20

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/douglascountyvso/>

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.

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
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

Family Health Center addresses community health needs

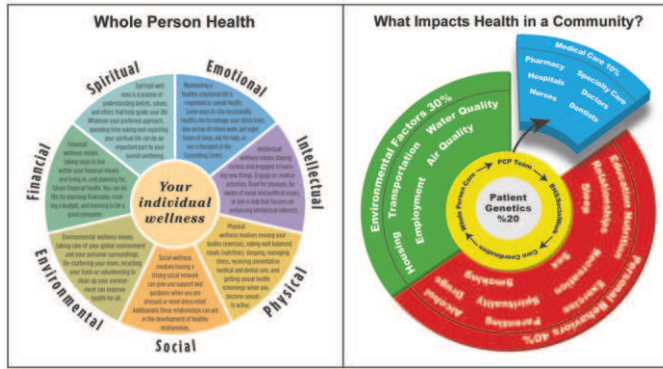
FHC Excellence and leadership posture

Family Health Centers' service area is primarily Okanogan County plus the Bridgeport Community in neighboring North Douglas County. We are committed to our mission of improving the health of our entire community. That is our bottom line. If in five years we have not seen measurable improvements in key health indicators in our county, we will not be meeting our bottom line. We see everyone and accept all payers such as private and public health insurance. We are the most affordable healthcare system in Okanogan County, especially when it comes to cost of medications via the 340B program in our pharmacies. With 220 people staffing FHC's six medical clinics, five dental clinics, two pharmacies, a county-wide Women, Infant and Children (WIC) program, and embedded behavioral health access, Family Health Centers has the capacity to embrace the ambitious mission to improve the health of our entire community. Beyond this inhouse capacity, we are counting on meaningful contributions by our partners within the healthcare sector and from other sectors such as public schools and community coalitions. Maintaining our prestigious Joint Commission accreditation for excellence is just one way to know we deliver "great care" to our patients, but you only need to experience care with one of our providers to know how much we strive for "excellence."

Whole Person Health and county health statistics

We have much work to do. For instance, Okanogan County has one of the highest suicide rates, teenage pregnancy rates, and dire diabetes and hypertension indicators compared to other counties in the state. In gearing up for these public health challenges, FHC is in its second year of introducing Whole Person Care approaches in every aspect of our services. What does this mean to our patients? It depends on the patient's needs, but in general we seek to engage our patients meaningfully in their health with wrap around services customized to achieve the health goals of each patient.

This may mean primary care augmented with dental care, behavioral health, medications, naturopathic care and a host of facilitated connections to our partners like community based organizations that can help address other social determinants of health such as housing, job opportunities and local social services. It also means FHC collaborates closely with our hospitals and other healthcare systems to ensure smooth transitions from acute care to ongoing primary care with the patients' primary care provider. The Wellness Wheel below helps visualize the concept of Whole Person Health and the second diagram highlights what impacts health in a community according to the US Institute of Medicine. With access to excellent healthcare services and patients' commitment to behavior change guided by health professionals, we can affect 50% of what impacts the health of our patients.



Collaboration and Partnerships

As we consider how to improve the serious health statistics in our county, we must focus on upstream prevention initiatives while taking care of the downstream acute health problems our population is already facing. FHC is already partnering with at least ten school districts and three community coalitions to work on innovative prevention and whole person health efforts that head off future chronic health problems in our younger generations. At the same time, we have also increased our clinical capacity to help our older generations already facing chronic health conditions that require a whole person care approach supported with a wide range of collaboration with institutional partners that can help support and stabilize conditions and people's lives. It's worth noting that FHC can't do it alone, and we need to make health everyone's business. We are grateful for the collaboration we enjoy with Worksource, our court systems, community coalitions, faith community, housing entities, transportation systems, public health, the business sector and of course our public schools.

OB care status and realities

Recruiting clinicians is a challenge for all health systems. We are proud of FHC's success in the last two years in adding three MDs, two Naturopathic Doctors, two Nurse Midwives, four Advanced Registered Nurse Practitioners, five Dentists, a doctorate level Psychologist and two new Pharmacists. In addition, we create entry level job opportunities for local graduates in a host of support roles from dental assistants, medical assistants, billers and other business and customer focused roles. FHC is well staffed to ensure access to excellent outpatient whole person care. We have been able to recruit excellent providers to insure access to maternity care in our six medical clinics across our service area, but the challenge we still face along with our hospital partners is access to OB services in all three of our hospitals. This has become unattainable for three main reasons:

- 1) Decreasing OB patient census at each hospital means providers and staff struggle to maintain a high level of practice

to retain their professional credentials; 2) Low census can also affect patient safety and quality without investments to compensate; and 3) At least three (ideally four) Physicians certified to perform C-sections are needed at each hospital to ensure adequate hospital call coverage. Without these Physicians' labor and delivery care may not be possible in the future. Realistically, these three obstacles are not going to get any easier in the foreseeable future.

In response to these insurmountable obstacles, we must act with some urgency to save OB from disappearing from our county all together. If we don't, we risk losing more providers and not creating a strong inpatient-outpatient health system that is attractive to future providers for OB and other needed services. FHC's response is to immediately implement a plan to move our OB hospital services to one hospital and work with that hospital's leadership to create an OB Center of Excellence to better serve Okanogan County. Working closely with our partner health systems it is possible to generate the innovative efforts needed to ensure their survival by improving collaboration and specialization in needed services. These collaborative services will address the county's health needs at an affordable, sustainable level of excellence that is adaptable to current and future needs. These improvements in service delivery will attract local and regional residents and be an anchor for future families and community growth. The key is excellence! We have to consider, how much money will stay in the county when more local residents have confidence in what is offered locally.

Future opportunities

It's time to lock arms among local healthcare systems and create sustainable business models that ensure our institutions not only survive but are able to thrive.

FHC is already contributing greatly to the sustainability of our hospitals and we want to do more. FHC providers have carried the entire burden for OB coverage in Brewster and shared that burden with other health systems in Omak and Tonasket for the last five years. With one of our hospitals specializing as the OB Center of Excellence, the other two hospitals can share opportunities to provide other needed services such as: surgical services, ancillary care services (such as lab, CT, MRI, X-ray & others); orthopedic services, palliative care; physical and stroke rehabilitative services; 24-7 inpatient medical surgical care; physical therapy; and towards the opioid epidemic there is a business case for a local residential substance use disorder center that, with a dedication to excellence, could care for patients from across the western states. Collaboration is no longer just desirable...it's a necessity. The current leadership from the board down at the three hospitals are showing us this is possible. With the recent announcement of two OB providers leaving Tonasket, it is critical that we act now on a sustainable long-term solution.

Jesus Hernandez, CEO; Family Health Centers (FHC)

PORT OF DOUGLAS COUNTY REPORT

Rock Island Waterfront Redevelopment and Energy and Technology Innovation Campus

The Port received an additional \$120,000 grant from the Department of Ecology to do further assessment on the potentially contaminated portions of the old silicon plant site. This work will help refine what the necessary clean up requirements will be.

On-going efforts include assisting the City of Rock Island with identifying funding sources for the public infrastructure needs in the Waterfront Area. In addition, we're working to refine the funding and implementation strategy for the adaptive reuse of the silicon plant buildings into the Energy and Technology Innovation Campus.

Port Consolidation

On June 11, the Port of Douglas County and the Port of Chelan County entered into an Interlocal Agreement to create a functional consolidation of the two port districts.

Beginning January 1, 2020, both Ports and the Pangborn Memorial Airport will begin operating as a single entity:



the Chelan Douglas Regional Port Authority. Both Port Districts will continue to exist; and their commissioners will continue to be elected by the people in each county. Each Port District will remain responsible for establishing their respective tax levy.

The new Regional Port Authority will be governed by the six port commissioners serving as the board of directors. All actions will require an affirmative vote by two commissioners from each Port District.

One of the primary benefits of the consolidation will be a more sustainable funding model for Pangborn Memorial Airport, including a projected annual operating savings of \$500,000.

Douglas and Chelan counties may be separated by a river, but we are a single, regional economy. The two Ports will continue to work

collaboratively to determine all of the policies, procedures and programs necessary to begin operations as a single organization, with one staff, in the new year. More details to come.

Wenatchi Landing

The Douglas County Sewer District received a \$4 million grant from the State of Washington to fund a sewer extension project that will serve a large portion of the Wenatchi Landing development area through a main line in Empire Avenue.

Douglas County Transportation has also completed a new road extension, 35th Street, that will provide an important transportation connection between Cascade Avenue and Empire Avenue.

Douglas County, the Port District and our local government partners are continuing to work together to

implement the job-creating commercial development envisioned in the Master Plan, and to conduct proactive business recruitment. For the next several months, these efforts will include direct property owner outreach by the Port District to offer assistance in bringing about positive commercial economic development to the area.

Happy Retirement, Doug

After more than 26 years with the Port, Doug Provo is retiring at the end of August to enjoy extra time with his family, especially his two grandkids. Doug has played many roles for the Port over his knowledge of the Port's history and assets, as well as his affinity for the County and the people we serve, will be greatly missed.

On behalf of the staff and commissioners of the Port of Douglas County, we want to wish Doug all the best and happy retirement. Thank you for all you've done for the Port and its constituents!

Salcido Enterprises

Data pioneer continues to grow and create opportunities for the region.

With five data centers throughout Chelan, Douglas and Grant counties, Salcido Enterprises is on the cutting edge of the data revolution and is helping create a regional tech center in the Valley. Headquartered at the Pangborn Airport Business Park, the company focuses on blockchain security, development and data processing.

The company is a showcase for both a global vision and local roots.

Founder and CEO Malachi Salcido grew up in Wenatchee and was excited to bring his vision to life locally. "It's a real blessing to be able to grow and develop and not have to leave my hometown," he explained.

"There is a lot of talent here. Quality of life is a great recruiting tool."

Currently The Salcido Group of Companies has around 50 full-time employees and works with another 50 or so local contractors. This allows the company to stay agile and quickly adapt to changes in a relentlessly volatile industry.

"We're attracting cutting edge companies from around the world and bringing opportunities to the region."

Salcido is confident more

tech companies and jobs are coming. "I believe we can continue to attract technology companies to the region," he said. "If we leverage our infrastructure—high speed networks and dense, reliable power—we can be a great option for companies that want a cost-effective alternative to a large, urban tech hub."

Salcido Enterprises is not resting on its past successes. The company recently formed a strategic partnership with Canaan Creative, a Chinese company that is one of the largest server manufacturers in the world. Together, Salcido and Canaan are designing the next generations of blockchain servers and associated software.

Save the Date

- The North Central Washington Fair August 22 - 25 Waterville. newfair.org
- Port of Chelan's Partner Breakfast September 26 7:30 - 9 a.m., Wenatchee Convention Center Grand Apple South. Please RSVP to cami@ccpd.com or 509-663-5159
- Port of Douglas Economic Leadership Roundtable October 17, 11:45 a.m. - 1 p.m., Wild Rivers Sports Bar and Grill Banquet Room

JUEGOS	AGOSTO 14, 2019	PINTUNA DE CARA
PREMIOS	2:30PM A 5:30PM	MUSICA
EXAMENES DE SALUD GRATIS	COLUMBIA COVE PARK	GLOBOS
BREWSTER		

FAMILY HEALTH CENTERS **Amerigroup RealSolutions in healthcare**

GAMES	AUGUST 14, 2019	FACE PAINTING
PRIZES	2:30PM TO 5:30PM	LIVE MUSIC
HEALTH SCREENINGS	COLUMBIA COVE PARK	BALLOONS
BREWSTER		

FAMILY HEALTH CENTERS **Amerigroup RealSolutions in healthcare**

DOUGLAS COUNTY PUD COMMISSION REPORT

SUBMITTED BY
DOUGLAS COUNTY PUD

EAST WENATCHEE - Douglas County PUD Commissioners Ronald E Skagen, Molly Simpson and Aaron J. Viebrock executed the following actions during the July 22, 2019 Com-

mission meeting held at the District's East Wenatchee office:

- Awarded contract 19-22-D, supply and deliver two 230 kV breakers for Rapids Switchyard to General Pacific, Inc. the lowest responsive bidder. (19-087)
- Authorized approving the Facility Use Agreement with

the Kalispel Tribe of Indians. Necessary to provide access to District hatchery and trapping facilities for collection of surplus hatchery returns. (19-088)

- Approved a professional service agreement with Schnabel Engineering for the 11th Independent consultant's safety

inspection report. A license requirement to identify any actual or potential deficiencies in the condition of the project, quality or adequacy of project maintenance, surveillance, or methods of operation that might endanger public safety. This contract

will not exceed \$251,000 and will conclude April 30, 2020. (19-089)

- Amended the Interlocal Agreement with Central Washington Public Utilities to allow members to individually negotiate contract terms with the IBEW. (19-090)

- Heard a report on the Douglas County Community Network. The network currently has 4,979 end users.
- The next meeting of the Commission is scheduled for 1:30 p.m. August 12, 2019 at the District's East Wenatchee office.

DNR announces new fire danger rating system

OLYMPIA - The Washington State Department of Natural Resources (DNR) announced last week the following:

New Fire Danger Rating System

In the Central and Eastern part of the state, a new fire danger rating system has been implemented. Instead

of basing the fire danger rating by county, it is now based on geographic areas that share similar fuels, climate, and topography in addition to administrative boundaries and is now called Fire Danger Rating Areas. This change was developed with the intent of having a common fire behavior component,

and was developed through interagency collaboration and to help clarify messages with multiple agencies.

The IFPL system

Industrial Fire Precaution Levels apply to all industrial operations that might cause a fire on or adjacent to lands protected from fire by DNR (WAC 332-24-301); this applies

to logging, industrial and forest landowner operations.

The levels are established for each of the 38 "shutdown zones" in the state on the basis of National Fire Danger Rating System data.

There are four IFPL levels:

- Level 1 (closed fire season): fire equipment and a fire watch are required

- Level 2 (partial hoot owl): limits certain activities to between 8 p.m. and 1 p.m.; fire equipment and a fire watch are required

- Level 3 (partial shutdown): prohibits some activities and limits others to between 8 p.m. and 1 p.m.; fire equipment and a fire watch are required
- Level 4 (general shut-

down): prohibits all activities

DNR's wildfire mission Led by Commissioner of Public Lands Hilary Franz, DNR is responsible for preventing and fighting wildfires on 13 million acres of private, state and tribal-owned land. DNR is the state's largest wildfire fighting force.

'Grizzly Bear' comments reopened

SUBMITTED BY UNITED STATES DEPARTMENT OF THE INTERIOR

SEDRO-WOOLLEY - The National Park Service (NPS) and the U.S. Fish and Wildlife Service (USFWS) are reopening the public comment period on the Draft North Cascades Grizzly Bear Restoration Plan/Environmental Impact Statement (Draft EIS) for 90 days, through October 24, 2019. The public is invited to view the Draft EIS online at <https://parkplanning.nps.gov/grizzlydeis>.

All comments previously

received on the Draft EIS during the public comment period that was open from January 12, 2017 through April 28, 2017 will be considered. If you would like to provide additional comments, you may do so as follows:

- The preferred method for submitting comments is on the NPS PEPC website at: <https://parkplanning.nps.gov/grizzlydeis>.
- You may also mail or hand-deliver your comments to: Superintendent's Office, North Cascades National Park Service Complex, 810

State Route 20, Sedro Woolley, WA 98284.

The NPS and USFWS will consider all additional comments received or post-marked no later than October 24, 2019.

Comments will not be accepted by fax, email, or any other way than those specified above. Bulk comments in any format (hard copy or electronic) submitted on behalf of others will not be accepted.

Before including your address, phone number, email address, or other personal

identifying information in your comment, you should be aware that your entire comment—including your personal identifying information—may be made publicly available at any time. While you can ask us in your comment to withhold your personal identifying information from public review, we cannot guarantee that we will be able to do so.

If additional opportunities for public comment are offered, they will be announced via news release and posted on agency websites, including

the website listed above, at least two weeks in advance.

More than 20,000 National Park Service employees care for America's 419 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Visit us at www.nps.gov, on Facebook www.facebook.com/nationalparkservice, Twitter www.twitter.com/natlparkservice, and YouTube www.youtube.com/nationalparkservice. The mission of the U.S. Fish and

Wildlife Service is working with others to conserve, protect, and enhance fish, wildlife, plants, and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals, and commitment to public service. For more information on our work and the people who make it happen, visit www.fws.gov.

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 cannot 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.

How to take iron supplements

After a short hospital stay for a bleeding ulcer, 78 year-old Mabel was discharged home on pills to heal her ulcer and an iron supplement to correct her blood loss. Despite taking iron for 3 months, Mabel's blood tests showed she was still low in iron.



When I asked her which iron supplement she was taking, she

proudly showed me a bottle of ferrous gluconate 300mg sustained release capsules. "The ferrous sulfate tablets they gave me tore up my stomach, so the pharmacist recommended this one. I can take one every day without a problem."

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron, either created by leaving swords in water to rust or by saving the water blacksmiths used to cool hot iron in.

Iron is a critical part of hemoglobin, a protein responsible for carrying oxygen throughout the body, with four atoms of iron in each molecule giving blood its distinctive red color. Without enough iron to make hemoglobin, your body can't supply enough oxygen and you'll become pale and tired.

The most common cause of iron deficiency is blood loss, from stomach bleeding like Mabel experienced, heavy menstrual periods, or chronic blood loss from the intestines such as hemorrhoids. Less common causes of iron deficiency are poor diet, poor absorption due to gastric bypass surgery or kidney disease, or an increased need for iron during pregnancy or breastfeeding.

We treat iron deficiency anemia by giving iron supplements to replace both iron in your blood and replenish iron stores in your bone marrow, usually by giving 100mg to 200mg of elemental iron daily over several months. The most common side effects of iron involve stomach or intestinal irritation: stomach pain, constipation, nausea, vomiting, and even diarrhea. Iron can also make your stools dark and cause a metallic taste.

The 3 most common forms of oral iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has 20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron is poorly absorbed and needs an acidic environment to assist its absorption. Vitamin C (ascorbic acid) improves the absorption of iron by converting some of it from the less soluble ferric form to the more soluble ferrous form. A six-ounce glass of orange juice can improve iron absorption by 10%. Although they cause less stomach distress, enteric coated and sustained release forms of iron are not as well absorbed as rapid-release forms because they bypass the stomach to dissolve further down through the intestine where it is less acidic, so less of the iron is in the more absorbable ferrous form.

Taking iron supplements on an empty stomach either 30 minutes before or 2-3 hours after eating also increases iron absorption, although it causes more stomach irritation when taken without food.

Despite taking supplemental iron for 3 months, Mabel's blood tests still showed iron deficiency anemia. I asked her which iron supplement she was taking, and she showed me a bottle of ferrous gluconate 300mg sustained release capsules instead of the ferrous sulfate 300mg tablets that she was originally prescribed. "The tablets they gave me tore

up my stomach, so I'm taking these instead." Each 300mg ferrous gluconate tablet only contained 36mg elemental iron instead of the 65mg in each 300mg ferrous sulfate tablet she was originally prescribed.

Here are 6 Tips for Taking Iron Supplements Successfully:

1. The dose of elemental iron is the most important.
2. The effectiveness and side effects are similar at equal doses of elemental iron. 300mg of ferrous gluconate has 36mg of elemental iron compared with 65mg in 300mg of ferrous sulfate.
3. For best absorption, take iron on an empty stomach.
4. If taking your iron supplement on an empty stomach causes stomach irritation, try taking them with food instead of skipping doses.
5. Avoid sustained release or enteric coated iron supplements.
6. Sustained release, delayed release and enteric coated iron may cause less stomach upset but are less well absorbed.
7. Start by taking one ferrous sulfate tablet daily, increasing the dose if tolerated.
8. Higher doses of iron are not absorbed as well and cause more stomach upset and constipation.
9. Consider cooking with cast iron skillets and pans.
10. Cooking with cast iron increases iron content of your food and can treat mild iron deficiency.
11. Keep iron tablets out of the reach of children.
12. Both ferrous gluconate and ferrous sulfate tablets look like chocolate M&M candies.

Don't forget to renew your subscriptions this spring



There's something for everyone in the local newspaper

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- Meeting notices
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NCW Media Inc. Attn: Circulation
P.O. Box 249 Chelan, WA 98816

Ph: 509-293-6780 Fax: 509-682-4209
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Check enclosed:

Have a Community or Sports Story idea?

Contact Mike Maltais

at 360-333-8483 or

qchreporter@gmail.com

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. Your questions and comments are always welcome at www.AskDrLouise.com. 2019 Louise Achey

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and reach all of North Central Washington



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



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information@nwi.net

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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
Kashmrigardens florist@yahoo.com

FOR RENT

1 bedroom with garage. \$825 per month. Located on Columbia River 5 minute drive from Chelan near Rio Vista Winery. Cleaning deposit, first and last months rent. Call Paul at 509 682-9623.

Year around, Chelan one bedroom apartment. No pets. \$700/ month. Includes Wi-Fi, Dish Network, power, S.W.G. References and deposit. 509-682-2460.



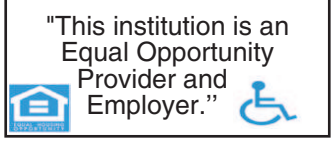
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Affordable Housing!
Immediate Availability
Rent based on income.

Immediate openings for 2 bedroom apartments
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Call 509-683-1225 or 509-423-3539
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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

The Nutcracker Museum is Hiring
Part-Time/ Full-Time Positions
Starting September 1st
For more information or an application, go to:
www.nutcrackermuseum.com

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

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



Immediate positions available now!

Seasonal
Event Center Bartender
Event Center Server
Event Center Facility Laborer
Casino Bartender

Full-time
Cage Cashier
Cage DR Cashier/ lead
Soft Count Clerk
Food Server
Host/ Cashier
Cook III
Cook II
Cocktail Server
Facility Laborer
Table Games DR
Dealer/ Floor Supervisor

Part-time
Dishwasher
Cocktail Server
Security Officer

Dealer Trainings are also Available.

Please apply in person at the **Player's Advantage Club** or fill out an application online at colvillecasinos.com/employment.php and email to HR at sandral@colvillecasinos.com. Seasonal positions are not eligible for benefits.



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

NCRL is looking for a Branch Librarian to join our team in Entiat! This position is part time (32 hours/ week) and benefits are included. Learn more and apply at: www.ncrl.org/currentopenings

HELP WANTED

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

SALARY RANGE: \$4,351 - \$4,842 based on years of experience. Benefits include longevity & educational pay, 93% health insurance paid, Spanish 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.cityofbrewster-washington.org/po-police%20department.html> Closing August 30, 2019. Application can be submitted to jescobar@brewsterpd.org. Application fee waived.



SEASONAL PARK AIDE

Opening at Beebe Bridge Park in Chelan. Full time hours, evening shift through October 21. Application Deadline: August 8. Visit our Website at chelanpud.org for complete details and to apply online. EO M/F/ Disability/ Vet Employer

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

www.qcherald.com

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.

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

CROSSWORD PUZZLE

THEME: BACK TO SCHOOL

ACROSS

- "American Graffiti" director
- **High School ___ with Michael J. Fox
- Chutzpah
- "Beside, in Shakespeare class
- Actor Lowe
- "Melting Pot" island
- Lazybones
- General Services Administration
- Prominent
- *Opposite of wide ruled
- *Like Core
- *Ballpoint type
- Pet rock or Beanie Baby
- Foal's mother
- Put on a pedestal
- Flock's echo
- *Human Biology focus
- *Divide by two
- Plural of focus
- #28 Across girlfriend?
- Iranian coin
- Resembling a serpent
- "Cogito, ___ sum"
- Taro plant
- Radiant
- Taj Mahal city
- *Even, in Poetry class
- *Ginsberg's lit class staple
- *Students' docs
- *What Miss Othmar said
- *Lunch box companion
- *Tippe ___ and Tyler Too"
- International Monetary Fund
- Physicist of exclusion principle fame
- *First-year undergrad
- Luftwaffe's WWII enemy
- Arch of ___ Rome
- Lincoln coin
- I do this with my little eye
- Hoity-toity sorts

DOWN

- Nonclerical
- Unit of life
- Watch Hulu, e.g.
- Spur on
- ABBA's 1975 hit
- *Olden schoolhouse math tool
- Steal
- *Type of sax in band
- Bank holding
- 1960s altered state inducer
- Catch in a net
- "Up for ___"
- *Smallest whole number
- F in FBI
- *Financial aid acronym
- In the midst
- Hot rod sticker
- *Traditional learning method
- Container weight
- Omit
- Avoid, as in taxes
- *Thornton of "Back to School" fame
- Goddess of victory
- Slang for safecracker
- Not Ionic or Corinthian
- Name of God in the Old Testament
- Extinct flightless bird
- Virtuosos
- Sounds like a helicopter
- "The rain in ___ falls mainly in the plain"
- Ending with hard or soft
- *Soon, in Shakespeare class
- Rat during bubonic plague epidemic, e.g.
- Questionable
- *Drivers Ed "classroom"
- *Afterschool get-together
- Gene Simmons' band
- Chlorofluorocarbon
- *Geography class prop

2. Ctrl + Z
4. Anoint

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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.

aPlaceforMom.

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

HELP WANTED

Brewster School District is accepting applications for the following positions:

- ELL MS/HS Teacher – Full Time
- Kindergarten Teacher – Full Time
- Paraprofessional Computer Lab – 7 hours per day – Must meet Title 1 Requirements.
- 6 FTE Migrant Health Nurse

Applications are located on the district website under district/employment.

www.brewster.wednet.edu
All positions are open until filled.

Brewster School District is an Equal Opportunity Employer.

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**

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. No Trailer. \$650. 509-548-4321.

PUBLIC NOTICES

Public Notice
There will be a special 3 day filing period for offices that no one filed for during the regular filing period or offices with vacancies.

Special Filing Period: August 21-23, 2019

The Special Filing Period will start at 8:00 AM on Wednesday, August 21st, and end at 4:30 PM on Friday, August 23rd. Candidates can come into the Auditors Office to file or file online by going to vote.wa.gov/Okanogan

All candidates will go on the General Election Ballot.

If you have any questions please call the Auditors Office at (509) 422-7240.

The following offices will be on the Special Filing Period.

Town of Coulee Dam
CouleeC4, Council Pos #4, Ben Alling, 4 year term

Town of Elmer City
ElmC2, Council Pos #2, Vacant, 4 year term

Town of Nespelem
NesMayor, Mayor, Darcy Epperson, 2 year unexpired term

NesC1, Council Pos #1, Vacant, 2 year unexpired term

NesC2, Council Pos #2, LaVern Joe Adolph, 4 + short

NesC3, Council Pos #3, Vacant, 2 year unexpired term

NesC4, Council Pos #4, Kathy M Womer, 4 year term

NesC5, Council Pos #5, Jama VanBrun, 4 + short

City of Okanogan
OkanC6, Council, Pos #6, Denise Varner, 4 year term, \$15.00

City of Pateros
PatC2, Council Pos #2, Holly Bange, 2 year unexpired term \$10.00

PatC3, Council Pos #3, George Brady, 4 year term \$10.00

PatC4, Council Pos #4, Michael Harding, 4 year term \$10.00

PatC5, Council Pos #5, Megan Sherrard 4 year term \$10.00

Town of Riverside
RivC5, Council Pos #5, Sandra G. Schneider, 4 year term

Okanogan School District #105
S105D3 Director Pos #2, Amanda Timm, 2 year unexpired term

Grand Coulee Dam School District 301-304J
S301-4JD3, Director Pos #3, Brenda Covington, 4 year term

Coulee Area Park & Recreation District
PARKC3 Commissioner Pos #3, Bob Valen, 4 year term

Fire District #1
F1C1, Commissioner Pos #1, Robert Ellis, 6 year term

Fire District #2
F2C1, Commissioner Pos #1, Lloyd Olbricht, 4 year unexpired term

F2C3, Commissioner Pos #3, Vacant, 6 year term

Fire District #7
F7C2, Commissioner Pos #2, John Hubbard, Short and 6 year term

F7C3, Commissioner Pos #3, David Allen Stansbury, 4 year unexpired term

Fire District #8
F8C2, Commissioner Pos #2, Kirk Kramer, 6 year term

Fire District #9
F9C1, Commissioner Pos #1, Roger Haeberle, 4 year unexpired term

F9C2, Commissioner Pos #2, Melbourne Peterson, 2 year unexpired term

F9C3, Commissioner Pos #3, Douglas Walla, 6 year term

Fire District #11
F11C3, Commissioner Pos #3, Ken Davidson, 6 year term

Fire District #12
F12C1, Commissioner Pos #1, Robert Pimpiano, 4 year unexpired term

F12C2, Commissioner Pos #2, Tom Stevens, year term

F12C3, Commissioner Pos #3, Alan Weaver, 2 year unexpired term

Fire District #16
F16C1, Commissioner Pos #1, Rick Baker, 6 year term

Lake Osoyoos Water District
WDC1, Commissioner Pos #1, Guy D. Fisher, 6 year term

Published in the Quad City Herald August 8 and 15, 2019. #85780

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR OKANOGAN COUNTY
Estate of **Marian D. Perry, Deceased.**
NO. 19-4-007724
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal

PUBLIC NOTICES

representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets.

Date of First Publication of this Notice: August 1, 2019
SSN
Date: July 26, 2019
Place: Pateros, WA
ZORETIC LAW, PLLC
Signature: Michael T. Zoretic, WSBA #21221
Attorney for Personal Representative Christine Perry PO Box 427, Pateros, WA 98846
Okanogan County Cause No. 19-4-007724
Published in the Quad City Herald August 1, 8 and 15, 2019. #85794

GARAGE & YARD SALE

August 9 and 10, 8 a.m. to 4 p.m., 2200 Summit, Manson.

Inflatable pontoon boat 5 each P215/75R15 tires and Jeep wheels
Glass TV stand
Sears lawn tractor accessories: Aerator and snow blower
King-size bedding, new Espresso maker, like new Area rugs, bound edges, never used
Children's slide
Food dehydrator
Chest of drawers
Home decor
Framed pictures
Kitchen items/ appliances
Pet kennel
Old books and dishes

PUBLIC NOTICES

IN THE SUPERIOR COURT OF WASHINGTON FOR OKANOGAN COUNTY
In re the Estate of: **HUBERT LEON MCCracken, Deceased.**
Probate No. 19-4-0010224
PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

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

Date of first publication: August 1, 2019
Personal Representative: Doreena Jo McCracken
Attorney for Personal Representative: Peg R. Callaway
Address for Mailing or Service: 700-A Okoma Drive Omak, WA 98841
Court of probate proceedings and cause number: Okanogan County Superior Court, Probate Cause No. 19-4-0010224
Dated this 25th day of July, 2019.
CALLAWAY & DETRO PLLC
By: /s/ Peg R. Callaway; WSBA #13786
Attorney for Estate

Published in the Quad City Herald August 1, 8 and 15, 2019 #85787



THREE RIVERS HOSPITAL
HIM Clerk Full-Time

Three Rivers Hospital is in need of an HIM Clerk. This position will assist the Health Information Dept in clerical, secretarial and assistant duties. Basic knowledge of computers required. Medical terminology and transcription experience and minimum of 2 years' experience preferred. Monday-Friday; 40 hours/ week. Interested Candidates may apply in person or by mailing their resume to:

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

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.

CLEAR SOME SPACE WITH A 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.

GENERAL MERCHANDISE

ALJU Stove & Fireplace, Omak
can take all your stress out of installing our wood, pellet and gas stoves, fireplace inserts, and fireplaces. Chimneys, hearthpads, chimney relining, gas venting, gas piping, repair and complete, code installation and advice year-around.
45+ years. Experience.
Call Al Bosco, 509-826-2736
aljust * 055om

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

BOATS & TRAILERS



\$155,000

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. 808-298-1031.

Multiplied?

Our Classifieds Can Help!

Lake Chelan MIRROR Quad City HERALD

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

PUBLIC NOTICES

Notices in newspapers help fulfill citizens' right to due process of law by providing information about matters affecting them and/or their property.

NCW Media newspapers are adjudicated to publish public and legal notices in Chelan, Douglas and Okanogan counties.

Affidavits of publication and tear sheets are provided to the advertiser for all public and legal notices.

NCW Media's notices are published in a type size and style that is readable to most people.

•CONTACT•

The Leavenworth Echo & Cashmere Valley Record
Deadline: Friday
509-548-5286
Fax: 509-548-4789
Leavenworth, WA 98826
classifieds@leavenworthecho.com

Lake Chelan Mirror
Deadline: Friday
509-682-2213
Fax: 509-682-4209
Chelan, WA 98816
mirrorads@lakechelanmirror.com

Quad City Herald
Deadline: Monday
509-689-2507
Fax: 509-682-4209
Brewster, WA 98812
heraldads@qcherald.com

Find us online at www.qcherald.com

NCW MEDIA Inc.
Bringing the community to your door

PUZZLE SOLUTION

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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.