

Pateros hosts smoke and thunder at annual hydro classic



Photos by Mike Maltais Tiffany Troxell Brown, left, gets a hug after her run driving the vintage Calypso. BELOW: Miss Pateros owner Brandon Cushing, center, inspects the engine compartment following Sunday's SE race.

By Mike Maltais Staff Writer

PATEROS - A heavy layer of smoke from Canadian wildfires could neither smother the fun nor dampen the thunder of the hydroplanes that descended on Lake Pateros for the annual Pateros Hydro Classic/Terry Troxell Memorial Regatta last Saturday and Sunday, August 19-20. Brandon Cushing, owner of the Miss Pateros, sponsored by the Pateros Chamber of Commerce and Thomason Law and Justice said he is standing in third or fourth place at this point in the circuit. "We're not doing the best in points but we're having a lot more fun than last year," Cushing said.

While there are three more races in Washington culminating at Manson on Sept. 29-30, Cushing's next stop is a big race in San Diego on Sept. 15-16. "We have 10 boats competing in our class this season and all of them should be there," Cushing said. The Miss Pateros competed in a seven-boat field in last weekend's classic. Tim Hamilton, Race chair of the Tacoma Inboard Racing Association supervised the 40-plus field of hydros that competed for points in six classes. Tiffany Troxell Brown, daughter of the late Terry Troxell for whom the Me-

SEE HYDRO ON PAGE A2



Tonseth new school resource officer

Morris gives Bridgeport Council law enforcement update

By Mike Maltais Staff Writer

BRIDGEPORT - Acting Douglas County Sheriff Kevin Morris addressed the regular monthly meeting of city council last Wednesday, August 15, and updated members on the recent developments in law enforcement circles. Morris announced that deputy Sam Tonseth has been appointed the new Bridgeport School District resource officer and will serve full-time with the school starting August 27. Morris said while Tonseth will serve campus-wide, his office will be in the newly constructed administrative wing. "Actually, a really good tac-

tical, perfect spot for that position," said Morris. "He's up in the front where people will be coming in; I think it's a perfect spot." Morris said his vision of a school resource officer is not just to have a gun in the school. "Because we are part of that community I want these kids to know who the police are," said Morris "and I think the community has embraced that." Morris said there are some students that come through elementary, middle school and high school who develop an opinion about law enforcement not based on what they see, but what they are told. "What I would really like is

for them to base their opinion on law enforcement on what they see," said Morris. "I'd like to see in five years when those kids come through elementary and middle school we actually see a positive impact in their opinion of what law enforcement is." "We're part of emergency management, public safety, and community relationships," said Morris. In response to a question from Mayor Janet Conklin about the school contributing to the cost of the resource

SEE UPDATE ON PAGE A3

Acting Douglas County Sheriff Kevin Morris addressed the Bridgeport City Council last week.



Landowner asks council for help to resolve property conundrum

By Mike Maltais Staff Writer

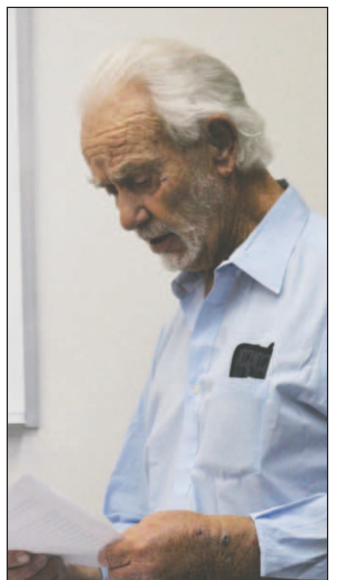
BRIDGEPORT - "My greatest education in life was to be raised by a single mom in the latter days of the Great Depression," Bridgeport resident Scott Wright said to members of the Bridgeport City Council. "and almost all of my clothes and treasures were made from the discards of other people." Wright, the visionary and industrious owner of the expansive Flour Tower residence that he renovated from the old Bridgeport flour mill, addressed the council at its regular monthly meeting last

Wednesday, August 15. Wright asked council members for their help to turn two parcels of property he owns and that he described as a negative value liability into a more usable space. "If they were joined it would be a coveted place of real estate," Wright said. The parcel located on Atomic Way between 20th and 22nd streets along Columbia Boulevard, is currently blocked by a line of large boulders to prevent vehicles on Columbia from driving into a large depression on its north side near the bank of the Columbia River.

Scott said he understood that some were concerned about having future access to the river but emphasized that, in its current state, "there is no safe way to the river through Atomic Way other than through my property." Wright said he cannot allow such access because of liability concerns. Wright proposed that the area of 12th Street and Jef-

SEE RESOLVE ON PAGE A3

Bridgeport property owner Scott Wright addressed the council concerning two parcels of land at Atomic Way.



Now designated Otto Street

Pateros Council renames Ives Warren Alley to qualify for TIB funding

By Mike Maltais Staff Writer

PATEROS - The city council voted to rename a long alley between Warren Avenue and Beach Street to qualify for improvement funds at its regular monthly meeting last Monday, August 20. City Administrator Jord Wilson met with a representative of the Transportation Improvement Board (TIB) to inquire about funds to improve Ives Warren Alley that extends east from the school to Dawson Street. TIB advised that a requirement for funding eligibility is changing the name from an alley to a street. Wilson recommended that the segment from the school to Independence remain an alley and the portion from



Graphic courtesy of City of Pateros

The segment of Ives Warren Alley denoted by the line of red dashes was renamed Otto Alley; the portion in blue dashes was renamed Otto Street.

Independence to Dawson be designated a street. Five names were proposed for the spans: • Anderson Street for Spider Anderson, a pilot and crop duster. • Armstrong Street for Manton Davis Armstrong, Pateros mayor from 1948-52 and 1954-59.

• Borg Street for first Pateros mayor Charles Borg, 1913-14. • Nickel Street for Jack Nickel, Pateros mayor in 1964. • Otto Street for Harold Otto elected the cowboy poet of Washington state by the state legislature in 1986. Following a discussion of

the merits of several of the options, council members approved Otto Alley for the segment extending from the school to Independence Street and Otto Street for the remaining portion from Independence Street to Dawson Street.

SEE TIB ON PAGE A3

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INSIDE THIS WEEK. Table listing page numbers for Community, Births, Business & Services Directory, Health Care Directory, Church Directory, Classified Index, Classifieds, and Public Notices.

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



Photos by Mike Maltais
ABOVE: The closest thing to a mishap occurred when the Miss Pateros with driver Dale Baker aboard broke a bow line as it was being hauled out of the water. Several hands jumped in to pull the nose down and get the craft back on the trailer.

LEFT: Owner Dale Burnison put the 7-liter vintage Country Girl, left, in the water where it jockeyed for position with the VitaMilk boat through a canopy of wildfire smoke.



ABOVE: The checkered flag comes out for the final lap of a heat. The large time clock allows drivers to see the time remaining before the official start of a race so they can get in the best position on the course without overshooting the starting buoy.



TOP RIGHT: Members of Cobra Racing from Albion, WA, make some last-minute adjustments between races.



BOTTOM RIGHT: Ness Cranes had the delicate job of staging boats in and out of the water.

HYDRO

CONTINUED FROM PAGE A1

morial Regatta is named, piloted the vintage hydro Calypso during Saturday's race card.

Pateros Hydro Classic results

- 2.5 Liter Stock
- 1. Windjammer – Owner: Chris Fanaris. Driver: Jeff Bernard
- 2. Subvert Racing – Owner/Driver: Austin Eacrets

- 3. Bartell Family Racing – Owner: Bartell Family. Driver: Marissa Bartell
- 2.5 Modified

- 1. Cheetah – Owner/Driver: Rick Christensen
- 2. Bartell Family Racing – Owner: Bartell Family. Driver: Marissa Bartell
- 3. Cobra Racing – Owner/Driver: Dan Surfias
- Sport C
- 1. Russell Mead
- 2. Mike White
- 3. Wes Fridell
- Sport A
- 1. Strike Force – Owner: Nate Brown. Driver: Kip Brown
- 2. Shotgun – Owner: Kip

- Brown. Driver: Skip Brown
- 3. Aquaholic – Owner/Driver: Lenny Baker
- Sport E
- 1. Shotgun – Owner: Kip Brown. Driver: Skip Brown
- 2. Miss Pateros – Owner: Brandon Cushing. Driver: Dale Baker
- 3. Strike Force – Owner/Driver: Nate Brown
- 5 Liter
- 1. Flight Time – Owner/Driver: Kurt Meyers
- 2. Indian Peaks Marina – Owner: Klack Motor Sports. Driver: Dale Baker
- 3. Cheetah – Owner: Pat Bertram. Driver: Rick Christensen

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UPDATE

CONTINUED FROM PAGE A1

officer, Morris said it pays 50 percent, including all raises. "We've got a five-year guarantee from them," said Morris of the school's commitment. He said he did not want to see the funding disappear and an officer laid off after just one year into the program. "The county has commit-

ted five years as well," Morris said. The department has also anticipated incidents where the resource officer might be called on to answer a call or cover an emergency, Morris said, and return to the school when other resources arrive to take over. Morris explained AlertSense on the sheriff's website that notifies subscribers about area emergencies and how

to sign up for the service on www.douglascountysheriff.org. He also encouraged citizens to check the sheriff's Facebook site <https://www.facebook.com/douglascountywa> keep informed and report incidents. Morris said his department covers more than 1,800 square miles in Douglas County with 30 commissioned officers, from the Sheriff down and depends on citizen involvement.

"There's no way we can see and hear everything," said Morris. We ask the community to be our eyes and ears and we extend the same courtesy to make sure we are their eyes and ears as well." Morris also updated the council on the recent Grass Valley wildfire that burned more than 75,000 acres and destroyed 26 non-permanent structures before it was contained.

RESOLVE

CONTINUED FROM PAGE A1

person Avenue, with the help of some brush cutting and cleanup would offer a "quick, safe access to the river if the city were interested in that." Wright said his interest was to convert two negative items into something positive that would offer greater value. He added that he would go on record at the council meeting that if the merger was successful, he would offer to sell the joined parcels to any Bridgeport citizen at his cost and even help with the financing.

Council member Anthony Jenkins, who has been looking into Wright's request, said the parcel would require significant backfill and other work to make the site usable but that he was still investigating all available options. Wright estimated that it would take 50 truck/trailer loads of fill to bring the depression up to street level.



Photo by Mike Maltais

This line of boulders blocks access to Atomic Way and is the object of a request by owner Scott Wright for an agreement with the city to join two parcels and make the property a usable site.

Council member Phil Lee agreed that the city should pursue a solution to make the Atomic Way parcels more useable. Lee agreed

to join Jenkins on a committee to consider the issue further. Wright and council members discussed options rang-

ing from a property vacation, trade, purchase, appraisal, survey, and what precedent might be established for other city property owners.

City hall may get readerboard...

Council schedules public hearing to amend Capital Facilities Plan

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – With a deadline fast-approaching on Sept. 5, Bridgeport Mayor Janet Conklin asked council members to authorize an addition to the city's Capital Facilities Plan, so the city could apply for funds from the Douglas County Regional Council (DCRC) to install a readerboard in front of city

hall. Conklin did not have the information in time for July's regular meeting and the deadline left a small window for Bridgeport to apply for all or a portion of some \$175,000 in DCRC funds. Conklin said she would ask for about \$40,000 to cover the estimated cost of the sign and installation. Council member Matthew Schuh reminded the mayor that Bridgeport does not have

an ordinance governing signage and did not want to rush into approval of one that might set a precedent for sign placement in other areas of town. Schuh said that the city's comprehensive plan can only be amended once a year and wanted the mayor to check with the city's planning department to make sure they did not have an update of their own to make to the comp plan. By a 4-1 vote with Schuh

opposed, council members scheduled a public hearing at 4 p.m., Friday, August 31, to amend its Capital Facilities Plan in time to allow the city to apply for the DCRC funds to install a readerboard sign.

TIB

CONTINUED FROM PAGE A1

Mayor Carlene Anders reported that she recently met with representatives of the Federal Emergency Management Agency (FEMA) and Washington State Emergency Management (WSEM) at Camp Murray regarding the Hazard Mitigation Grant program. Anders said a fair amount of money is being made available for post fire work in the area.

"It's \$766,000 per FMAG (Fire Management Assistance Grant), a classification of a particular kind of fire," said Anders. "We had three last year that qualified."

Anders said that those three, added to another nine FMAGs in the state, ties Washington, with 12 FMAGs with the state of California. "That's over \$9 million," said Anders and added that the funds can be applied by the city and fire district to a wide variety of post-fire improvements. Anders said the WSEM rep will visit Pateros on Tuesday, August 28, to discuss potential targets for funding.

In other business the council approved a resolution to adopt a Professional Services Agreement with Okanogan County for building inspector services until the city hires a new inspector.

Council members approved a purchase and sale agreement for \$689.70 to acquire a small parcel of property from Marilyn Tschetter to clear up a boundary line for Ives Street.

Deposit aluminum ONLY here



Photo by Mike Maltais

The Pateros FFA has its aluminum collection receptacle prominently positioned in the parking lots across from Pateros Memorial Park for deposits of aluminum cans and like metal. It's part of the group's fundraising efforts along with barbecues at many city and school events.

ATTENTION

Wells Reservoir Users

Douglas PUD will lower the Wells Reservoir about 6 feet to 775 feet above sea level starting September 4th through the remainder of the month. This is necessary to remove the culverts/dikes on Cassimer Bar to restore flood plain function on the lower Okanogan River.

All boat launches should be usable. Please use caution on the Reservoir.



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COMMUNITY BULLETIN BOARD

Monday-Thursday

Senior Center S.A.I.L. classes, lunch

BREWSTER – Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 11:45 a.m. Monday through Thursday; and every other Saturday 10 a.m.-2 p.m. Donations will be accepted during store hours at the back door or just knock or come on in. They take just about everything except children's clothing. The Center will also take "small pieces of furniture and sometimes larger items. S.A.I.L. (Stay Active and Independent for Life) classes are on every Tuesday and Thursday from 10-11 a.m. The Center is hosting Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. The suggested donation is \$4.

August 23

Red Cross Blood drive

BREWSTER - An American Cross Blood Drive will be held Thursday, August 23, 16 p.m. at the Brewster Boys and Girls Club, 601 Cliff Ave. **How to donate blood:** Simply 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 or for more information. 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 25

'Building Grand Coulee Dam' presentation

GRAND COULEE – The Bureau of Reclamation invites the public to the presentation, "Building Grand Coulee Dam," by Raymond "Paul" Giroux on August 25, at the Grand Coulee Dam Visitor Center at 6:30 p.m. The program is free of charge. His presentation highlights how the

right men, the right machines, and the right methods all came together to build a project of unprecedented scope and challenges. The Bureau of Reclamation is the largest wholesale water supplier in the United States, and the nation's second largest producer of hydroelectric power. Its facilities also provide substantial flood control, recreation, and fish and wildlife benefits. Visit their website at <https://www.usbr.gov> and follow us on Twitter @USBR.

August 29

Community Action Council board to meet

OKANOGAN - The Okanogan County Community Action Council Board of Directors will hold their Regular Board Meeting Wednesday, August 29, 2018, at 5:15 p.m. at Community Action, 424 S. 2nd Avenue in Okanogan. The public is invited and encouraged to attend. OCCAC is a community building organization. They work with community members of all groups to raise the poor out of poverty, to feed the hungry, to provide affordable housing for all, to empower community

members through education, and in the process to return prosperity and hope for the future to the county. If you have questions or need additional information please contact Lael Duncan at OCCAC, (509) 422-4041.

Sept. 8

Brewster Class Reunion

The Brewster classes of 1956, 57, 58 and friends of those classes are invited to attend a reunion. It will be held at the Wenatchee Golf and Country Club on Saturday, September 8. The address is 1600 Country Club Drive, East Wenatchee. There will be a happy hour at 5 p.m. and dinner at 6 p.m. The cost is \$45 per person, which includes room rental, dinner and gratuity. Please contact Carolle Brantner at (509) 884-5835.

Sept. 11, 26

Cancer Support Groups

CHELAN - The Women's Wellness Group, cancer support group, has two support groups. The second Tuesday of each month for lunch, with lunch provided by the Wenatchee Wellness Place, at the

Lake Chelan Community Hospital Board Room at 11:45 a.m.; and the fourth Wednesday of each month at LaBrisa, at 5 p.m. For more information, contact Anne at 682-8718.

Sept. 14, 21

Brewster area monthly bus trips to Omak and Wenatchee

BREWSTER - OCTN takes Brewster area residents to Wenatchee for the day, every second Friday of the month. Next trip will be September 14. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request the destination(s); typically, it will be medical appointments, the mall, Walmart, a restaurant and so on. On the third Friday of each month, Sept. 21, riders will be taken to Omak for the day. Again, riders request their destination(s) and make a day of socializing, shopping and errands. 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). Call (509) 826-4391 to reserve your seat.

DOUGLAS COUNTY SHERIFF

August 14

Public assistance at Diagonal Street and Arden Avenue on Bridgeport Bar.

Receiving stolen vehicle at the 1800 block of Foster Creek Avenue alley in Bridgeport. Harassment/threat at Bridgeport City Hall, 1206 Columbia Ave. in Bridgeport.

Harassment/threat at 566 State Route 173 on Bridgeport Bar. Illegal burn at 519 State Route 173 on Bridgeport Bar.

August 15

Traffic offense at Eighth Street and Columbia Avenue in Bridgeport. Assault at 139 E. Railroad Ave. in Mansfield.

August 16

Welfare check at 32 Wilmot St. in Mansfield. Noise at 521 Columbia Ave. in Bridgeport.

August 17

Animal problem at 102 Coronado St. on Bridgeport Bar. Animal problem at the 444 22nd St. area in Bridgeport.

August 18

Traffic offense at the 1400 block of Fairview Avenue in Bridgeport. Warrant at 520 State Route 173 on Bridgeport Bar. Graffiti at 1106 Columbia Ave. in Bridgeport.

August 20

Trespass at 215 Arden Ave. on Bridgeport Bar. Attempt to locate/attempt to contact at 400 Fairview Ave. in Bridgeport.

August 21, 2018

Warrant at 1717 Foster Creek Ave. in Bridgeport. Weapons violation at 320 Ninth St. in Bridgeport. Suspicious incident at 817 Fairview Ave. in Bridgeport.

OKANOGAN COUNTY SHERIFF

911 Calls/Jail Bookings

Monday, August 13

A report from Highway 97 in Brewster of a person driving while their license was suspended.

A report from Bridge Street in Brewster of trespassing. Two males and one female were in the reporting party's residence. They ran towards City Hall and they didn't take anything.

A report from Bridge Street in Brewster of a domestic dispute. There was a female crying hysterically on the phone. She kept saying that her husband was trying to enter the room, she had the door locked.

A report from Pilot Plane in Brewster of a suicidal person.

A report from Sixth Street in Brewster of theft. Male subject had several items stolen, including his phone. He asked the reporting party to call 911.

A report from Jack Wells Road in Bridgeport of suspicious conduct.

A report from North Starr Road in Brewster of a civil issue.

A report from Lakeshore Drive in Pateros of extra patrol.

Tuesday, August 14

A report from Third Street in Brewster of an attempt to locate.

A report from Jack Wells Road in Brewster of suspicious conduct.

A report from Delfeld Road in Bridgeport of a run away juvenile. Reporting party's 13-year-old daughter left sometime last night.

A report from Timothy Lane in Brewster of a civil issue.

A report from North Star Road in Brewster of a vicious animal. The stray neighborhood dog was fighting with the reporting party's sister-in-laws dog.

A report from Methow Plane in Pateros of illegal burning.

Wednesday, August 15

A report from Highway 97 in Brewster of an activated intrusion alarm.

A report from Lincoln Avenue in Brewster of a suicidal person.

A report from Main Avenue in Brewster of theft.

A report from Indian Avenue in Brewster of a civil issue.

A report from Ansel Avenue in Brewster of 911 abuse. There was a 911 open line, on call back the phone was busy, there has been two previous 911 abuses at the location.

A report from Cliff Avenue in

Brewster of illegal burning.

A report from North Star Road in Brewster of a welfare check.

A report from Monse Bridge Road in Brewster of suspicious conduct.

A report from Valley Road in Brewster of an unattended death.

Thursday, August 16

A report from Bridge Street in Brewster of theft.

A report from Griggs Avenue in Brewster of harassment. Female subject is trying to text reporting party repeatedly, she is sending threatening texts.

A report from Indian Avenue in Brewster of a person driving while there license was suspended.

Friday, August 17

A report from Cliff Avenue in Brewster of found property. A request from Sunset Drive in Brewster for an agency assist.

A report from Main Avenue in Brewster of a civil issue.

A report from Highway 97 in Brewster of a non-injury accident.

A report from Highway 97 in Brewster of calls. Male got on to a bus and reporting party stated she had to forcibly removed him from the bus.

A report from Sunset Drive in Brewster of a civil issue.

A report from Valley Road in Brewster with a citizen assist.

A report from Valley Road in Brewster of a VIN inspection.

Saturday, August 18

A report from Ansel Avenue in Brewster of 911 abuse.

Sunday, August 19

A report from Highway 97 in Brewster of disorderly conduct. There were six males fighting outside, there were no weapons.

A report from Highway 97 in Brewster of assault. Six males fighting outside.

A report from Fifth Street in Brewster of a noise complaint. Reporting Party speaks only Spanish and the neighbors were playing loud music.

A report from Marathas Road in Brewster of malicious mischief.

A request from Old Highway 97 in Brewster for an agency assist.

A report from Highway 97 in Brewster of an agency assist.

A report from Highway 97 in Pateros of a person driving under the influence.



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SUBMITTED BY OFFICE OF U.S. SENATOR MARIA CANTWELL, WASHINGTON

Amendment comes after Cantwell provision to expand grant programs for high school coding programs signed into law

WASHINGTON, D.C. – Today, U.S. Senators Maria Cantwell (D-WA) and Republican Bill Cassidy (LA) introduced an amendment to the Defense, Labor, Health and Human Services, and Education budget calling for more funding to support the development and implementation of K-12 computer coding education programs.

"Every student in the United States should have the opportunity to learn about the internet, and algorithms, and apps. This is a skills gap we have to

close," Cantwell said in a Senate speech about the importance of coding education last month.

The amendment also requests that the Secretary of Education prioritize coding program grant applications from rural or underserved areas.

"Ninety percent of parents want their children to study computer science, and we should be giving more opportunities," Cantwell said. "Students in cities and suburbs and rural communities all should have access to computer science programs."

Learning to write and read code is important to creating and innovating in cyberspace, preparing students for the jobs of the future, and helping to bolster the national security and economic competitiveness of the United States.

In her speech, Cantwell

pointed to the impact tech and internet companies have on the economy. In Washington state alone, 13,000 companies provide more than 250,000 jobs.

And yet, the state's workforce has struggled to keep up with the demand for new coding jobs. In 2015, only 1,212 Washington students graduated from college with computer science degrees, leaving more than 16,200 computing jobs in the state unfilled.

Cantwell said that in many cases the barriers to coding education are the costs of developing a computer science curriculum and getting the program up and running in a school.

In June of this year, Cantwell and Cassidy introduced bipartisan legislation to create a new grant program to help high schools throughout the coun-

try establish or expand coding education programs.

"By giving local communities the resources they need, schools and teachers can develop and implement good computer science curriculum that make the most sense for those communities."

In late July, a provision sponsored by Cantwell to give schools around the country access to existing grant money to develop and implement coding curriculums was signed into law by President Donald Trump.

"This is a great example of what we can do in working together in a bipartisan manner. It is the first of an important step to make sure that every student understands some level of what our economy is going to be built on in the future," said Cantwell.

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-Matthew 19:26



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Farmers Market chugs along at Brewster Grange



Photo by Mike Maltais

Raphael Avina, left, helps customer Fabian Rios with the selection of vegetables at his table during last Friday's Brewster Farmers Market at the Brewster Grange. Avina said it was his third week at the market that will run through the end of the season in October.

Location changed for Woodstock fundraiser

Brittany Jean to perform

CHELAN - Due to wildfire smoke in the Lake Chelan area the August 25 fundraiser for Chelan Valley Hope has been changed. The event will now be held at Campbell's Resort in downtown Chelan. Come celebrate the music and era of Woodstock.

Doors open at 4 p.m., with music starting at 4:30 p.m. and will last until 9 p.m. Tickets are \$18, with kids under 12 free and are available at the Lake Chelan Chamber of Commerce. Wear your tie-dye or favorite bell bottoms from 1969: there are great prizes for "Most Authentic 1969," "Best Hippie," "Most Entertaining," and "Best Vintage T-Shirt contest for guys." Music will be provided by local musicians; Waterdog, Brittany Jean, Old Miller-Third Wheel & Peanut, and Raven.

Nice nest!



Photo by Mike Maltais

This pair of ospreys along U.S. 97 went the extra mile when it came to eye-catching nesting materials. The blue and red streamers add a colorful final touch to their nursery.

Extra DUI patrols now thru Sept. 3

By KALIE DRAGO, STAFF WRITER

NCW - The thrill of having Monday off, the lingering effects from the post-work happy hour cocktail and the bad habit of speeding around tourists that slow to ogle the mountain side - safety hazards on the road amplify during holiday weekends, including upcoming Labor Day.

In an effort to keep drivers safe during the deadliest time of the year on state roadways, there will be an increase in DUI patrols between August 17 and Sept. 3. According to a news release, Washington Traffic Safety Commission Region 12 Task Force, police departments and sheriff's offices from several counties, and Washington State Patrol will be joining the emphasis patrols. The law enforcement agencies are concentrating on drivers impaired by alcohol, marijuana and other drugs.

"We can't do DUI checkpoints in Washington state so Washington Traffic Safety Commission helps fund emphasis patrols for local agencies," said Chief Jason Reinfield. "Extra deputies, troopers and officers will be patrolling for the sole purpose to take impaired drivers off the road."

Drink responsibly is the fine, bolded print at the end of catchy wine cooler commercials and an ominous warning on a sign at a local bar - but there seems to be an underlying and underestimated component that isn't just in liquid form for DUI suspects. According to a Washington Traffic Safety Commission report, poly-drug use, which is two or more drugs or a combination of alcohol and drugs, is the most common form of driver impairment. Since 2012, poly-drug impaired drivers in fatal crashes have increased by about 15 percent every year. Statistics and numbers stack to reveal that drivers impaired are involved in nearly half of

Washington traffic deaths.

In the WTSC report, there was a statewide roadside survey included that revealed drivers between ages 15-20 admitted to driving after marijuana use. The results also revealed that more than half of the young drivers believed marijuana improved their driving abilities.

"This is an especially dangerous belief, if for example, a driver uses marijuana to compensate for the consumption of another substance that impairs driving ability, such as alcohol," said Staci Hoff, PhD, Research Director for WTSC, in the report. "The deadly consequence of combining these two particular substances is very apparent in all our fatal crash data."

Regardless of party favors, whether they can be purchased in a dispensary or a liquor store, driving impaired can result in fatal consequences. The WTSC is reminding drivers to plan ahead before indulging. Designated drivers, Uber or the patrolling officers' backseat are optional rides for any impaired drivers.

Labor Day, like most public holidays, creates unsurprising, albeit frustrating traffic congestions and a higher chance of accidents. The working class migrate to a new destination for the extended weekend and hiatus from the office with a cooler full of beer and boat in tow. The surge of temporary freedom from the 9-5 leads to celebrating in the form of BBQ and sangria by the water. However, Washington Traffic Safety Commission and the police forces on patrol are keen on keeping the celebrations and roadway activity from overlapping.

"These tragedies are completely preventable," said Darin Grondel, director of the Washington Traffic Safety Commission, in the report. "As a community, we can end DUI-related deaths."

The truth about radio talk shows

Most folks feel that radio is "sexier" than print media, but if they only knew the truth about radio talk shows. What really goes on behind the scenes? Are you actually listening to who you think you are? Was that really Jay Insee or Dino Rossi or a hybrid named Dino Insee found sleeping in the park?

No one actually checks the reporters to make sure they are really interviewing the real Insee or Rossi, but of course they are big names and their voices would be easily discernible. What about small town movers and shakers?

I have a friend in that biz, aka the dark side.

Once she invited me to join her on an interview taped at the subject's location. (Her show was always taped and then aired later.) Anyways, the topic for the week was "How cities should handle your tax money?"

We drove around for a bit, stopped and had breakfast, then drove around some more. I said to her, "I thought the interview was scheduled for an hour ago?"

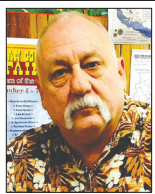
She said that was just what the boss at the station wanted to hear as an excuse for leaving the place so early, but we can stop anytime and almost anywhere to do the interview, she said, kinda surprising me.

About 10 minutes later she stops at the little Kiwanis Park in downtown Wenatchee right between Key Bank and The Cook's Corner diner.

I kept quiet and watched her do her magic.

Close your eyes and imagine - Caesar "Salad" Chavez might really be ... Luis Montoya.

"Hey buddy, hey you! Want some Night Train Express?"



APPLES TO APPLES
Gary Bégin

(Cheap red wine). The guy said sure thing lady, what's the catch?

"I just need you to say a few words into this tape recorder, okay?"

The guy said again, sure thing lady, but I want to see the bottle before I say a word.

With that, she reached into her large overcoat and pulled out a flask-sized bottle of the old poison. She then said into the recorder: "Good morning listeners. Today we'll be talking to a friend of the famous labor organizer Caesar "Salad" Chavez, Luis Montoya, head of the Seattle to Chelan Taxpayer alliance."

She then stopped the tape and asked the old grizzly guy if he could take a few sips to steel his nerves first and then talk to her a bit. He said sure thing lady. He said his name wasn't Luis Montoya, but for some red wine, he'd play along. He also said he never knew Chavez, but that was a minor point, according to my friend in radio.

"Please call me Kathy." Sure thing lay --er, Kathy, he said.

The tape came back on and she looked at him and said, "Luis, please tell my listeners what your group is all about?"

After years of consultation and observation of the best practices as followed in a variety of municipalities, we agree that cities should spend taxpayer money on more and better social services.

"Can you be more specific Luis?"

Sure thing Kathy. It is great that some non-profits feed us and house us and others even clothe us, but we feel as a group and individually that it just isn't enough. That's why we think we are entitled to more taxpayer moolah.

"Moolah as in milk Luis?" Milk and moolah are two different dogs in two different fights and we ain't talking bovine here so get yer mind outta the trough. Moolah is money, gelt, greenbacks ... cash. We feel the city ought to build a 50-room, pet friendly, drink and drug friendly apartment complex. Of course it needs to be rent free and have free internet and huge televisions in every room and a free cell phone for each apartment. It would also be preferable if it were on the river so we could fish while we drug and drink.

"Aren't you missing the refrigerator full of beer and wine in the community room too?"

You musta been reading my mind. The fridge is also where the free diabetic insulin will be maintained and my favorite, bleu cheese.

"Then the Ritz, Townhouse and Saltine crackers must be in the pantry?"

That's right, crackers of all types in the fridge and pantry along with the usual food stamp staples: tuna fish, hotdogs, sardines, beef jerky ... you know, staples.

"I forgot to ask why the apartments have to be pet friendly?"

Well Kathy, it is a known fact that when a member of our group employs a dog in their act, folks pity the animal and reward its keeper.

Of course the mutt gets a few scraps and the actor another quart of firewater. Many of us use the same dog while the other shift takes a break so

the animals eat pretty well. What's not to love?

"Thanks for listening, be sure to tune in next week when I interview Luis Fara

Khan, half brother of that Nation of Islam guy. This is Kathy faux Gifford signing off."



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Local disabled Vietnam veteran receives alternator for van from caring citizens

Whether by kismet or serendipity, small miracles happen

By GARY BÉGIN,
MANAGING EDITOR

DOUGLAS COUNTY - On Wednesday, August 1 Douglas County lawyer Robert Hunter was invited by this reporter to a ceremony at the Wenatchee Convention Center to honor a man who was "blown up" and seriously injured during the Vietnam War's 1968 "year of the Tet Offensive."

That man, former Army machine gunner Ron Hoffman of Cashmere, never received the Purple Heart he earned from being wounded in combat, although it was listed on his official military records (DD214). Local Veteran Service Officer (VSO) Tony Sandoval decided he could right that wrong and asked the sponsors of the 3rd Annual "Serving Those Who Served" Conference to help facilitate that last minute project.

The two-day conference is hosted annually by the Washington State of Veteran Affairs and is mainly meant to provide continuing education for veteran "providers" such as VSO's and non-profit organizations as well as the many military-themed groups as the American Legion, but allowances were made for this special ceremony. During the proceedings, both sad and joyous, witnessed by an audience of more than 200, Hoffman was asked if there



Photos Gary Bégin/NCW Media

Pictured above is, from left, Douglas County Lawyer Robert Hunter, recent Purple Heart award recipient Ron Hoffman, his brother, fellow Vietnam War veteran and Cashmere resident Tom Gray behind him and Brian Thorpe of Global Car Care of Wenatchee.

was anything he wanted to say and he said "It's about time." Then he was asked if there was anything he needed and he answered, "Yea, I need a new alternator for my van."

When Hunter, sitting at a table in the back of the room, heard that need, almost a plea, directly from Hoffman's mouth, he decided to do the right thing and buy him the alternator. Hunter then contacted Brian Thorpe, owner of Global Car Care in Wenatchee and asked if Brian would also like to help. Thorpe agreed that his shop would do the labor for free and one week later Wednesday, August 8 the group came together and made the deal happen.

Both Thorpe and Hunter agreed, "Mr. Hoffman's comments struck a chord with us. It is a crying pity that it took this long for the government to recognize his sacrifice."

And with that, another thank you has finally been said to another Vietnam War veteran, another human need fulfilled by a caring community.

If you know of any veterans in need of social services, food, shelter, health care, mental health counseling or "just" companionship, contact Wenatchee American Legion Post #10 VSO John Gill at 509-670-7896 or Chelan County VSO Tony Sandoval - 509-664-6801 for more information.



You can also call NCW Media Managing Editor Gary Bégin at 509-571-5302 and he will help connect the dots.

New Mirror reporter: From the big city to Chelan

By DIANA PIÑON
NCW MEDIA REPORTER

CHELAN -- Hello everybody, my name is Diana Piñon and I am the new reporter for the Lake Chelan Mirror. I have been in town for a month now and I absolutely love it. I moved away from my home in Everett to start my career in journalism. I am glad I was given the opportunity to come down to this beautiful town and do what I love.

I began my college career at Everett Community College in the Journalism and Media Communication Program where I joined The Clipper, the student news organization. I soon fell in love with storytelling. From EvCC I transferred over to Washington State University Everett into the Integrated Strategic Communications Program. In this program I was introduced to public relations and marketing, while these subjects were interesting to explore, my heart was still in journalism. During my senior year at WSU Everett, I was the social media intern for the Northwest Innovation Resource Center. After four long years, I graduated back in May with my B.A. in Communications.

I am also fluent in Spanish since it was my first language. I enjoy being outdoors and exploring new things around me.

I always knew that writing



Diana graduated May 12 and became the first one in her family with a B.A.

for the community felt right to me and this is why I am here today.

For any story suggestions feel free to email me at lemeditor@gmail.com or call me at (509)682-2213 or (425) 361-5214.

Editor's Note: Diana's area of coverage includes Entiat, Manson and Chelan Falls besides Chelan proper. NCW Media welcomes Diana to our family of family-owned community newspapers that include The Leavenworth Echo, Cashmere Valley Record, Quad City Herald and the Wenatchee Business Journal besides the Lake Chelan Mirror.

Cevado Technologies makes its mark on rural Washington

SUBMITTED BY WASHINGTON STATE UNIVERSITY

TWISP - It's a truism among small business consultants everywhere that if you want to grow your business beyond the equivalent of subsistence farming, you need to work on your business, not in it.

Jennifer Tate has always done both at her marketing and graphic design firm, Earth and Sky Studios in Twisp, Wash., becoming the go-to professional for tourism marketing for nearly two decades.

But, after buying the real estate website design powerhouse Cevado Technologies in February 2016, she knew she'd have to step up her game.

"I knew I was going to have to change from being a marketing consultant with a small team, to being a leader on a whole new level," she said, and so she has.

Today, Cevado Technologies has nearly doubled its staff, providing good jobs for 20 people in rural Chelan County and it is poised for significant growth over the next 5 years.

Within months of buying the company she partnered with Nick McLean, owner of Nick McLean Real Estate Group in Wenatchee, and he joined her at the helm of Cevado to provide expertise

on real estate technology needs and opportunities. In January 2017, Cevado added a new real estate product, a home evaluation tool, to their portfolio, and in 2018 they are poised to launch a full new suite of products. Tate believes these new products could be a game changer for real estate web tools, not just in Eastern Washington but across the country and abroad.

This wouldn't have happened, she said, without the assistance of Lew Blakeney, an expert business advisor with the Washington Small Business Development Center (SBDC). The Washington SBDC is a network of more than two dozen business advisors working in communities across the state to provide one-on-one advising to small business owners and entrepreneurs who want to start, grow or transition a business.

The Washington SBDC is hosted by Washington State University and receives funding from the U.S. Small Business Administration, as well as other institutions of higher education and economic development. Blakeney's work is supported by The Economic Alliance in Okanogan County and his offices is in Omak.

Tate was raised in the Methow Valley and returned there after graduating from West-



Photo courtesy of Washington State University

Jennifer Tate

ern Washington University. She opened Earth and Sky Stu-

dios in 1999 and began meeting with Blakeney for business

advice soon after that. Over the next 17 years, she built her business into a successful graphic design company focused on tourism marketing - both digital and print- while raising two daughters.

Buying Cevado, she said, was a leap of faith. "The whole thing was terrifying at every point," she said.

Fortunately, Blakeney was there to walk with her through the process and help her meet one challenge at a time.

"I know I wouldn't have bought Cevado without Lew's help," Tate said. "There were so many things that I needed to do and he helped me with every single one. He's just such an incredible resource."

Tate had been friends with Cevado's founder, Chris Raines, for many years. So, when he approached her about buying the business, with the offer that he would stay on as an employee - while also running his own design company, Sun Graphics - it seemed like a win for everyone.

"He really enjoys doing the work, not orchestrating the entire symphony," she said.

Tate, on the other hand, thrives on the orchestration. Her strengths, she said, include

strategic planning, creating and communicating a vision and building a powerful com-

pany culture.

Tate is still in the trenches when she needs to be, she said, but she tries to keep focused on the business itself - making sure Cevado stays at the forefront of the industry, and that the company is able to attract and retain high-quality employees who can keep pushing the company forward.

Over the past two years, she said, she's probably read more than 100 books on leadership and how to create a dynamic, innovative company.

Failure is not a mystery, Tate says. All it takes is a few bad decisions added to the passage of time. The real mystery, she said, is success. Hard work is a given - determination, persistence, tenacity and grit - but even then, things can go wrong. Tate is keenly aware that what you don't know can bite you.

That's why SBDC advising is so important. "Lew is a huge help with the technical stuff," she said. "He makes sure that I dot my I's and cross my t's. I know that I don't know what I don't know - Lew is one of my resources to help me see those areas."

For more about Cevado Technologies, go to cevado.com/

For more about the Washington SBDC, go to wsdbc.org

Fly Wenatchee wheels up



Port of Chelan County Executive Director Patrick Jones talks to a full house at the Confluence Technology Center event celebrating the winning of a major grant from the federal government that may lead to non-stop air service to San Francisco from Pangborn Memorial Airport in East Wenatchee. See the August edition front page of the Wenatchee Business Journal for the full story.



Photos Gary Bégin/NCW Media

Wearing their positively inspiring hats bearing the imprint "Fly Wenatchee," Port of Chelan Commissioners Rory Turner, Donn Etherington, JC Baldwin and Volaire Aviation Consultant Managing Partner Jack Penning strike a winning pose for the Wenatchee Business Journal camera shortly after August 6 lunch seminar meant to spread the great news about possible non-stop air service from Pangborn Memorial Airport in East Wenatchee to San Francisco.

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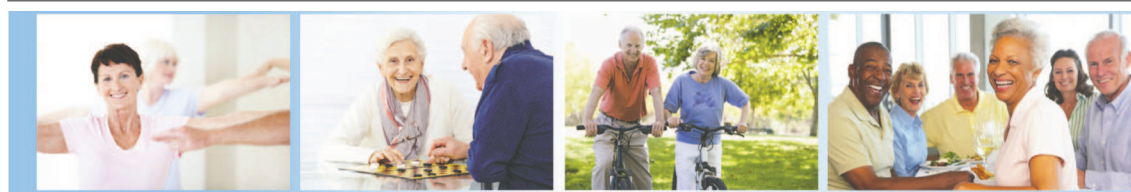
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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

6 simple tips to prevent a fall

(BPT) - Overwhelmingly, people say that they want to stay independent and in their own home as they age. One way to ensure they can is to learn about fall risks and make changes to reduce their chances of falling. Because, while one in four older adults falls each year, there are ways to be prepared for the changes of aging in order to prevent falls.

"The misconception is that falls are a normal part of aging, but this is untrue," says Kathleen Cameron, senior director at the National Council on Aging's Center for Healthy Aging. "Just because you're getting older doesn't mean you'll inevitably fall at some point. There are proven ways to prevent falls, so older adults can live healthy, safely and independently."

Every 11 seconds an older adult is seen in an emergency room for a fall-related injury, reports the National Council on Aging.

To prevent falls, follow these six simple steps. For additional advice about preventing falls, visit www.ncoa.org/FallsTips.

Step 1: Find a good balance and exercise program

As you age, it's important to maintain balance, strength and flexibility. Contact your local senior center or Area Agency on Aging for information on programs that can help you achieve these goals. Review your options and find one that appeals to you. Better yet, join with a friend to make it more fun and keep each other accountable.

Step 2: Talk to your health care provider

Have an open conversation with your healthcare provider about your fall concerns. Share your history of falls and ask for an assessment of your risk of falling again so you can come up with a plan proactively.



One in four older adults falls each year, there are ways to be prepared for the changes of aging in order to prevent falls.

Step 3: Review medications with the pharmacist

Some medications have side effects that can make it more likely for you to fall.

First, always take medications as prescribed. Second, make sure you know the risks and take precautions when necessary.

Step 4: Get vision and

hearing checked annually.

Your eyes and ears are key for keeping you safely on your feet. Getting your vision and hearing checked each year by a health care professional is important,

so you can update vision prescriptions and take any necessary measures to correct hearing loss.

Step 5: Secure your home

To keep your home safe you need to remove any tripping hazards like loose rugs or free cords. You should also increase lighting to improve visibility indoors and outdoors. Pay particular attention to stairs and consider installing grab bars or railings.

Step 6: Talk with family members

Falls affect all demographics and various ages. Talk with family members about your risks and concerns. Enlist their help as needed to secure your home and keep you safe.

"A few simple steps can dramatically reduce your risk for falling no matter your age," says Cameron. "By being proactive, you can live healthy and independently for longer."

Good gut gone bad: The C. diff Invasion

(BPT) - Trillions of bacteria, viruses and other tiny organisms - called "microbes" - live inside our bodies and make up a community known as the microbiome. The diversity of microbes is like a rainforest in our gut, helping us digest food and keep diseases at bay. Like bulldozing a rainforest, taking antibiotics can sometimes destroy that microbial landscape and allow dangerous bacteria like *Clostridium difficile* to take over.

Clostridium difficile, or C. diff, can lead to a life-threatening form of diarrhea. And that is not all; patients often become isolated because of their symptoms, with families taking on huge emotional and financial burdens trying to care for their loved ones. While treatment with more antibiotics may clear C. diff infections in many patients, others find themselves stuck in recurring cycles of antibiotics, illness and more antibiotics. About half a million

C. diff infections occur in the U.S. each year, killing more than 20,000 patients annually. The illness has even been labeled an "urgent health threat" by the Centers for Disease Control.

If you are suffering from C. diff, you are not alone.

There is good news. Scientists are developing a whole new category of non-antibiotic drugs that are designed to stop the disease cycle and prevent recurrence. One such drug under investigation in clinical trials, called RBX2660 (formulated by Rebiotix Inc.), aims to restore the beneficial microbes in the gut to a healthier state to potentially stop reinfection. RBX2660 is designed to be administered to patients in one easy treatment, replacing the microbial "rainforest" lost to antibiotic treatment. Clinical trials like those using RBX2660 will be key to understanding this new type of therapy and potentially providing patients and doc-

tors with more options to combat C. diff.

"Clinical trials can be a tool for you to find more C. diff treatment choices," says Nancy Caralla, founder of The C. Diff Foundation. Caralla, a nurse who is a survivor of the disease, was inspired by her near-death experience to start the foundation to support C. diff patients around the world. The group works to educate patients about seeking clinical trials to treat or prevent their infections. "Become an advocate for your own healthcare," advises Caralla. "Start by asking your physician about clinical trials in progress. Help (your doctor) help you to help others. You aren't out of options."

If you're an adult being treated for C. diff infection or know someone who might be suffering from the disease, consider participating in the clinical trial (<https://rebiotix.com/punched3/clinical-trial-page/>) at sites throughout



Taking antibiotics can sometimes destroy that microbial landscape and allow dangerous bacteria like *Clostridium difficile* to take over.

the U.S. and Canada to help further the development of the RBX2660 drug. If you are confirmed to be a candidate

and decide to participate, the cost of your study drug and study-related tests are paid for by the study sponsor.

You may also be eligible for compensation when completing required study visits and phone calls.

Keep your family safe: Get rid of unused prescription opioids

(BPT) - Want to help keep your family and community safe?

Get rid of any unused prescription opioids that may be in cabinets, drawers or anywhere else you store medicine.

What are opioids?

Prescription opioids are powerful, pain-reducing

medicines. You can find them in pill forms, syrups or even prescription patches. Commonly prescribed opioids include hydrocodone, morphine and oxycodone.

But they also can cause overdose deaths. Every day, 115 Americans die from opioid overdoses, according to the Centers for Disease

Control and Prevention.

Why leftover opioids are dangerous:

The United States is battling an opioid crisis. A study published in the *Journal of the American Medical Association* found that up to 71 percent of opioid tablets prescribed after surgery went unused. Trouble with

opioids can start at home, where unused medicines are stored in cabinets or drawers and are ingested either intentionally or unintentionally by people who do not have a medical need for these prescriptions.

"We're facing a public health tragedy right in our own backyards; opioid addiction and overdose affect communities across America," explained U.S. Food and Drug Administration (FDA) Commissioner Dr. Scott Gottlieb. "We know that people fighting addiction often begin by accessing prescription opioids from a friend or family member. It's critical we all do our part in safely

disposing of these medicines once they're no longer needed as part of our effort to ending this crisis."

Protect your family and your community:

Make sure your medicines do not get into the wrong hands. According to data from the National Survey on Drug Use and Health, half of people who misused prescription opioids got them from a friend or family member.

Unused opioids can also pose a risk to kids. Even child-resistant containers cannot completely prevent a child from taking medicines prescribed to someone else. Emergency departments see

thousands of patients for opioid overdose and addiction each year, according to data from the Nationwide Emergency Department Sample. As more opioids are being prescribed to adults, the risk of both accidental and intentional exposure increases for children and adolescents. Grandparents, neighbors and others who take care of children should make sure they have disposed of any unused medicines. Opioids also can be harmful to pets. In the last two decades, the FDA has received heartbreaking reports of accidental exposure to powerful prescription pain

SEE OPIOIDS ON PAGE B2

Chelan/Manson Senior Center
Activities / Lunch Schedule
 CHELAN - Senior Exercise Class: Monday, Wednesday, Friday, 1-2 p.m., any age welcome, sponsored by LCCH. SAIL Classes: Monday and Thursday evenings 5:30-6:30 p.m. Volleyball, Tuesdays, 5:30-6:30 p.m. Wii Bowling, Tuesdays, 10-11 a.m. Pinochle Tuesday, 1 p.m. Bingo Thursday, 1 p.m.
 Senior Meals, Monday-Thursday, call (509) 888-4440.
 For information Chelan Senior Center, 682-2712. Located at 534 E. Trow Avenue.

Brewster-Pateros-Bridgeport Senior Center
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Helping you understand total knee replacement

(BPT) - Total Knee Arthroplasty (TKA), often referred to as knee replacement surgery, can sound like an intimidating and worrisome procedure, especially for those who aren't familiar with advances in knee replacement implants. Knee replacement surgery is a viable option because it can help alleviate pain and improve mobility by replacing damaged bone. Many patients discover they are able to get their mobility back after surgery and return to doing the things they love.

According to the Centers for Disease Control and Prevention, about 43.5% of adults with doctor-diagnosed arthritis have limitations in their usual activities due to their arthritis (1).

Osteoarthritis is the most common form of arthritis. Knee replacement surgery is a common approach to treating osteoarthritis of the knee - a disease where cartilage covering the bones wears down over time, leaving them to rub against each other and causing pain and reduced motion.

Even though TKA is a common procedure performed more than 600,000 times each year in the U.S. alone (2), many have misconceptions about knee replacement surgery. Two of the most common fears people express are how painful the procedure and recovery will be, and

whether they will regain their mobility afterward.

In part, advancements in knee replacement implants such as the ATTUNE Knee from DePuy Synthes can help alleviate some of these concerns. Because it was designed to work in harmony with a patient's knee muscles and ligaments, the ATTUNE Knee can help increase stability and reduce pain, thereby helping patients get back to living life and pursuing passions sooner (3,4).

"I've been using the ATTUNE Knee in my practice for about three years," said Dr. Sarkis Bedikian, orthopaedic surgeon, MidAmerica Orthopaedics. "With the improvements in technology that the ATTUNE Knee delivers, my patients have had less pain and swelling after surgery, allowing them to recover quicker so they can get back to life quicker."

Just as important as the choice of implant, is a focused rehabilitation protocol. "I tell my patients to expect pain after surgery. They know that they need to listen to their physical therapist and work hard at rehab," said Dr. Bedikian. "The benefit I have seen with the ATTUNE Knee is that the rehab activities that used to take my patients three months, now take about six weeks."

In fact, in a clinical study, physical therapists noted



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Knee replacement surgery is a viable option because it can help alleviate pain and improve mobility by replacing damaged bone.

that ATTUNE Knee patients had significantly greater range of motion than other knee replacement patients, both at two and six weeks post-surgery (5).

"Before surgery simple tasks like sleeping, visiting friends, and even using the restroom are difficult and significantly impact quality of life," said Dr. Bedikian. "After surgery, it's rewarding when my patients tell me they are happy and are able to get back to their activities with less or no pain."

Choosing the right knee replacement is an essential

part in helping patients get back to the activities they love sooner.

It's important to know that the performance of knee replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have these surgeries. Only an orthopedic surgeon can determine if knee replacement is necessary based on an individual patient's condition.

Knee replacement surgery is not always the answer, but

for those wishing to learn more, www.ATTUNEknee.com has resources to learn about TKAs and hear from patients who have faced similar situations.

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Four simple ways to tune up your nutrition and live healthier longer

(BPT) Just about everyone feels like they could use a little extra pep in their day, that surge of energy to get things done and enjoy their favorite activities. This is especially true as we age. However, very few people actually feel as if they have the energy they need. The stress of modern life, poor sleep habits, consuming processed foods and less than optimal digestion are triggering a perfect storm for a human energy crisis.

There are several simple ways to tune up your nutrition and lifestyle habits so you can feel better than ever. A great

place to start is with your diet.

"A healthy diet that is rich in plant foods, whole grains and lean proteins is always the starting point in reaching optimal health," says Dr. Jacob Teitelbaum, an author and internist. "At the same time, as we get older, it's important to understand how our bodies change, and what we need to do to help our bodies get what they need to keep our systems running well. "However, despite our best efforts," Teitelbaum explains, "it is very difficult for us to get all of the nutrients we need from food

alone. Sometimes nutritional supplements may be needed to fill nutrient gaps." In addition to movement and a healthy diet, Teitelbaum shares things people in their 50s and 60s need to know to optimize their health and feel good.

1. Your digestive system changes as you age, so make sure it's getting support.

A healthy digestive tract is crucial for overall health. As we age, our digestive systems often need more support in order to properly break down food and absorb the nutrients our bodies need to function optimally, according to a study published in Oncotarget.

To get the most nutrition from the food you eat, Dr. Teitelbaum recommends talking to your doctor about adding a plant-based enzyme supplement to your regimen to support your digestive health. GIDigest, for example, is a comprehensive digestive enzyme formula designed to assist in the proper digestion of proteins, fats, starch, dairy and gluten.

2. Small things can make a big difference for heart health.

Getting an adequate supply of omega-3 fatty acids along with vitamin D, also known

as the sunshine vitamin, may support cardiovascular health. Because vitamin D is best absorbed in the body when taken with a fat source, Dr. Teitelbaum suggests talking to your doctor about a supplement that has a combination of omega-3 fatty acids and vitamin D, like Fish Oil EPA/DHA Plus D. Also, be sure to talk to your doctor about other heart-healthy habits you can incorporate into your life, because things like daily walks, reducing stress and increasing your fruit and vegetable intake can all support heart health.

3. Is your energy lagging? It may be a simple deficiency.

As we age, we tend to accept at face value that having less energy just comes with the territory. Sometimes the solution is a simple matter of meeting our bodies' nutritional needs. For example, one mineral that helps the body convert nutrients into energy is magnesium. When levels get low, it can interfere with your body's ability to access its energy stores, causing the body to work harder, as shown in a study published in the Journal of Nutrition.

To support your body's metabolic function, a supplement like Magnesium Glycinate contains 100 mg

of magnesium in an easy-to-swallow tablet.

In addition, vitamin B12 is a nutrient that helps your body convert food into energy; however, as we age, our bodies can begin to have trouble absorbing enough B12. To support your body's energy needs, ask your doctor about taking Methyl B12 Plus, a great-tasting lozenge that rapidly dissolves in the mouth.

If your energy levels are lagging, Dr. Teitelbaum says, it's important to talk to your doctor, so together, you can uncover the root causes, and he or she can make recommendations.

4. Feed your body with real, whole foods.

Food processing destroys most of the vitamins, minerals and other key nutrients the body needs to function optimally. Dr. Teitelbaum says the best thing you can do is cut the sugar from your diet and slowly add whole foods. Though most adults should be eating at least 1.5 cups of fruit and two cups of vegetables per day, a mere 9 percent actually meet that target, according to the Centers for Disease Control and Prevention.

It may sound like a tall order to work all those fruit and veggie servings into your

diet, but break down the daily goal into smaller parts and it may feel more attainable. For example, just take the simple step of adding one extra serving of fruits and veggies to each meal. Slice some banana on your morning cereal, opt for the steamed veggies with your entree, snack on veggies and hummus, and close the meal with fresh berries. Supplementing with a high-quality multivitamin can also help fill the gaps in your diet. Dr. Teitelbaum recommends Ultra Preventive X as a daily multivitamin that can help provide the nutrients you need in their most usable forms for the body.

To address your needs and support your health, always talk to your healthcare practitioner about adding nutritional supplements to your daily routine. To discover new ways to use nutrition to tune up your health, visit the Douglas Labs website and watch the videos at www.douglaslabs.com/tune-up-teitelbaum/.

Dr. Teitelbaum has been retained as a medical consultant in advising Douglas Laboratories.

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Senior Focus

A Guide to Healthy Living

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CONTINUED FROM PAGE B1

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New technology promotes healthy aging in place

(BPT) - As millions of baby boomers reach their golden years, they're changing the world yet again, this time by driving a booming market in senior-friendly aging-in-place technologies. From simple wearable devices to high-tech monitoring systems, the list of gadgets designed to help aging boomers stay independent is extensive and growing.

Home-based technology tools are a great way to deliver peace of mind to caregivers and family members who want to help an aging parent or grandparent stay safe in their home, and to combat the debilitating isolation that often accompanies growing older.

Here's a look at a few of the innovative technologies that are revolutionizing aging, and the benefits they provide.

Digital solutions for staying in touch it's easy nowadays to take using smart phones or other digital technology for granted. But for many seniors, it has never been an integral part of their lives, meaning they can be left out of the family communications loop.



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Home-based technology tools are a great way to deliver peace of mind to caregivers and family members who want to help an aging parent or grandparent stay safe in their home, and to combat the debilitating isolation that often accompanies growing older.

Filling that gap are products like GrandPad, powered by Consumer Cellular. It's a touchscreen-based tablet with simplified apps that let older users easily make voice or video calls, send and receive email, share photos, stream music and enjoy other recreational activities such as digital games.

GrandPad also offers comprehensive security, operating on a closed private network to guard against online scams, and can be managed by a designated family administrator for added personalization and protection. Plus, it's offered by Consumer Cellular, a provider with a long

history of serving the senior market.

Fall alerts can be lifesavers. Wearable devices that monitor and track health are becoming more popular among all ages. However, for seniors, especially those without a caretaker in the home, they can be lifesaving. With

just the press of a button, help can be summoned for a wide range of emergency situations.

The most valuable types of these personal emergency response devices include accurate fall detection; falls are a leading cause of death for adults age 65 and older. Devices can automatically alert 911 or a close family member the moment a fall has been detected. This is especially valuable for aging-in-place situations where stairs are present.

Smarter access to healthcare and medications As their mobility declines, it may become more difficult for seniors to make it to the doctor's office. In response, many providers now offer video consultation for those who cannot come in for an appointment. This technology is ideal for those suffering from minor ailments that do not necessarily require an in-person visit.

In addition, for many seniors, medication regimens can become difficult to follow, and the misuse of prescribed medications can lead to negative health

consequences. One technology on the rise, especially for those without assistance in the home, is the automated pill counter designed to alert and properly dispense all medications that need to be taken.

In-home tracking for safety Placing activity sensors throughout the house is becoming a more and more popular way to monitor loved ones who are living unassisted. Sensors can be placed in multiple discreet locations, like doors, cabinets, windows or beds to track movement around the house and report back to a caretaker or family member.

If the sensors haven't tracked movement in an expected amount of time, alerts can be set up to ensure a designated family member, caretaker or friend is notified to check in on the senior. Tracking and monitoring systems run the gamut from units that are integrated with a full in-home security system, to simple free-standing versions that are less costly and more mobile, but may also be less sensitive.

Prediabetes and high blood pressure can be managed: What to know

(STATEPOINT) Even as chronic diseases like prediabetes and high blood pressure touch more and more Americans, physicians are urging patients to keep in mind that early detection is key, and that chronic disease can often be managed with lifestyle changes.

"To confront our increasing chronic disease burden, patients must be aware of their risk for type 2 diabetes and hypertension," says Barbara L. McAneny, M.D., president of the American Medical Association (AMA). "To prevent both of these chronic diseases, awareness and action are key."

As part of the effort to empower Americans to confront chronic disease, the AMA offers the following guidance.

Prediabetes

While prediabetes -- the precursor to type 2 diabetes -- has serious health implications, people who are at risk can take steps

to reverse the condition and prevent or delay type 2 diabetes through lifestyle changes like weight loss, healthy eating and increased physical activity. Unfortunately, not everyone is even aware they are at risk. Eighty-four million people in the U.S. are living with prediabetes, and of those that have it, 90 percent are unaware, according to the Centers for Disease Control and Prevention (CDC).

The AMA urges patients to find out their risk by taking a one-minute online test at DoIHavePrediabetes.org. In addition to the risk test, the site contains other resources and links. Developed as part of a first-of-its-kind joint national prediabetes awareness campaign launched in 2016 by the AMA, Ad Council, CDC and the American Diabetes Association, the campaign has helped hundreds of thousands of Americans learn their risk of developing type 2 diabetes. The campaign website also



STATEPOINT

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features lifestyle tips and links to CDC's National Diabetes Prevention Program, which connects visitors to a registry of CDC-recognized programs across

the country.

Hypertension

"With nearly half of all adults in the U.S. now living with high blood pressure and at increased risk of

heart attack and stroke, more Americans should be monitoring their blood pressure levels and taking quick action to get their high blood pressure, also

known as hypertension, under control," says Dr. McAneny.

Unfortunately, there are often no signs or symptoms of high blood pressure, which is why it is often referred to as the "silent killer." If left untreated, the condition damages the blood vessels and increases the risk for heart attack, stroke and other serious conditions.

To help understand and manage your blood pressure numbers, visit LowerYourHBP.org, a site launched by the American Heart Association, American Stroke Association, and the AMA in partnership with the Ad Council. The site helps raise awareness of the life-altering consequences of uncontrolled high blood pressure and motivates people to work with their doctors on developing and committing to a treatment plan.

By being proactive and knowing your risks, you can take control of your health.

Do you know how that new supplement will affect your existing medication regimen?

(BPT) - Mahatma Gandhi once famously said, "It is health that is real wealth and not pieces of gold and silver." If you count yourself as a believer in this statement, your health is more important to you than any material possession and you do your best to protect it every single day. That's why you eat right, exercise regularly and support your total health with supplements. But did you realize that, if you are already taking medications for an existing condition, the supplements you mix with these medications

could actually be hindering your overall health instead of helping it? It's an all-too-common occurrence and one many people are unaware of.

"Nutrient deficiencies and diagnosed health conditions often require the use of vitamins and prescription medications, but they can interact. It is critical that users understand potential interactions," said Michael Roizen, M.D., chief wellness officer, Cleveland Clinic and Persona medical advisory board chair.

Research from Persona, the leading personalized

nutrition brand combining smart science, data and the highest quality supplements, shows that nearly 40 percent of survey participants - those already taking vitamins alongside prescription medications - did not know vitamins and supplements can impact the effectiveness of their medications. Forty-five percent assumed they didn't need to tell their doctor before they started taking a new vitamin or supplement. This eliminated the possibility for doctors to warn them of potential negative effects of the two interacting.

Examples of common negative reactions

The market is flush with myriad medication and dietary supplement solutions and while many will not interact with each other,

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Nasal sprays

Being allergic to something can be just an occasional annoyance, like my ragweed allergy which torments me every August, but for others it's an ongoing source of misery. Developing an allergy to something important to you can even change the course of your life. Forty-one years ago, my friend Steve graduated from pharmacy school in the class one year behind mine. After years of dedicated study, his lifelong dream of taking care of small animals as a veterinarian was crushed to pieces when he developed a life-threatening allergy to dogs and cats within his very first year of practice. After a couple of near-death anaphylactic experiences despite trying every antihistamine and desensitizing treatment available at the time, Steve reluctantly decided to give up the world of veterinary medicine and eventually became a pharmacist, a



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career that doesn't include daily exposure to pet dander.

Your allergy may be occasional or seasonal like my allergy to ragweed or it may be year-round or chronic, triggered by grass, mold or pet dander and can range from mild and uncomfortable to violent and life-threatening, like my friend Steve. Allergic reactions that target the nose are called allergic rhinitis, and can show up as sinus pressure, nasal congestion, runny nose or sneezing. Allergic rhinitis can be occasional (seasonal) or year-round (chronic). Luckily, there are several types of nasal sprays available without a prescription that can help relieve the symptoms of allergic rhinitis, including saline, decongestant,

and anti-inflammatory nose sprays and drops.

Saline nose drops or spray can help liquefy mucus and relieve stuffiness. You can make your own saline by adding ½ teaspoonful salt to 1 cup of distilled water or boiled tap water. I like to add a pinch of baking soda to make it less likely to sting when you use it. Decongestant nose drops and sprays such as Afrin® (naphazoline) and Neo-Synephrine® (phenylephrine) relieve nasal congestion by rapidly shrinking the blood vessels in your nose, which reduces swelling. There's a catch, however; they tend to stop working after a few days of continuous use, which is called rebound. Some people can use them intermittently for months

and manage to avoid getting rebound stuffiness, while others get rebound after only a few days. If you have high blood pressure or a heart condition, you should avoid decongestant nose sprays completely, as the blood vessel constriction they create can increase your blood pressure.

One type of nasal spray contains anti-inflammatory medicines that work similarly to prednisone and are very effective for allergic rhinitis. These steroid nose sprays are one of the most effective ways to treat allergic symptoms, especially those that involve the nose like sneezing, sniffing and stuffiness. Nasacort AQ® (triamcinolone), Flonase Allergy Relief® (fluticasone), Rhinocort® (budesonide) were prescription-only for years, but are available without one. Soon they will be joined by Nasonex® (mometasone). Nasalacrom® nasal spray is a unique type of anti-inflammatory agent that calms allergy symptoms by stopping the reaction before it gets going. It works best if you start using it

several weeks BEFORE you are around whatever you're allergic to, and needs to be used 3-4 times daily for best effect.

5 Tips on Getting the Most Out of Nasal Sprays:

1. The most effective remedy for allergic rhinitis is one of the prescription-strength nasal sprays available without a prescription (OTC). You'll have even more choices soon, as Nasonex® will become available OTC within the next few months.
2. Most steroid nasal sprays should be shaken well before using them. To avoid irritating the delicate tissue that separates your nostrils, called the septum, always angle the tip of the sprayer away from that middle tissue. Breathe in gently as you spray. Snorting can carry the medicine up and down your throat instead of the lining of your nose where it is needed.
3. Decongestant nasal sprays are not as effective for allergies as steroid nasal sprays and tend

to stop working after only a few days of continuous use. They also can increase your blood pressure. However, they can be useful in stopping a nosebleed because of how they constrict the blood vessels in your nose.

4. In infants and small children saline nose drops to relieve stuffiness are much safer than decongestants and just as effective. Put 1-2 drops of saline in each nostril, wait 15 minutes and then use a small bulb syringe to suck out the liquefied goop.

5. Any of these nose sprays can be used in addition to other ones, as long as you wait at least 30 minutes between them.

Dr. Louise Achey, Doctor of Pharmacy is a 39-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 2018 Louise Achey

Eating right and staying healthy in retirement

(BPT) - Americans are now living longer than ever before. In fact, one of the fastest growing segments is people over the age of 85 who will represent 20 percent of the population by the year 2040. Because we are living longer, certain conditions specific to seniors are also on a steady rise. Dehydration, falls, fractures, cognition loss and attention deficits are now becoming more commonplace.

In a recent paper titled "Salt

Appetite Across Generations" presented at a medical conference in Switzerland, Israeli researchers from the University of Haifa indicated that among seniors, a reduced sense of thirst could increase the risk of serious dehydration. They also noted that the appetite for salt does not diminish with age, and suggested that this could be used to help sustain hydration and prevent the dangerous symptoms that result from dehydration.

Another study published in the American Journal of Hypertension identified significant risks to cardiovascular health and longevity from consuming less than one or more than 3 teaspoons of salt per day. Fortunately, most Americans, including seniors, when left to their own choice, consume right in the middle of this range.

Seniors in assisted living centers can be especially susceptible to the dangers of

low-salt diets. In 2013 a task force of 12 professional medical, nursing and nutritional organizations assembled by the Pioneer Network published the "New Dining Practice Standards." Their report concluded that low-salt diets were contributing to malnutrition and weight loss among a significant percentage of seniors in assisted living facilities.

Low-salt diets can also cause seniors to suffer from

mild hyponatremia, an electrolyte imbalance in the blood that may not sound bad but can lead directly to walking impairment, attention deficits and a much higher frequency of falls. Several recent medical papers found a direct relationship between hyponatremia and unsteadiness, falls, bone fractures and attention deficits.

Falls are one of the most serious problems for the elderly and about a third of

people over 65 fall at least once every year. Fall-related injuries in the elderly are associated with numerous psychological and physical consequences and are a leading cause of bone breakage and hip fractures, which can lead to complications and permanent disability or death. Some seniors do need a low-salt diet but many do not, and would not benefit from such a diet.

3 things you didn't know about chocolate - and why you should care

(BPT) - As you stand in the chocolate aisle of the grocery store, have you ever stopped to think about the story behind each bar?

Knowing that your choice of chocolate has a positive impact on the farmers who cultivated the cocoa beans can sweeten the entire experience. When choosing your favorite treat, make sure it is one that combines pleasure with purpose. Here are three things you might not know about chocolate, and how each one could impact your decision in the candy aisle:

1. The cocoa industry affects over 5 million small holder cocoa farmers around the world. The majority of cocoa is grown on small farms operated by independent farmers in developing countries in West Africa, Southeast Asia and the Americas. Your choice in the chocolate aisle can go a long way toward

supporting these households: DOVE Chocolate partners with CARE, an organization dedicated to fighting global poverty. This partnership powers the development of Village Savings and Loan Associations (VSLAs): savings-led, community-based programs that allow members, such as cocoa farmers and their families, to support each other with low-interest loans and savings plans. The loans help cocoa farming households access capital to improve their farming practices, expand and diversify their businesses, and invest in education and health for their families and enrich their local community.

2. Fifty percent of cocoa farming activities are completed by women, yet women rarely benefit from cocoa-related income. While women play a key role in cocoa farm-

ing, many of them do not receive the income benefits they deserve. The VSLA initiative provides women with ways to save money and access small loans. In turn, women in cocoa farming communities can increase productivity on their cocoa farms and even achieve greater equality with their male counterparts. Within the past year, female representation in VSLAs has risen to 80 percent, and many members have increased their initial investments by 58 percent since joining a VSLA.

3. Cocoa is produced by farming households in developing African countries who often lack affordable financial services, according to CARE. Rural Africans have been forced to use whatever high-cost lenders are available in their area. By choosing chocolate that supports

VSLA programs, you're helping women in cocoa growing communities find a safe and community-supported way to access loans and put their money into savings. What's more, these programs have further evolved with the linkage of many VSLAs and their members to formal Micro-Finance Institutions (MFI). This linkage gives VSLA members opportunities to access more modern financial tools that can increase profitability.

"Today's consumers are savvy in that they are increasingly conscientious about their impact on the world based on their purchase decisions," says Leslie Philipsen, Brand Director, DOVE Chocolate. "For example, we are finding that people appreciate knowing that their favorite brands stand behind real commitments to the people

who create the products they know and love, and are doing what they can to help them succeed. That's why we continue to partner with CARE to positively impact thousands of women in the cocoa growing communities of Cote d'Ivoire through the VSLA program."

"We know when a woman joins a VSLA, her involvement creates ripples of positive change that extend past her-

self to include the people in her community," says Marcela Hahn, Executive Director of CARE's Strategic Partnerships team. "VSLAs are about more than giving women financial opportunities. They are about transformation. We are honored to stand in partnership with DOVE Chocolate, changing the lives of thousands of women and their families in Cote d'Ivoire."

NEW

CONTINUED FROM PAGE B3

those that do cannot be ignored.

One common area for a negative reaction is with those who take a blood pressure medication and combine it with an iron supplement. In many cases taking the supplement two hours before or after the medication can decrease its absorption rate significantly, making the prescription med less successful.

People who take a synthetic thyroid hormone should also be wary of taking their medication in conjunction with any supplement containing soy, iron or calcium. Taking both the medication and supplement within four hours of one another will decrease the absorption rate and effectiveness of the thyroid hormone.

Identifying situations where the pairing is successful

Combining a supplement and a medication isn't always a hindrance; it can be successful as well. For example, if you are taking a statin, you will want to add Coenzyme Q10 (CoQ10) because the average blood concentration of CoQ10 in blood plasma decreases.

In another instance, if you take medication to treat allergies or inflammation, adding a vitamin D and

calcium supplement will support bone health and calcium absorption.

Finding the right supplement solutions for you

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HOMES FOR SALE



FOR SALE:
10 acre parcel with a fantastic views of the Columbia River. Located less than 1 mile from the Chelan Airport. Perfect for horse lovers. This parcel has established irrigated pastures. 5 horse or cattle runs and 5 paddocks. Includes out buildings. All this for just \$220,000. Call 509-679-1725 for more information.

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Kashmir Gardens Florist, A Cashmere mainstay since 1949, is for sale.

Sale includes equipment, inventory, display pieces.

The building is also for sale separately.

Call: 509-782-2071

FOR RENT

Chelan: Year round, 4 bedroom, 2 1/2 bath, 2 plus car garage. View deck. \$1,850/ month. References. Deposit required. 509-682-2460.

Country home on acreage. 2 possibly, 3 bedrooms, 1 bathroom, 1,900 square feet. Located 16 plus miles north on State Route 153. \$1,000/month, \$750 damage. Pets negotiable. 509-923-2015, text 360-927-1606.



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HELP WANTED

Chelan 76 EZ Mart is looking for reliable and hard-working people to join our team. Year around positions open. No experience necessary. Must be 21 years of age, pass a background check and drug screening. \$11.50 to start. Apply in person, 302 E. Woodin Ave., Chelan.



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

1. Alpine Lakes Title1 LAP Para Educator
- 2.. Icicle River Middle School Special Education Para Educators

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

HELP WANTED



Receptionist Administrative Assistant

The Leavenworth Echo is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday - Friday in our Leavenworth office. This qualified individual will answer phones, take classified and legal ads, and assist the advertising director. (Training will be available). A qualified person must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, good math skills and the ability to use a ten key adding machine -- a big plus. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of Leavenworth and the Upper Valley. Then this job is for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants please send a resume to:
Attn: Publisher
P.O. Box 39
Leavenworth, WA. 98826.
Or bring in your resume to the Leavenworth Echo office 215-14th St.



HELP WANTED

Brewster School District is accepting applications for the following positions

Job Title:

1- Site Director 21st Century Community Learning Center (After-school and Summer School) assigned to Schools.

1- Site Coordinator 21st Century Community Learning Center (After-school and Summer School) assigned to Boys and Girls Club
Supervisor: 21st CCLC Program Director/Superintendent
Closing Date: Open Until Filled
Starting Date: Sept 2018

Job Description:

The successful candidates will manage the day to day operations of the BEARS afterschool and summer school programs.

Qualifications:

- Two or more years of experience working in public school classroom or out-of-school time educational setting
- Has experience supervising staff
- Demonstrate knowledge of the 21st CCLC evaluation process (collect, analyze, and utilize data)
- Demonstrate strong oral and written communication skills
- Demonstrates strong organization and record keeping skills
- Can work collaboratively with a large group of diverse people, including volunteers

Preferred Qualifications:

- Experience working in a 21st Century Community Learning Grants
- Bilingual in Spanish Preferred

Salary: 3-4 hours/ day, 4 days/ week. \$30/ hour

Brewster School District is an Equal Opportunity Employer.

Applications for positions may be obtained on the district's website www.brewsterbears.org under employment or by contacting the district office 509-689-3418.

HELP WANTED

Full and Part-Time Breakfast/ Catering Staff

Enzian Inn in Leavenworth 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.



Chelan Safeway is looking for several motivated people to join our team.

Open positions include:

- Checkers
- Deli Clerk
- Meat Wrapper
- Bakery Clerk

apply online@ careersatsafeway.com

Please contact Matthew or Jeremy at 509-682-2615 with any questions

Safeway is an equal opportunity employer



Journalist Wanted

The Cashmere Valley Record Newspaper. is looking for a writer/ photographer who loves sports and attending community events.

NCW Media has an immediate full-time opening. Pay DOE. Call Gary, 509-571-5302 or Bill, 509-670-1837 to arrange an interview. Must be a team player and willing to work flexible hours.EOE

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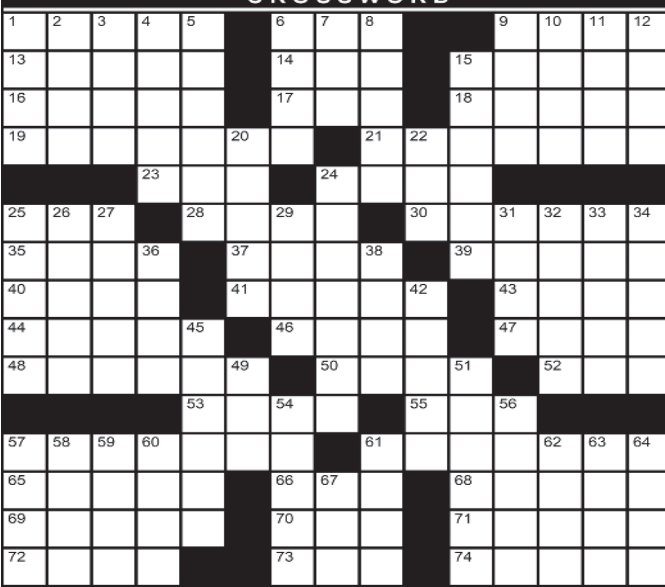
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See **MORE CLASSIFIEDS & PUBLIC NOTICES** on Page B6

CROSSWORD PUZZLE



THEME: ENGINEERING 101

- ACROSS
1. Monument to Buddha
 6. "Slippery" tree
 9. No-win situation
 13. *Relating to unit of electrical resistance
 14. Actress Thompson
 15. Garlic mayo
 16. Capital of Morocco
 17. Anthem author
 18. City-like
 19. *Biologically inspired
 21. *Electricity-producing device
 23. "___ la la!"
 24. Restaurant handout
 25. Army bed
 28. Rudolf Hess, e.g.
 30. *Unit of electric current flow
 35. Avian wader
 37. Rock opera version of "La Bohème"
 39. First President to resign
 40. Julia Louis-Dreyfus' HBO role
 41. Lock of hair
 43. Keyboard key, pl.
 44. Trojan War epic
 46. Like traditional storytelling
 47. Every which way
 48. Door frame part
 50. Like Mohave
 52. Farm pen
 53. Experience emotion
 55. Bert and Ernie, e.g.
 57. *___ breaker
 61. *Amount of mass in a unit of volume
 65. Bruce Wayne's Batman, e.g.
 66. Step on it
 68. Core of personnel
 69. Marked ski run
 70. Opposite of yang
 71. Like a neon sign
 72. Pouches
 73. English course
 74. Necessities
- DOWN
1. Acidic kind of apple
 2. Bangkok native
 3. Rounded elevation
 4. Baby grand
 5. Director's order
 6. Lodge fellows
 7. Wrangler alternative
 8. Noncommittal response
 9. Inside scoop
 10. RBG's garb
 11. Having wings
 12. Heady and intoxicating
 15. Keats' "season of mists and mellow fruitfulness"
 20. *Pie display
 22. Nurses' org.
 24. Rock component
 25. *Engineering relating to roads and bridges
 26. Plural of obelus
 27. Make a logical connection
 29. *-273.15 Celsius, or absolute ___
 31. Mediterranean sandwich component
 32. SAT and ACT
 33. *Automatically moving mechanism
 34. Glorify
 36. Quarrel
 38. Ivan the Terrible, e.g.
 42. Slip 'n ___
 45. Deactivate a bomb
 49. Oahu greeting gift
 51. Classic yo-yo maker
 54. Ethanol, a.k.a. ___ alcohol
 56. Missouri River tributary
 57. A and B, e.g.
 58. Pelvic bones
 59. *CISC alternative
 60. A. L. Webber musical
 61. Fender-bender damage
 62. *Run a vehicle's engine when not in motion
 63. Walked on
 64. Evergreens
 67. Junior's junior

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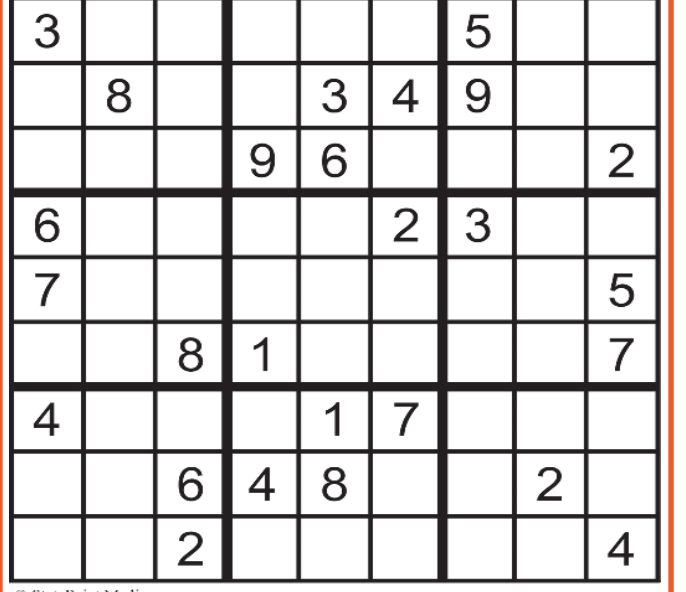
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