

Brewster Police staffers earn service awards



Photo courtesy of Brewster Police Department
Brewster Police Administrative Assistant Juana Escobar, left, and Lieutenant Kelly Hook were honored with service awards from the Omak Elks Club last month. Hook received an award for 26 years of service and Escobar for 20 years with the Brewster Police Department.



Photo by Mike Maltais
In a stroke of good fortune, Bridgeport public works personnel found and fixed a major leak in the city pool for a fraction of what potential repairs could have cost.
Cannonball!

Water leak found, fixed in Bridgeport pool

By Mike Maltais
Staff Writer

BRIDGEPORT – Good news, swimmers!
“We found the leak in the pool.” Public Works Superintendent Stuart Dezellem reported to the Bridgeport City Council at its Sept. 20 meeting.
“After a little investigation of the return system in the (pool) jets, we believe that we have probably found the leak that was 90-to 95-percent or our problem,” Dezellem said.
It was discovered that the glue had failed in a reducer connecting some six-inch pipe to four-inch pipe causing them to separate.

By dragging a chain down the pool’s concrete deck workers discovered an echo in the deck and determined the dirt in that area under the deck had settled.
“We chose a spot based on the (water) return system under pressure as the probable cause,” said Dezellem. “It ended up being the gravity line from the skimmers.”
Public works employees chose a spot to cut the deck out based on where the suspected leak might be.
“Our hole was perfect for finding the leak,” said Dezellem. “We kind of lucked out there.”
Dezellem said that after spending \$400 dollars for the

rental of a concrete saw and \$200 in parts, the leak was repaired.
“We filled it up and ran the system for three days and could not tell any appreciable water loss,” Dezellem said.
“That’s a best-case scenario right there,” council member Matt Schuh said.
The pool leak had been a topic of concern during earlier council meetings because the water loss was becoming more and more substantial and public works personnel had few leads as to where the leak or leaks were in the extensive underground piping system.
The Bridgeport community Pool will reopen in the summer of 2018.

Bridgeport school to start After School Meal

Program begins Monday, Oct. 9

By Mike Maltais
Staff Writer

BRIDGEPORT – There is some good news coming on the heels of the closure of the Bridgeport Food Bank that ceased its twice-monthly food distributions from the Bridgeport Community Church at 1300 Foster Avenue last Thursday,

Sept. 28.
The Bridgeport School District plans to inaugurate its own After School Meal program on Monday, Oct. 9.
“We now have a pretty full meal deal,” Bridgeport School Superintendent Scott Sattler said.
The school meal will offer students a third daily opportunity during the school week to eat an afternoon meal in addition to the free breakfast and free lunch already provided.

“The meal will run after school from 3 p.m. to 3:20 p.m.,” said Bridgeport School Business Manager Debbie Sharp. “Any student who wants a meal can come in and eat at no cost.”
Students will sign in for their meals so the district can be reimbursed the costs by the USDA.
Sharp said the school also plans to make the after school meal available for athletes

SEE MEAL ON PAGE A2

Bridgeport studies angle parking on Main Street



Photo by Mike Maltais
Angle parking on at least half of downtown’s Main Street is a topic under consideration by the Bridgeport City Council.

By Mike Maltais
Staff Writer

BRIDGEPORT – Angle parking on that portion of State Route 173 that is Main Street between 10th and 13th streets downtown is under consideration by members of the city council.
Bridgeport Public Works Superintendent Stuart Dezellem addressed council regarding what he has learned so far in his investigation into the proposed change.
“We have 20 feet between the curb and the fog line on the north side of the road but we only have 18-1/2 feet between the curb and the fog line on the south side of the road,” Dezellem said.
The double yellow centerline in that portion of Main Street is not perfectly in the center of the curb-to-curb width, Dezellem noted.
“Eighteen and a half feet is a little narrow for the standard 60-degree angle parking spot,” said Dezellem. “We would probably need to

go 45 degrees on the south side and 60 degrees on the north side.”
Dezellem added that he submitted a request to the Washington State Department of Transportation (WSDOT) regarding guidance as to what the city needs to do if the council wants to pursue angle parking.
“It can be done by ordinance and/or by resolution at the city level,” Dezellem said of the proposed parking change.
Dezellem said he believed that since Highway 173 is a state highway, the proposal needs the approval of the state’s Secretary of Transportation and a sign-off by WSDOT verifying there is ample room for angle parking.
Dezellem said he contacted the city’s local representative for WSDOT who has “pushed the ball to the appropriate office but they have not returned an email yet.”
Dezellem said that so long as he has council consensus

to move forward he will continue to pursue the study.
“Since we are kind of short on the south side, what about parking only on one side?” asked Mayor Janet Conklin.
Dezellem said that was considered as an option for the wider north side of the street.
Speaking of downtown traffic speed, Dezellem told the council that many vehicles, particularly trucks, are not slowing to 25 miles per hour on Bridgeport’s Main Street.
“They’re rolling off that hill and they’re just shooting down through here, especially in the daytime,” Dezellem said.
Dezellem said cars parked at an angle on Main Street would help reduce traffic speeds and used the angle parking adopted by Brewster as an example of its speed-reducing effect.
Council members agreed that proposed angle parking on Main Street is a proposal worth pursuing.

Sports teams observe Breast Cancer Awareness Month

By Mike Maltais,
Staff Writer

PATEROS – October is Breast Cancer Awareness

Month and several area sports teams will dedicate upcoming games to the observance.
The Pateros varsity football home game against Republic

on Friday, Oct. 13 will support Breast Cancer Awareness Night with the sale of hoodies and long sleeve shirts for \$20 and \$15 respectively.

“All profits made will go to Cancer Treatment Centers of America,” a Pateros High School bulletin said.
Pateros varsity volleyball

coach Gene Dowers said his team will host Thorp-Easter on Pateros Pink Night, Thursday, Oct. 12, to help bring attention to Breast Cancer

Awareness.
The Brewster varsity volleyball team is bringing its cancer

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Bridgeport Food Bank closes after a quarter century



Photo by Mike Maltais

The Bridgeport Food Bank, that has served hundreds of needy families every month for more than a quarter century, opened its doors for the final time in the basement of the Bridgeport Community Church last Thursday. Pictured from left, volunteers Jill Schroeder, Rayna Skiff, Nellie Ceballos, Ari Dedios, Robert Bereiter, and Ethan Skiff distributed food to more than 75 families on the food bank's last day of operations. The nonprofit community service is looking another sponsor and new quarters in Bridgeport. Parties interested in helping the Bridgeport Food Bank find new quarters can contact Rayna Skiff at (509) 449-8189.

MEAL

CONTINUED FROM PAGE A1

to take on the bus for sports games on the road.

"It's a complete meal," said Sharp and is part of the child nutrition program supported by the United States Department of Agriculture (USDA).

Sharp said the meals follows USDA guidelines for levels of salt, sugar and fat in the food served.

The debut of Bridgeport school's After School Meal program is coincidental to the food bank's closing. Sharp said she was not aware that the food bank was curtailing operations.

"The community needs more options for child nutrition," said Sharp who has been employed by the school for the past 26 years.

Commenting on the food bank's closure, Sattler agreed that the non-profit served a

lot of people in the Bridgeport community. That said, Sattler noted that the school does not have the facilities to offer a new home to the food bank.

"We're busting at the seams with kids," Sattler said as the district prepares to add more space following voter approval of its bond measure.

Rayna Skiff, director of the food bank, said the facility served more than 75 families on its final day of operations.

Mansfield Lions hold 40th auction Oct. 7

By Mike Maltais
STAFF WRITER

MANSFIELD – The autumn event everyone has been waiting for – the annual Mansfield Lion's Club Auction – will drop the gavel at 10 a.m. Saturday, Oct. 7.

Sources organizing the event said this year's event, the Club's 40th, promises to be a big one with a wide variety of vehicles, farm equipment, antiques, household items, firearms, garden tools, camping and sports gear and miscellaneous items.

Among the items listed so far include a 1976 customized handicap 40-foot motorhome powered by an 8V71Detroit diesel engine, a 1987 Circle J two-horse trailer, a Ruger Model 77 .30-06 rifle with scope, an Owens 14-foot fiberglass fishing boat, a Ford Model T body, with more items coming in daily.

Parties with items to consign can contact Brad Murison at 683-1989, Ed Preston at 683-1081 or Betty Wilsey at 683-1134.

To download a full copy of the online auction flyer, visit www.mansfieldwashington.org.

D&D Auction Sales, LLC, of Tonasket will once again handle the bidding. A 10 percent buyers' premium applies on all transactions.

Pateros receives purchase offer for vacant downtown lots

By Mike Maltais
STAFF WRITER

PATEROS – The city has received an offer to purchase seven vacant lots in the downtown core that the city has wanted to see developed for many years.

At a special city council meeting Sept. 25, an offer was tendered by rock Garden Holding, LLC for purchase of the property located in the vacant space along Commercial Avenue. The

property is described as lots 56-63 of Block 7. Pateros replat #3.

The purchaser told council members the development intent calls for three bottom floor commercial units and eight top floor residential rental apartments.

Each council member reviewed and commented on the conceptual design plan and the agreement was referred to the city attorney to draft a Real Estate Purchase and Sale Agreement with recommended changes.

Play days, Bingo, raffle keep things hoppin' at Senior Center

By Mike Maltais
STAFF WRITER

BREWSTER – Play days, Bingo, raffle and Halloween plans are keeping seniors busy at the Brewster-Pateros-Bridgeport Senior Center these days.

October play days at the Center begin this Friday, Oct. 6, and will be held again on Friday, Oct. 20, from 1-4 p.m. both days. Visitors are invited to attend and join in the fun playing Wii Bowling, cards, dominos, or other games.

"Please bring a snack to share with others," reminded Center President Kathy

Lowry. You may invite other people to join us and you do not need to be a member of the center to come on down and join the fun."

Bingo days at the Center for the month are Tuesday, Oct. 10 and Wednesday, Oct. 18. Lowry suggested that each participant bring along a small prize to be awarded at the games.

The Center plans to join the city in celebration of Halloween on October 31.

"We will have a pot of chili on the stove and corn bread in the oven and possibly apple cider," said Lowry. "This will be available to the public for a

small donation."

The seniors will also host their second annual Pumpkin Decorating contest with the time to be advised.

"The Center sustained some roof and interior damage from last winter's heavy snow, said Lowry. "We are in the process of getting bids to replace the roof."

Raffle tickets still available for the three-piece Weber barbecue grill. The price is \$5 for one ticket and \$20 for five tickets.

"We have reached our half-way mark of \$500," said Lowry. "When that goal is met the drawing will take place."

OBSERVE

CONTINUED FROM PAGE A1

awareness closer to home and will observe Brain Cancer Awareness Night, in place of Breast Cancer, in honor of Alessandra Vazquez.

Bridgeport High School Athletic Director Scott Darwood said the varsity volleyball team will host

Dig Lavender Night for all cancers.

"That night we are playing Soap Lake at home," Darwood said.

Waterville High School Athletic Director Tayn Kendrick said the Waterville-Mansfield varsity football team plans to observe Breast Cancer Awareness Month but the game has not yet been selected.

The National Breast Cancer Foundation (NBCF) was founded in 1991 with the mission to help women now by providing help and inspiring hope to those affected by breast cancer through early detection, education and support services. For more information on NBCF's story and programs visit www.nationalbreastcancer.org online.

Lake Chelan Community Choir Christmas Cantata Rehearsals to start Oct. 15

SUBMITTED BY MARCI HALE,
LAKE CHELAN COMMUNITY CHOIR

MANSON - Steve Sturtz is coming out of retirement to di-

rect the Christmas selections from Handel's Messiah in celebration of his 75th birthday. Sturtz was the music director at Chelan High School for

many years. Rehearsals will be held at North Shore Bible Church, Manson on Sunday's 1-3 p.m., starting Oct. 15.

If you are interested and need music, please call Marci at 687-3791 so a book will be reserved for you. Practice CD's will be available as well. Performances will be Friday evening, Dec. 1 and Saturday afternoon, Dec. 2. Dress rehearsal, Wednesday, Nov. 29, times TBA.

This is your invitation to be a part of a very special event. Please. Come sing with us!

Hart speaks at book signing



Photo courtesy of Fort Okanogan Interpretive Center

Historian, author, poet and researcher E. Richard Hart addressed an audience at the Fort Okanogan Interpretive Center on Sunday, Sept. 24, where he signed copies of his latest book, *Lost Homeland: The Methow Tribe and the Colville Reservation*.

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Corrections

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

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Sarah Smith Acosta, ND

Practicing in Brewster & Bridgeport

EDUCATION: Naturopathic Doctorate degree from Bastyr University

RESIDENCY: Two years at the Bastyr Center for Natural Health in Seattle WA , rotating through community health centers and major regional hospitals

Dr. Acosta Smith practices with a focus on family medicine and women's health. She has special interests in treating migraines, autoimmune disorders, endocrine issues, and gastrointestinal disorders.

Brendan Smith, ND

Practicing in Omak & Tonasket

EDUCATION: Naturopathic Medical degree from Bastyr University

RESIDENCY: Three years at the Bastyr Center for Natural Health in Seattle WA , rotating through community health centers and major regional hospitals

Dr. Smith has special interest working with patients with diabetes and cardiovascular disease using a patient centered holistic approach. He has provided care for many years with homeless youth in Seattle helping to manage health through difficult life situations.

Call 800.660.2129 for an appointment

COMMUNITY BULLETIN BOARD

Monday-Thursday Senior Center Thrift store hours, S.A.I.L classes, activities

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 Monday and Wednesday from 10-11 a.m.

Oct. 5, 6, 8, 10 American Legion events

Lunch available daily
BREWSTER - American Legion Post 97 in Brewster has Poker night Tuesday and Thursdays. Starts at 7 p.m.; every Friday night sirloin steak dinners from 5-7 p.m.. 8 oz. or 12 oz. Served with salad, baked potato, vegetable, and bread. Every Sunday morning breakfast from 9 a.m.-noon. Nice sized menu. Lunch available daily.
Members and Bona-Fide quests are welcome. For more information call the American Legion, (509) 689-3307.

Oct. 6 Brewster Grange Farmers Market

BREWSTER - The Brewster Grange Farmers Market is open every Friday, into the

Fall, from 2-5 p.m., at the Brewster Grange, located on Highway 97. Vendors are able to accept WIC Checks and Senior Nutritional Vouchers. For more information call Marge at (509) 689-0398.

Oct. 7 Farmers Market

BREWSTER - Farmers Market located on Main Street in Brewster. The market is open 8 a.m. to noon every Saturday.

Oct. 10 AA meeting

BREWSTER - “Free At Last”!, an Alcoholics Anonymous group meets in Brewster. Meetings are Tuesday evenings at 7 p.m., at Brewster Grange Hall. All meetings are “open”.

Oct. 10, 25 Cancer Support Groups

CHELAN - Second Meeting Added: The Women’s Wellness Group, cancer support group, now 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.

Oct. 11 Bingo Wednesday

BRIDGEPORT - Bridgeport Eagles hosts bingo every Wednesday. Dinner is served at 5 p.m., bingo begins at 7 p.m., with dinner available until the bingo is over. Everyone is welcome.

Oct. 13, 20 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 Oct. 13. 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, Oct. 20, 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.

Oct. 9 TranGO to meet

OKANOGAN - TranGO (Transit for Greater Okanogan) will hold a Public Board Meeting on Monday, Oct. 9, at 6:30 p.m. The location will be at 303 2nd Ave. S., Suite A, Okanogan (TranGO Office next to Armada). Please call (509) 557-6177 or visit www.okanogantransit.com for any questions.

Oct. 9 OCOG to meet

OKANOGAN - OCOG (Okanogan Council of Governments) will hold a meeting on Monday, Oct. 9, at 5 p.m. The location will be

at 303 2nd Ave. S., Suite A, Okanogan (TranGO Office). Please contact Melanie Carroll at (509) 557-6177 or email mearroll@okanogantransit.com for any questions.

Nov. 6 Snowmobile Advisory Board to meet

OKANOGAN - Snowmobile Advisory Board meeting will

be held on Mondays, Nov. 6, Dec. 4, Jan. 8, 2018, Feb. 5, and March 5, at 6 p.m. and will meet in the Public Works Department Conference room at the Public Services Building, 1234A 2nd Ave. S, in Okanogan. For more information (509) 422-7300.

For those really, really BIG deliveries...



Photo by Mike Maltais
Somebody must be expecting some large deliveries by the looks of the mailbox sitting outside the shop at L&A Hobbies on Bridgeport Bar. Actually, the whimsical structure was fabricated for a client in Western Washington as a parking shelter for his runabout vehicle.

Candidate Development workshop Oct. 15

SUBMITTED BY SHARON SUMPTER, REPRESENT OKANOGAN COUNTY

TONASKET - A Candidate Development workshop will be held in Tonasket, on Oct. 15, 2017, 12:30-4 p.m. at the Community Cultural Center, 411 S. Western Avenue.
Ashley Thrasher, Program Manager at TwispWorks, will lead a workshop titled: “Run for Office or Run a Campaign”. The training session will include a 3-hour presentation on the basics of running a political campaign. The lecture is a high-level view of how to run a campaign and will cover: an overview of the timeline, fundraising tips, volunteer recruitment and components of campaign management. In addition to the lecture, participants will receive materials to take home and learn where to access key resources. There will be time for breakout sessions, Question and Answer, and networking opportunities.
This free, nonpartisan workshop is available to all Okanogan County citizens who are considering running for office or are interested in running a campaign for a candidate.
This nonpartisan candidate development workshop is co-sponsored by Represent Okanogan County and Okanogan Citizen’s Action Network, groups that focused on good governance and informing and engaging citizens’ ability to affect change.
For more information contact Sharon Sumpter, (206) 228-2200, rocon2016@gmail.com, www.rocon2016.org

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4 ways to take back control from breast cancer

(BPT) It is no secret that dealing with breast cancer is hard. It can turn lives upside down, inspiring concerns on topics as wide-ranging as maintaining daily routines, paying for treatment and life expectancy. Underlying it all is its emotional toll. According to a survey by Ford Warriors in Pink, 44 percent of breast cancer patients report needing help maintaining a positive outlook, while 43 percent report needing help maintaining their self-confidence. As supporters, we want to alleviate the burdens on our loved ones, yet only 28 percent of Americans say they know how to best support a patient during and after treatment.

Although the emotional journey of cancer is complex and there is no one-size-fits-all solution, there are ways you can help those experiencing it feel more in control of their situation. Encourage your loved ones to engage in activities that nourish their spirit and support them in pursuing avenues for

self-care to help them maintain a positive outlook on life.

Expand your world

Many patients feel as though breast cancer takes hold of their life as its own. Remind your loved one that cancer is not the center of their world by encouraging them to pursue their passions. "Amidst chemo and radiation, you're constantly finishing battles. But when life is constantly pushing you down, you need more wins. So I decided to hike through the rainforest in Colombia immediately post radiation," says breast cancer survivor Lara Mehanna. Participating in new experiences - even those in your own hometown - can allow those who have been touched by breast cancer to refocus on their spirit. Treat your loved one to an experience that aligns with their interests, like a local pottery or cooking class, to provide a much-needed outlet as they continue their fight.

Create peace of mind

Mindful meditation is one



Photo by photographer Ryan Cordwell for Wanderlust Festival

Because yoga is a gentle exercise with a variety of modifications, it can be a manageable exercise for patients at different stages of their journey.

method of self-care that helps lower anxiety and stress. As part of her "integrated care" treatment plan, breast cancer survivor Ana Mostaccero practiced meditation and visualization exercises prior to surgery. "Doing these exercises helped me to not only reduce stress, but to begin practicing an all-around mindful life with height-

ened perspective and appreciation for what my mind and body were experiencing." Help your loved one tap into their own inner peace by making meditation easily accessible to them. Popular personal meditation app Headspace offers meditations specific to every phase of the cancer journey.

Channel your chi

Breast cancer often brings feelings of being betrayed by your body. "It took a long time to learn to trust my body again," says survivor Amber Tumbow. "For so long it felt like my own body turned against me in a constant state of battle. I began practicing yoga, and slowly but surely I was able to feel more in control." Because yoga is a gentle exercise with a variety of modifications, it can be a manageable exercise for patients at different stages of their journey. Start a regular yoga practice with your loved one to encourage regular activity, keep them motivated, and help them reconnect with their bodies. Look for programs like the Wanderlust 21-Day Challenge that can be done at home and are designed especially with breast cancer patients in mind.

Empower with community

Cancer can feel alienating. While patients undoubtedly appreciate the support of family and friends, they can also feel like no one understands

what they are going through. Connecting with others who have also experienced cancer can help patients feel less alone. "The greatest blessing was support from fellow survivors, the Models of Courage community," shares survivor Jessica Ayers. "Being diagnosed so young, I felt alone. Hearing the stories of those who had gone through the same thing as me, and seeing their strength as they offered support, advice and love completely changed my outlook on my disease. It turned me into a warrior."

No matter what you choose to do, it's important to let your loved ones know that you are there to support them, on days good and bad. By doing so, you can provide vital support for making your loved one's journey just a little bit easier. For free patient support resources such as Headspace meditations and the Wanderlust 21-day yoga challenge visit www.fordcares.com.

2017 risks for breast cancer

Personal history of breast cancer

A woman with cancer in one breast has a 3- to 4-fold increased risk of developing a new cancer in the other breast or in another part of the same breast. This is different from a recurrence (return) of the first cancer.

Dense breast tissue

Women with denser breast tissue (as seen on a mammogram) have more glandular tissue and less fatty tissue, and have a higher risk of breast cancer. Unfortunately, dense breast tissue can also make it harder for doctors to spot problems on mammograms.

Lifestyle-related factors

Not having children, or having them later in life.

Women who have not had children or who had their first child after age 30 have a slightly higher breast cancer risk. Having many pregnancies and becoming pregnant at an early age reduces breast cancer risk.

Pregnancy reduces a woman's total number of lifetime menstrual cycles, which may be the reason for this effect.

Alcohol

Consumption of alcohol is clearly linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who consume 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 5 drinks daily have about 1½ times the risk of women who drink no alcohol. Excessive alcohol use is also known to increase the risk of developing cancers of the mouth, throat, esophagus, and liver. The American Cancer Society recommends that women limit their alcohol consumption to no more than 1 drink per day.

Being overweight or obese

Being overweight or obese has been found to increase breast cancer risk, especially for women after menopause.

Before menopause your ovaries produce most of your estrogen, and fat tissue produces a small amount of estrogen. After menopause (when the ovaries stop making estrogen), most of a woman's estrogen comes from fat tissue. Having more fat tissue after menopause can increase your estrogen levels and thereby increase your likelihood of developing breast cancer.

The connection between weight and breast cancer risk is complex, however. For example, risk appears to be increased for women who gained weight as an adult but may not be increased among those who have been overweight since childhood. Also, excess fat in the waist area may affect risk more than the same amount of fat in the hips and thighs. Researchers believe that fat cells in various parts of the body have subtle differences that may explain this.

The American Cancer Society recommends you maintain a healthy weight throughout your life by balancing your food intake with physical activity and avoiding excessive weight gain.

activity 5 or more days a week.

Factors with uncertain, controversial, or unproven effect on breast cancer risk.

High-fat diets

Studies of fat in the diet have not clearly shown that this is a breast cancer risk factor.

Most studies have found that breast cancer is less common in countries where the typical diet is low in total fat, low in polyunsaturated fat, and low in saturated fat.

On the other hand, many studies of women in the United States have not found breast cancer risk to be related to dietary fat intake. Researchers are still not sure how to explain this apparent disagreement. Studies comparing diet and breast cancer risk in different countries are complicated by other differences (such as activity level, intake of other nutrients, and genetic factors) that might also alter breast cancer risk.

More research is needed to better understand the effect of the types of fat eaten on breast cancer risk. But it is clear that calories do count, and fat is a major source of these. High-fat diets can lead to being overweight or obese, which is a breast cancer risk factor. A diet high in fat has also been shown to influence the risk of developing several other types of cancer, and intake of certain types of fat is clearly related to heart disease risk.

The American Cancer Society recommends eating a healthy diet with an emphasis on plant sources. This includes

eating 5 or more servings of vegetables and fruits each day, choosing whole grains over processed (refined) grains, and limiting consumption of processed and red meats.

Breast implants

Several studies have found that breast implants do not increase breast cancer risk, although silicone breast implants can cause scar tissue to form in the breast. Implants make it harder to see breast tissue on standard mammograms, but additional x-ray pictures called implant displacement views can be used to examine the breast tissue more completely.

Chemicals in the environment

A great deal of research has been reported and more is being done to understand possible environmental influences on breast cancer risk.

Of special interest are compounds in the environment that have been found in lab studies to have estrogen-like properties, which could in theory affect breast cancer risk. For example, substances found in some plastics, certain cosmetics and personal care products, pesticides (such as DDE), and PCBs (polychlorinated biphenyls) seem to have such properties.

Although this issue understandably invokes a great deal of public concern, at this time research does not show a clear link between breast cancer risk and exposure to these substances. Unfortunately, studying such effects in humans is difficult. More research is needed to

better define the possible health effects of these and similar substances.

Tobacco smoke

Most studies have found no link between cigarette smoking and breast cancer. Although some studies have suggested smoking increases the risk of breast cancer, this remains controversial.

An active focus of research is whether secondhand smoke increases the risk of breast cancer. Both mainstream and secondhand smoke contain chemicals that, in high concentrations, cause breast cancer in rodents. Chemicals in tobacco smoke reach breast tissue and are found in breast milk.

The evidence on secondhand smoke and breast cancer risk in human studies is controversial, at least in part because smokers have not been shown to be at increased risk. One possible explanation for this is that tobacco smoke may have different effects on breast cancer risk in smokers compared to those who are just exposed to secondhand smoke.

A report from the California Environmental Protection Agency in 2005 concluded that the evidence about secondhand smoke and breast cancer is "consistent with a causal association" in younger, mainly pre-menopausal women. The 2006 US Surgeon General's report, The Health Consequences of Involuntary Exposure to Tobacco Smoke, concluded that there is "suggestive but not sufficient" evidence of a link at this point. In any case, this possible link to breast cancer is yet another reason to avoid secondhand smoke.

2017

CHELANCHASE

5K Race/Run/Walk

Sat., Oct. 21 • 10 am
'Old Bridge' Riverwalk Park • Chelan

USATF Course Certified

Race/Run/Walk

PLEDGE for Breast Cancer

Pre-register online at www.ChelanChase.com
or mail by Oct. 17

Pre-Registration Day - Friday, Oct. 20, 5-7 p.m.
St. Andrew's Parish Hall - next to Riverwalk Park
and Race Day 8 to 9:15 a.m.

Proceeds donated to the Lake Chelan Community Hospital
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Linda DeLeon
Is retired and likes to sew. She is a 46 year survivor.



Joyce Steele
Is a housewife and loves candy making. She is a 36 year survivor.



Carol L. Forhan
Survivor: 27 years. NCW Media, co-owner, ad manager, ordained Episcopal Deacon, ALFA past Royal Lady, 2017 First Lady, and board member. Interests: Photography, church, loving my 5 grandchildren!



Orlanna Keegan
Is a United States Postal Clerk, at Lake Chelan Post Office. Her interests include church, time with family, travel, and Disney. She is a 24 year, 10 month survivor.



Barbara Rist
Blankenship Is retired, She likes gardening, reading, yard work, her grandkids, Chelan Senior Center. She is a 20 year, 1 month survivor.



Suzanne Newby Is retired from Safeway. Her Interests include cooking, crafts, and camping. She is a 20 1/2 year survivor.



Sandy Gruenberg
Interests are family, Soroptimist of Chelan, Chelan Chase, raising money for Breast Cancer Research. She is a 18 year, 2 month survivor.



Nancy Baum
Is retired and loves kayaking, biking, golfing and boating. She is a 17 year, 10 month survivor



Vicki Hoffman
Is a music assistant with the with Lake Chelan School District; and likes being with her family, especially her 4 month old granddaughter. She is a 17 year, 4 month survivor.



Karen Gordon
Interests include singing, music, reading and walking. She is 16 year, 8 month survivor.



Carol Simpson
Is retired and her interests include walking, yoga/pilates, knitting and reading. She is 16 year, 2 month survivor.



Lynda Kennedy
Is the owner/operator of Yogachelan Yoga Studio. Her interests include yoga, golf, hiking and gardening. She is a 14 year survivor.



Pat Batdorf
Is retired and is a Food Bank volunteer and a member of Lake Chelan Hospital Guild B. She is a 14 year survivor.



Karen Webb
Is a retired LPN and medical transcriptionist. Her interests including scrap booking. She is a 13 year survivor.



Anne Brooks
Is a school bus driver. Interest includes electric vehicles, being outside and quilting. She is a 12 year, 6 month survivor.



Teresa Flores Beason
Is retired and likes camping with family, cross stitching and crocheting. She is a 12 year survivor.



Eilene Brown
Is retired and likes decorating, volunteers at the museum, yoga and reading. She is a 8 year, 8 month survivor.



Heather Smith
Is a Office Manager and her interests include snowmobiling, reading and camping. She is a 7 1/2 year survivor.

Dear Readers:

Over the years we have had a lot of women's faces and stories, including my own, on these special October BCA pages.

I started this "Tribute of Hope" many years ago and honor those who support the cause. These special pages have inspired other communities to show the "face of cancer". Our newspapers have also won top awards from newspaper groups in the U.S. and Canada.

We hope you take the time to read the articles and information about breast cancer. One other fact, is that men can also get breast cancer, it is rare but yes it does happen. Please

check out all statistics on the American Cancer Society's website.

We want to continue to show you faces and names of those who have been there, to give Hope to those who are newly diagnosed or who are still struggling. Cancer of any kind is not a individual disease, it is a family disease, everyone is involved when a loved one, a friend, a neighbor has been diagnosed. No one wants cancer and IT is scary. October is also National Mammography Month, please get a mammogram- it can save your life. it did mine.

Whether you as a survivor have or had cancer(s), and do not want to talk about it, we

still honor and want to support YOU!

We also want to remember those who fought the battle(s) and lost.

No woman is immune from this dreaded disease, one in eight will be diagnosed this year and every year until we find a CURE. Pray for a Cure !

My doctor's written reports said that I may survive maybe five years, I am now a 27-year survivor, I am Blessed.

Carol L. Forhan

Thank you and please support the business sponsors seen in these pages.



Mildred Reece
Is a grandmother of 10, and great-grandmother. Her interests include reading, camping, drawing, taking care of her cat. She is a 7 year survivor.



In metastatic breast cancer, attitude and knowledge are power

(BPT) - A diagnosis of metastatic breast cancer (MBC) can turn a woman's life upside down. The disease, also known as Stage IV breast cancer, occurs when cancer has spread beyond the breast to other parts of the body, including the bones, liver, lungs or brain. MBC is not just one disease - there are many different subtypes and treatment options can vary depending on the subtype of each patient. "Having an open, honest dialogue with my oncologist about my treatment plan and having a positive attitude have helped me feel empowered," says Libby, a nurse manager and MBC patient from Ashland,

KY. As someone who has cared for others throughout her career - and for her own husband battling dementia - Libby was devastated to learn in 2015 that the breast cancer she beat 16 years prior had spread to her lungs and become metastatic. She appreciated her oncologist's approach because he stayed focused on what they could do as a team to treat the cancer.

She discussed her diagnosis and the risks and benefits of treatment options with her oncologist, who prescribed an oral medicine called IBRANCE[®] (palbociclib) along with hormonal therapy called letrozole. IBRANCE

in combination with an aromatase inhibitor, such as letrozole, is approved by the U.S. Food and Drug Administration (FDA) for women like Libby who have not received prior treatment for their metastatic disease, are postmenopausal and have a specific type of metastatic breast cancer that is estrogen receptor-positive (ER+) and human epidermal growth factor 2-negative (HER2-).

"Patients often face challenges upon receiving a metastatic breast cancer diagnosis. It's important for both patients and caregivers to find support and understand the treatment options available

to them," said Julia Perkins Smith, Senior Medical Director for Pfizer Oncology, the company that developed IBRANCE. For more stories about women living with MBC and to learn more about IBRANCE, please visit MBC-together.com. Libby offers the following insights to other women facing MBC: Choose to make the most of today! Find an oncologist/healthcare team who can fuel your own positive thinking. Always talk to your doctor about which treatments may be right for your individual situation have a support system, including family, friends and co-workers". Tomorrow is

not guaranteed and life does not come with a promise of good health or happiness. So, instead, I choose to focus on making the most of today. After all, it's up to us how we spend our time on this earth," says Libby.

IBRANCE[®] (palbociclib) is a prescription medicine used to treat hormone receptor-positive (HR+), human epidermal growth factor receptor 2-negative (HER2-) breast cancer that has spread to other parts of the body (metastatic) in combination with: an aromatase inhibitor as the first hormonal based therapy in women who have gone through menopause,

or fulvestrant in women with disease progression following hormonal therapy.

National Cancer Institute. What you need to know about breast cancer. http://www.cancer.gov/publications/patient-education/WYNTK_breast.pdf. Updated August 2012. Accessed October 12, 2016.

American Cancer Society. Breast Cancer. <http://www.cancer.org/acs/groups/cid/documents/webcontent/003090.pdf>. Accessed October 12, 2016. IBRANCE (palbociclib) Prescribing Information. 2017. Pfizer Inc, New York, NY.

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Some basic breast cancer facts and figures

In 2017, according to the The American Cancer Society, an estimated 252,710 new cases of invasive breast cancer were expected to be diagnosed among U.S. women, as well as an estimated 63,410 additional cases of in situ (earliest form) of breast cancer.

This year, approximately 40,610 US women were expected to die from breast cancer. Only lung cancer accounts for more cancer deaths in women. However, these decreases are believed to be the result of finding breast cancer earlier through screening and increased awareness, as well

as better treatments.

Higher risk

Women whose close blood relatives have breast cancer have a higher risk for this disease. Having one, first-degree relative, (mother, sister, or daughter) with breast cancer almost doubles a woman's risk. Having a 2nd first-degree relatives increases her risk about 5-fold. Although the exact risk is not known, women with a family history of breast cancer in a father or brother also have an increased risk of breast cancer. Overall, about 20% to 30% of women with breast cancer have a family member

with this disease. (This means that 70% to 80% of women who get breast cancer do not have a family history of this disease.)

Race and ethnicity

White women are slightly more likely to develop breast cancer than are African-American women. However, African-American women are more likely to die of this cancer. At least part of this seems to be because African-American women tend to have more aggressive tumors, although the reasons for this are not known. Asian, Hispanic, and Native American women have a lower

risk of developing and dying from breast cancer.

Cancer statistics such as these are presented in an updated edition of the American Cancer Society's Breast Cancer Facts and Figures. The publication provides updated cancer research facts about breast cancer, including incidence, mortality, and survival trends for breast cancer, as well as information on early detection, treatment, and factors that influence risk and survival.

Visit the American Cancer Society's Cancer Statistics Center for more key statistics.

Cancer Support Groups

CHELAN - The Women's Wellness Group, cancer support group, now has 2 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.

Pink Ribbon Classic - Golf Scramble, Oct. 22

CHELAN - The Pink Ribbon Classic Golf Scramble will be held Sunday, Oct. 22 at the Lake Chelan Golf Course. All golfers are welcome to sign up with a partner or have one assigned. Entry fee is \$30, includes lunch, but not green fees. Call the Pro Shop (509) 682-8026 for entry forms or go to Lake Chelan Ladies Facebook page, <https://www.facebook.com/Lake-Chelan-Golf-Club-Ladies-Division>.



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OBITUARIES

Gene
Brisbois

Service time corrected
Gene Brisbois, 93 passed away on Sept. 19 in Brewster, Wash. Gene was born on August 24, 1924 in Toppenish, Wash. to Nazaire and Bertha Brisbois. His family moved to reside on the Spokane Indian Reservation near Miles, Wash. Gene attended and graduated



from Columbia High School in Hunters, Wash. in 1942. After graduation he joined the U.S. Navy and served as a tail-gunner on missions over the Atlantic Ocean. His battalion was in charge of protecting planes that were searching for enemy submarines.
He married Harlene Markham in 1945 after he finished his military service and they then moved to Brewster. There they made their home

and raised their two daughters. Gene was active in the American Legion, running weekly Bingo for many years. He worked at Godbey Redi-Mix until 1984. During their retirement, Gene and Harlene took trips to Mexico, Branson, Missouri; New Mexico, California and Arizona as well as many trips to visit their daughters and grandchildren.
Gene was preceded in death by his two sisters, Win-

nie Ferrier and Mary Jane Morrow, two brothers Dan Brisbois and Joe Brisbois and his grandson Todd Smith.
He is survived by his wife of 72 years Harlene, his daughters Pam Brisbois (Sam Moore), Liz Brisbois (Jeff Barker), brothers Al Brisbois and Clifford Brisbois; three grandchildren Tyann James (Andy), Travis Smith and Emily Barker; four great-grandchildren; Brad Reed, Indy James, Tyler Smith

and Zander Smith.
There will be a Memorial Service at 11 a.m., on Oct. 6, 2017 at the Barnes Chapel in Brewster, followed by a gathering at 1:30 p.m. at the American Legion Hall, also in Brewster.
Please express your thoughts and memories on the online guest book at prechtrose.com.
Arrangements are by Precht Rose Chapel.

Robert “Bob”
Llewellyn
Parlette

Robert Llewellyn Parlette (Bob), 76, of Wenatchee, Washington passed away of acute myeloid leukemia at his home on September 26. He was surrounded by his loving family while looking out his window towards the sunset.
Bob was born in Toledo, Ohio on August 11, 1941 to William and Althea (Hopf) Parlette. Bob is survived by his wife of 31 years Linda (O’Neal) Evans Parlette. Children: Brooke Parlette Lucy (Sam), Peter and Andrew Parlette, Guy and Lucas Evans; grandchildren Larkin and Mariah Lucy, and Jessie Evans. Bob was preceded in death by his parents and his brother William Parlette. He is survived by siblings Willatheia (Parlette) Patzer, Carl



(Jim) Parlette and several nieces and nephews.
Bob Parlette is a 1959 graduate of DeVilbiss High School, Toledo, Ohio. He graduated from the U.S. Air Force Academy, Colorado Springs, CO in 1963. He was assigned pilot training at Williams AFB, AZ and awarded his wings in 1964.
After a short stint at Larson AFB in Moses Lake, Wash., Bob moved stations to Fairchild AFB in Spokane, flying the KC-135 air refueling tanker in

the Strategic Air Command. He served temporary duty assignments in Southeast Asia at U Tapao AFB, Thailand, CCK Air Base, Taiwan, Kadena AB, Okinawa, Clark AFB, Philippines and Andersen AFB, Guam.
Bob married Elizabeth Ambrose of Seattle in 1967 and resigned from the U.S. Air Force as a Captain in 1968. He entered UW Law School in 1969, graduating in 1972 in the top 10% of his class. He moved to Wenatchee and began work at Davis, Arneil Law Firm where he remained for 44 years specializing in mediation, civil litigation, and consumer law.
During those years he bought a cherry orchard on Wenatchee Heights and began building his home and raising his family. From that time forward, Bob was involved in numerous community activities and projects. Of these, he was most proud of the completion of the Apple Capital Loop

Trail. And more recently, the acquisition of the Peshastin Mill property which preserves public access to a beautiful river corridor and invites all to envision his ultimate dream of a trail linking Leavenworth to Wenatchee.
Bob served as interim president of Wenatchee Valley College and served 9 years on the Washington State Interagency Committee for Outdoor Recreation. In 1989, with his wife Linda, he organized the Washington State Centennial Winter Games. He went on to spearhead many other community activities and philanthropic organizations including the Young Adult Consumer Education Trust and Consumer Jungle website promoting financial literacy in young adults.
The reason Bob was often late was because he was always trying to finish something. He was universally known as a “doer” - never compromised by bureaucracy

- and he loved flying because it helped him accomplish more in a shorter time frame!
Bob truly enjoyed people and their stories. Young, old, rich, poor, no matter the race, Bob was always interested in people’s lives. His ability to study and appreciate people made him an effective attorney and advocate because he knew most accounts had at least two sides. More than once, Bob chose to support the less predictable one.
Besides his family, what Bob loved most of all was the outdoors. He loved cross-country skiing, hiking, horseback riding, whitewater rafting, and biking. His passion for adventure fit well with a love of flying and one of his great joys was heading north to Canada each summer along with other pilot friends (“The Coldfish Squadron”) in their small airplanes. He flew to a number of remote areas over the years, always returning home - not always safely!

- to his own alfalfa strip on Wenatchee Heights. (“The Abandon Airforce!”)
A big part of Bob’s legacy is his advocacy for the environment, protection of the wild places he so enjoyed, and tenacious support of public access to nature so that everyone can enjoy the great outdoors and beauty of the Wenatchee Valley.
Bob was an avid reader, an accomplished photographer, painter and most of all, a great gatherer of people. Throughout his life and final days, he brought people together with ideas and humor, instilling meaning and hope for the future.
A Celebration of Life will be held at a later date.
In lieu of flowers please send donations in Bob Parlette’s name to: Complete the Loop Coalition (P.O. Box 1192, Wenatchee 98807) or The Evergreen Mountain Bike Alliance (25 N Wenatchee Ave, Suite 109, Wenatchee, 98801).

OKANOGAN COUNTY SHERIFF'S REPORT

Superior Court Criminal
Alberto Lopez Flores, 36, from Bridgeport pleaded guilty to two counts of Delivery of a Controlled Substance and first-degree Unlawful Possession of a Firearm. He was sentenced to 14 months on count one and eight months on count three. He was also fined a total of \$2,600.50.
Alberto Lopez Flores, 36, from Bridgeport pleaded guilty to first degree Trafficking in Stolen Property, Seconded Degree Possessing Stolen Property and third-degree Possessing Stolen Property. He was sentenced to 364 days on count two and 364

days on count three. He was also fined a total of \$1,160.50. The court found probable cause to charge Mayur Patthamatsanuphong, 52, from Brewster with the Manufacture of Marijuana. Bail was set at \$10,000.
The court found probable cause to charge Sombat Patthamatsanuphong, 56, from Brewster with the Manufacture of Marijuana. Bail was set at \$10,000.
Marriage Licenses
Martha Sujey Martinez, 19, from Brewster will wed Juan Reyes Martinez, 21, from Bridgeport.
Decrees of Dissolution
Stasia D. Stice from Brewster

filed to dissolve her marriage with Brandon J. Stice from Versailles.
911 Calls
Monday, Sept 25
A report from Highway 97 in Brewster of a stray animal. There are two German Shepherds at location, they both have blue collars and the reporting party has them contained behind a gate.
Tuesday, Sept 26
No report available
Wednesday, Sept 27
A report from Riverwalk Trail in Brewster of malicious mischief.
A report from Highway 173 in Brewster of an unknown injury accident. There was a one ve-

hicle rollover collision.
Thursday, Sept 28
A report from Third Street in Brewster of an animal problem.
A report from Sixth Street in Brewster of a citizen assist.
A report from Seventh Street in Brewster of an animal problem.
A report from Highway 97 in Brewster of lost property. The subject lost his wallet Monday and he believes it is at the gas station.
A report from Hospital Way in Brewster of a code violation.
A request from Foster Avenue in Bridgeport for an agency assist.
A report from Valley Road in Brewster of suspicious conduct. There is a teal sedan parked in reporting party’s driveway.

A report from Half-Sun Way in Bridgeport of a welfare check.
Friday, Sept 29
A request from Highway 97 in Pateros for an agency assist. Male is shaking in his vehicle and won’t respond to reporting party.
A report from Highway 97 in Brewster of a person driving while their license was suspended.
A request from Hospital Way in Brewster for an agency assist.
A report from Ferry Avenue in Brewster of a missing animal.
A report from Ansel Avenue in Brewster of a recovered vehicle.
A report from Indian Dan Canyon Road in Brewster of a traffic hazard. Orchard workers crossing road in the area without regard for other traffic in the area.
Saturday, Sept 30
A report from Seventh Street in Brewster of an alcohol Offense. Two males are running away.
A report from Valley Road in Brewster of a non-injury accident. The male that the deputy was looking for last month told

the reporting party that he was in a collision.
A report from Old Highway 97 in Brewster of a non-injury accident.
Sunday, Oct 1
A report from Seventh Street in Brewster of a noise complaint.
A report from Seventh Street in Brewster of a warrant arrest.
A report from Bridge Street in Brewster of a fight. There was a fight in Gebbers truck parking.
A report from Hospital Way in Brewster of assault. Domestic violence victim advised she was assaulted by her husband.
A report from Fourth Street in Brewster of a citizen assist.
A report from Highway 97 in Brewster of suspicious conduct. Reporting party drove a forty-five-year-old male from valley road where he was visiting friends. He advised he was on some medication. Reporting party believes he has some mental problems.
A report from Main Avenue in Brewster of threatening.
A report from Hanson Avenue in Brewster of assault.

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

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DOUGLAS COUNTY SHERIFF'S NEWS

Sept. 27
Agency assistance at 871 State Route 173 in Bridgeport Bar.
Agency assistance at McCormack Street and Whitlam Avenue in Bridgeport Bar.

Sept. 28
Suspicious incident at 1300 Foster Ave. in Bridgeport.

Sept. 29
Agency assistance at 2209 Monroe Ave. in Bridgeport.

Civil incident at 929 Maple St., trailer 103 in Bridgeport.

Sept. 30
Alarm at 1509 Fairview Ave. in Bridgeport.

Oct. 1
Weapons violation across the street from 826 Fairview Ave. in Bridgeport.

Oct. 2
Theft at Bridgeport Middle School, 1300 Douglas Ave. in Bridgeport

QUAD CITY CHURCH GUIDE

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

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School: 509-689-3213
115 Valley Road, Brewster
www.brewsteradventistschool.com
Pastor Ryan Kilgore

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509-689-2920 • 6th & Jay
www.cbcbrewster.com
Greg Thorn, Pastor

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Sunday Worship Service 10 a.m.
Brewster Grange Hall, Hwy 97
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509-689-2224 • 501 W. Indian Avenue
Pastor Gordon Wright
www.communitylogchurch.com


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Kevin Moore, Pastor

BREWSTER

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“With men this is impossible; but with God all things are possible.”

-Matthew 19:26

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Undefeated Lady Bears rout Chelan Goats, 8-2

By Mike Maltais
Staff Writer

BREWSTER – The undefeated Lady Bears varsity volleyball team improved their overall record to 5-0 with a convincing 8-2 win over 1A Chelan of the Caribou Trail League at home last Saturday, Sept. 29.

The game outcome was largely decided early in the second half when Brewster took a 4-1 lead from the first half and added four quick goals with less than five minutes off the second half clock.

The Lady Bears went up 3-0 before Chelan got on the scoreboard and never throttled back the pressure keeping the ball on the Goats’ end of the field much of the time.

Brewster senior midfielder Marlissa Garcia and senior forward Rosa Velasco led the Lady Bears with three goals apiece. Senior forward Yvette Sanchez found the net on two of her attempts.

Brewster is 2-0 in the Central Washington 2B League and joins first place Liberty Bell (4-0) and second place Lake Roosevelt (3-1) in the top three spots.

The Lady Bears were scheduled to play the undefeated Mountain Lions at Liberty Bell last Tuesday. Brewster will host Bridgeport on Thursday, Oct. 5, and Omak in non-league play on Saturday, Oct. 7. The Lady Bears will travel to Manson on Tuesday, Oct. 10, for a rematch with the Lady Trojans that Brewster shut out 4-0 in their first meeting Sept. 21.



Brewster junior midfielder Alondra Torres, right, battles for the ball with a Chelan player.



Photos by Mike Maltais
Brewster junior defender Kelsey Ochoa controls the ball against Chelan.

Senior forward Rosa Velasco (11) waits for the ball with a Chelan opponent. Velasco scored three goals for Brewster.



Bears ground Soap Lake Eagles 42-13

By Mike Maltais
Staff Writer

BREWSTER – The Bears varsity football team evened its Central Washington 2B League record at 2-2 with a 42-13 win on the road at Soap Lake, Friday, Sept. 29.

“We went into halftime up 21-7 and never let up in the second half,” said coach Jake Johanson. “It was good to build a lead and learn how to finish out an opponent.”

Johanson added that it was a good opportunity to allow some his younger players some

varsity time on the field.

“We did a much better job up front and ran for 396 yards as a team,” said Johanson. “Ernie Nanamkin did a great job finding holes and cutting back at the perfect time.”

Johanson said Nanamkin also played a great defensive game as did Connor Wiggs at the linebacker and fullback position.

“Quincy Vassar also added two interceptions on defense,” said Johanson. “Joe Taylor is starting to find his way under center.”

The coach was

“We found ourselves in much more manageable situations on second and third downs,” said McFadden. “Hopefully we’re moving in the right direction.”

The Bears welcome Bridgeport for Homecoming this Friday, Oct. 6. Passing at 7 p.m.

Joe Taylor: 8-11 for110 yards 1 TD/ 1 INT.

Rushing

Ernie Nanamkin: 25 carries, 232 yards, 3 TD’s.

Connor Wiggs: 11 carries, 62 yards, 1 TD.

Joe Taylor: 12 carries< 52 yards, 1 TD.

Jeff Sonneman: 13 carries, 41 yards.

Mario Guzman: 3 carries, 9 yards.

Receiving

Jeff Sonneman: 3 catches, 62 yards, 1 TD.

Ricardo Gallaga: 3 for 38 yards.

Defensive

Quincy Vassar: 2 INTS, 2 tackles.

Connor Wiggs: 7 tackles, 1 INT.

Alfredo Nila: 5 tackles.

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Brewster volleyball remains undefeated in CW2B

By Mike Maltais
Staff Writer

BREWSTER – After facing and dispatching five Central Washington 2B League opponents, the Lady Bears remain the only undefeated team in the CW2B with most recent wins over Tonasket, Lake Roosevelt and Liberty Bell.

The Lady Bears beat Tonasket, 3-0, last Thursday, Sept. 28.

Brewster outflanked the Lady Raiders in three sets, 25-14, 25-20, and 25-20 on Sept. 26.

“I felt we had another strong night at the service line which gave our girls momentum in the match,” said coach Marcy Boesel. “Marta Martinez had a couple of nice blocks at the end of the match that helped seal the win.”

Several Lady Bears including Brooklynne Boesel (19/19), Abby Urias (13/13), Maret Miller (13/13), and

Marta Martinez (7/7) were perfect from the service line.

Brooklynne Boesel: 19/19 serving, 5 aces, 6 digs, 16 assists, 7 kills, 2 blocks.

Abby Urias: 13/13 serving, 2 Aces, 1 dig.

Karste Wright: 11/14 serving, 3 digs, 6 kills.

Elizabeth Stam: 1 dig, 1 block.

Maret Miller: 13/13 serving, 3 aces, 5 digs, 5 assists, 11 kills, 1 block.

Marta Martinez: 7/7 serving, 2 digs, 3 assists, 2 blocks

Sammi Hull :3/3 serving, 1 ace, 2 kills, 1 block.

Karina Martinez: 5/6 serving, 8 digs.

Anah Wulf: 1 dig.

Zulema Sotelo: 3 digs.

Ana Aparacio

Brewster added Liberty Bell to its list of victims on Sept. 23, in a convincing manner, never allowing the Lady

Lions to break double digits, 25-3, 25-5, 25-8.

“Our girls did a good job from the service line,” said Boesel. “Tough serves allowed us to get their team out of system which enabled us run our offense successfully.”

B. Boesel: serving 9/10, 3 aces, 7 kills, 11 assists, 6 digs.

Urias: 22/22 serving, 8 aces.

Wright: 10/11 serving, 5 aces, 7 kills, 7 digs, 1 block.

Miller: 9/10 serving, 2 aces, 6 kills, 9 assists, 2 blocks, 6 digs.

M. Martinez: 12/12 serving, 4 aces, 1 kill, 1 assist, 4 digs.

Sammi Emigh: 1/1 serving, 3 kills, 1 block.

K. Martinez: 5/5 serving, 1 ace.

Aparacio: 1 dig.

Wulf: 1 assist.

Brewster will travel to Soap Lake, Thursday, Oct. 5, and host Bridgeport at 6:30 p.m., Tuesday, Oct. 10.

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Mustangs corralled by Liberty Bell, 49-9

By Mike Maltais
STAFF WRITER

BRIDGEPORT – The Mustangs’ varsity football team’s wins remain at one following a 49-9 home loss to a tough Liberty Bell team at home last Friday, Sept. 29.

“I am proud of the effort we showed and the determination not to give up,” said coach Pat McFadden. “However, we simply could not control the line and gave up too many big running plays around the edge.”

A bright spot in the Bridgeport offense came when the Mustangs elected to attempt a fourth-down field goal from

near midfield seconds before the half. Junior quarterback Diego Martinez put the ball through the uprights with room to spare to give Bridgeport its first three points of the game.

McFadden pointed to some other game highlights when freshman outside linebacker Jamien Schmidt had four tackles and blocked two point-after-touchdown attempts.

“Edgar Meza showed a lot of guts and leadership with five solo tackles and a willingness to play anywhere I put him, including fullback, quarterback, tackle, safety, tailback and linebacker,” McFadden said.

“Junior QB Diego Martinez completed a beautiful 20-yard touchdown pass to sophomore Moreno Santiago for our first passing TD of the season,” said McFadden. “Diego finished the game with six tackles, 34 yards rushing and 48 yards passing, as well as a 51-yard field goal.”

“Sophomore Gilbert Padilla had a good game with nine tackles and 90 yards rushing,” said McFadden. “He also caught a pass for nine yards and returned kicks for 68 yards to give him 167 yards of total offense.”

Bridgeport will play at Brewster at 7 p.m. Friday, Oct. 6.



Junior quarterback Diego Martinez gets ready to punt following his successful completion of a near-50-yard field goal to give the Mustangs their first three points of the game.



Junior center Juan Trejo prepares to snap the ball.

Photos by Mike Maltais

Below: The Mustangs mascot kanoodles with the Bridgeport band.



Fillies split soccer games with Liberty Bell, Tonasket

By Mike Maltais
STAFF WRITER

BRIDGEPORT – The Fillies varsity soccer team split their first two league games between a loss to Liberty Bell and a win over Pateros.

On Saturday, Sept. 21 Bridgeport lost a 4-0 contest to league-leading Liberty Bell, 4-0.

“We have been improving each game,” coach Gabe Gonzalez said.

Birdie Ekenbarger played the goalkeeper position for Bridgeport for the first half and was credited with four

saves. Becky Hernandez took over in the second half had five saves.

The Fillies traveled to Tonasket on Tuesday, Sept. 26, and brought a win home for their trouble.

The game started with a scoreless first half.

“Tonasket scored two goals in first 13 minutes of the second half,” said Gonzalez. “Bridgeport made a comeback and scored three goals in the second half.”

The final score was Bridgeport 3, Tonasket 2.

Bridgeport’s Lesly Velasco

scored two goals and Esmeralda Garcia scored the winning goal for the Fillies.

Hernandez once again was at the goalie position and recorded 11 saves for the Fillies.

“Each game we are improving and learning more,” Gonzalez said.

The Fillies dropped a 0-1 loss to Manson on Sept. 28

Bridgeport was scheduled to host Oroville on Oct. 3, and play at Brewster, Oct. 5. The Fillies will travel to Liberty Bell for a game Tuesday, Oct. 10.

Have a Community or Sports Story idea?

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...With Liberty And Justice for all

In their rush to complain about societal imperfections the NFL protesters have lost sight of some fundamental American values. Values that have found little official expression in the rest of the world. Expressions like the headline of this column that comes from the end of our pledge of allegiance.

The controversy that has been sparked by the NFL is a classic example of a protest that is doing more harm to our collective lives than actually solving any great societal ill.

Commenting on the players refusing to stand for the national anthem, American Legion National Commander Denise Rohan said, “It wasn’t political when it was written and it shouldn’t be political today. Having a right to do something does not make it the right thing to do.”



IN MY
OPINION
Bill Forhan
Publisher

The issue here is there are certain symbols of our shared heritage that are sacred. Among them are our flag our national anthem our pledge of allegiance and the founding documents that form the basis of our national values.

There is no doubt that as human beings we often fall short of achieving the perfect execution of our shared principles. It is true that in our history we have had to address the shortcomings of our human frailty. But it’s the principles and values expressed in those sacred

symbols, words and documents that have often called on each one of us to strive for a more perfect union.

Throughout our history, great leaders have used our sacred symbols not to divide us but to call on us to work to become more perfect masters of the values we purport to share.

Abraham Lincoln used the Declaration of Independence to call attention to the evils of slavery when he campaigned for President pointing out that “all men are created equal.”

Martin Luther King challenged our nation to address issues of racism in his famous I have a dream speech.

We have made great strides in addressing the issues of racism and intolerance thanks to those great leaders. And it wasn’t without great sacrifice or pain

that real change has been forged.

Too many today have forgotten that thousands of white young men died under the flag in a great civil war to end slavery.

Too many today have forgotten that it was conservative white men that worked to pass the legislation abolishing slavery and passing civil rights legislation.

Too many young black men today have been taught they have a right to disrespect authority because all law enforcement people are inherently racist.

Unfortunately, we have lost site of the ways we have established to insure we continue to strive to improve our society while respecting the rights of all Americans. Instead we have begun to accept the rule of the angry mob. Perceived injustice is

met with howls of, “no justice no peace.”

Martin Luther King was right when he said, “..little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.”

The NFL players have gotten their protest all wrong. Their complaint is about the content of our national character not the symbols that call us to live as a more tolerant people.

As Commander Rohan has pointed out, they may have the right to do it but it is the wrong thing to do. Disrespecting our flag and national anthem is disrespecting the sacrifice of all of those brave Americans who have fought and died to preserve our freedom and the values we profess to hold dear.

Attacking our sacred sym-

bols is an attack on our nation and our national character not on our individual character flaws.

The NFL and the players should not be surprised at the visceral reaction they have encountered as a result of the exercise of their “free speech.” President Trump and the American people also have the right to respond to their protest.

NFL Commissioner, Roger Goodell needs to resign and the owners need to enforce the contract with their players that calls for them all to stand during the anthem. Otherwise the stadiums where these teams play should be shut down. They were paid for with taxpayer funds. Taxpayers have a right to refuse service to those who cannot respect all of our people or our symbols of American unity.

Public invited to register for Nov. 8 event in Chelan

IRIS to host annual NCW Community Success Summit in Chelan

Public invited to submit success stories from Okanogan, Douglas, Grant and Chelan county region

SUBMITTED BY INITIATIVE FOR RURAL INNOVATION & STEWARDSHIP

CHELAN - The Initiative for Rural Innovation & Stewardship (IRIS) plans to showcase success stories when it teams up with partners to convene the 8th annual NCW Community Success Summit in Chelan on Wednesday, November 8, 2017. “Pristine Lake, Passionate People – Where Beauty Runs Deep” is scheduled from 9 a.m. to 2 p.m. at the Chelan Community Gym in Chelan, Wash.

“We’re thrilled to be working with the City of Chelan and the greater community to host the summit this year,” said Nancy Warner, IRIS Program Coordinator. And as City of Chelan Mayor Mike Cooney points out, “this community that extends from McNeil Canyon in Douglas County to Stehekin on the west end of Lake Chelan has nurtured many collaborative successes.”

Some of the success stories that will be highlighted at the summit include the citizen-science initiative, “Keep it Blue Lake Chelan,” and the Chelan Roundtable, an informal leadership group that tapped the community spirit of the valley and helped generate a variety of successes in the Chelan Valley over the past decade.

IRIS is gathering other success stories from across the region that contribute to the kind of community we want to live in – one that maintains diverse, healthy ecosystems, fosters a high quality of life for all, and bridges cultural and political divides.

The public is invited to submit success stories from Chelan and from across the Grant, Douglas, Okanogan and Chelan county region. Visit www.irisnew.org to download the template and submit yours; visit IRIS on Facebook to preview stories contributed by

others.

To build on the 2016 summit in Quincy, IRIS is working again with the local school district to engage a team of faculty and students in aspects of the summit. One example of this collaboration is the art created by Li Ting Hsia, an exchange student from Taiwan, that graphic designer Dan O’Connor used to create the logo for this year’s event. Students will also welcome participants to their community and work with resource experts to facilitate roundtable discussions about stories that can inspire success in other parts of our region.

IRIS is working with an advisory committee to plan other elements of the summit that will include presentation of the community timeline, locally-catered lunch, live music, and sponsor displays. Event planners anticipate that more than 160 people from Chelan and across the region will participate in the summit. An annual celebration of success, the summit also serves as a fundraiser that will enable IRIS to continue the cycle of

highlighting success through 2020 when the event will be staged in the Wenatchee Valley.

IRIS is proud to acknowledge our 2020 Legacy Partners including the Port of Douglas County, Community Choice, The Wenatchee World, and Wenatchee Valley College, and the 2017 annual sponsors for this event: City of Chelan, Chelan School District, Washington Department of Ecology, Washington Department of Agriculture, Columbia Valley Community Health, Molina Healthcare, NCW Business Loan Fund, Lake Chelan Community Hospital Foundation, The Nature Conservancy, Wenatchee Valley Chamber of Commerce, Economic Alliance, Bureau of Land Management and Cascadia Conservation District.

For more information about how to get involved in planning for the 2017 NCW Community Success Summit or the 2020 Legacy Project contact the IRIS office at (509) 888-7374, irisnew@gmail.com. To see the agenda and register visit www.irisnew.org

Professor John Buchanan to speak at Wenatchee Valley Erratics Chapter

SUBMITTED BY WENATCHEE VALLEYERRATICS CHAPTER

WENTCHEE - Wenatchee Valley Erratics Chapter of the Ice Age Floods Institute will meet at 7 p.m., Tuesday, Oct. 10 at the Wenatchee Valley Museum, 127 South Mission, Wenatchee.

Topic will be: Big, bigger, biggest: Catastrophic flooding on Earth and Mars. The Wenatchee Valley Erratics go to Mars, two meetings in a row. Dr. John Buchanan, EWU professor of geology, will talk about catastrophic outburst flooding by various mechanisms that have been occurring on Earth and Mars through geologic time.

Dr. Buchanan will examine how the "Ice Age Floods" in eastern Washington compare with the filling of the Mediterranean (Pliocene), the Altai and Black/Caspian Sea floods in Russia (Pleistocene), floods in the English Channel (Pleistocene), the dumping of Lake Bonneville



Photo courtesy of Wenatchee Valley Erratics
Professor John Buchanan of Eastern Washington U

(Pleistocene), the recent failure of the Hubbard Glacier in Alaska (2002), and ancient floods on the red planet, Mars.

The program is free and open to the public.

For overviews of the Ice

Age Floods and more information on the Ice Age Floods Institute, please see our website: <http://www.iafi.org>; <http://www.hugefloods.com>; and quadricopter videos of Ice Age features, <http://www.brucebjornstad.com>.

If you are a pastor in the Quad City area, and would like to write a column for the paper, email it to Mike Maltais at qchreporter@gmail.com subject line: Pastor Column



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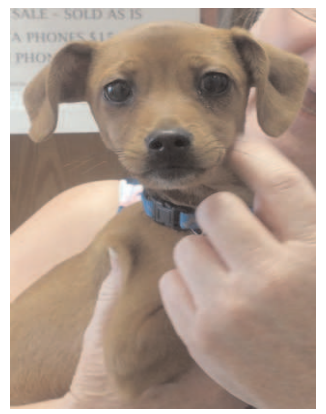
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THEME: FAMOUS POETS

ACROSS

1. Skilled practice
9. Golf hazard
13. Saint of the Caribbean
14. Placeholder surname
15. Strapping
16. Whatsoever
17. Ever, to a poet
18. Tree common to Pacific Northwest
19. "O Captain! my Captain! our fearful trip is done..."
21. "Come live with me and be my love..."
23. Center of activity
24. Romanov ruler
25. It's wheels go round and round
28. Place for a hero
30. Between hexad and octad
35. Like a hand-me-down
37. Be inclined
39. Muralist Rivera
40. Hold sway
41. Strongboxes
43. F.B.I. operative
44. One who names
46. Justice's garb
47. "Wheel of Fortune" choice
48. Swell or very good
50. Antonym of "is"
52. Next to nothing
53. Metal leaf
55. Ship pronoun
57. "Twas brillig, and the slithy toves..."
61. Study of rocks
65. Bye, to FranAois Hollande
66. Electric swimmer
68. Goldwyn-Mayer
69. Pablo Neruda had two: a pen and a given
70. Tiny guitar
72. "Star"
74. Feed the fire

DOWN

1. Eagle's talons
2. Bader Ginsburg
3. Berry high in antioxidants
4. Foul matter
5. Ancient rabbinic writings
6. Port in Yemen
7. "Once upon a midnight dreary, while I pondered, weak and weary..."
8. 4 in a school year
9. "Dickinson: "Tell all the truth but ____ it slant"
10. Make over
11. Not many love...
12. Cremation pile
15. Like prison cell windows
20. Aids and
22. Expression of pleasure
24. Kitchen cover
25. "O my Luve is like a red, red rose..."
26. Nothing out of the ordinary
27. Alabama civil rights site
29. "The Owl and the Pussy-cat went to sea in a beautiful pea-green boat..."
31. Never, or when these fly
32. Dancer's beat
33. "Encore!"
34. "Death, be not proud, though some have called thee mighty and dreadful..."
36. Adele's "Rolling in the ____"
38. Young socialites, for short
42. Common thing
45. Brownish red
49. Campaign pro
51. "Do not go gentle into that good night..."
54. Intestinal obstruction
56. Choose a president
57. Not in optimist's vocabulary?
58. Month of Purim
59. Ice on a window
60. Smell badly
61. High school musical club
62. "The Simpsons" palindrome
63. Get the picture
64. Of long ago
67. ____ out a living

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

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Process Improvement Facilitator— Full-time
Trainer/ Eligibility Specialist — Full-time
Omak:
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HELP WANTED

Okanogan County Public Works
has 7 Temporary Winter Season positions available. **5** - M2 Truck Drivers and **2** - Snow Groomer Operators. For more information and to apply, please go to www.okanogancounty.org EOE



Receptionist/ Administrative Assistant
The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. This qualified individual will: Answer phones, take orders for classified and legal ads. Keep circulation records up to date. Prepare the daily cash receipts journal, make deposits. Prepare affidavits and tear sheets for advertisers and assist with other administrative activities as needed. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine --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 the Lake Chelan communities this job is for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants can send their resume to:
Attn: Publisher
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PUBLIC NOTICES

CITY OF PATEROS PUBLIC HEARING NOTICE
Notice is hereby given that the Council for the City of Pateros, Washington will hold a public hearing to discuss amending the Pateros Municipal Code on locations of water connections outside the city limits, Monday October 16, 2017 at 6:00 p.m. at Pateros City Hall, 113 Lakeshore Drive, Pateros, WA. All interested persons are invited to attend and provide testimony. Pateros City Hall is accessible to all persons and person requiring translation or other special services are requested to contact Pateros City Hall at 509-923-2571 at least one day prior to the meeting. Published in the Quad City Herald on October 5 and 12 of 2017. #00079990

CITY OF PATEROS PUBLIC HEARING NOTICE

Notice is hereby given that the Council for the City of Pateros, Washington will hold a public hearing to discuss amending Pateros Municipal Code 16.04.070 to add a qualified exemption to the subdivision requirements of the subdivision ordinance of the city, Monday October 16, 2017 at 6:00 p.m. at Pateros City Hall, 113 Lakeshore Drive, Pateros, WA. All interested persons are invited to attend and provide testimony. Pateros City Hall is accessible to all persons and person requiring translation or other special services are requested to contact Pateros City Hall at 509-923-2571 at least one day prior to the meeting. Published in the Quad City Herald on October 5 and 12 of 2017. #00079991

CITY OF PATEROS PUBLIC HEARING NOTICE

Notice is hereby given that the Council for the City of Pateros, Washington will hold a public hearing to discuss a variance application for portions of alleys off of Florence Street, Monday October 16, 2017 at 6:00 p.m. at Pateros City Hall, 113 Lakeshore Drive, Pateros, WA. All interested persons are invited to attend and provide testimony. Pateros City Hall is accessible to all persons and person requiring translation or other special services are requested to contact Pateros City Hall at 509-923-2571 at least one day prior to the meeting. Published in the Quad City Herald on October 5 and 12 of 2017. #00079989

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PUBLIC NOTICES

NOTICE: ANNOUNCEMENT OF APPLICATION FOR COVERAGE UNDER A GENERAL PERMIT TO DISCHARGE TO STATE WATERS
PERMIT NO: WAG994359
PERMITTEE: Gebbers Farms / Brewster Heights Packing

Gebbers Farms/Brewster Heights Packing has filed an application for coverage under the Fresh Fruit Packing Industry National Pollutant Discharge Elimination System Waste Discharge General Permit (the general permit), in accordance with the provisions of Chapter 90.48 Revised Code of Washington, Chapter 173.226 Washington Administrative Code, and the Federal Water Pollution Control Act as amended.

This coverage is for the discharge of noncontact cooling water with additives from Gebbers Farms / Brewster Heights Packing - King Blosson facility located at 125 N. Star Road, Brewster, Washington. The discharge will be approximately 3,000 gallons per day to percolation system. All discharges to be in compliance with the Department of Ecology's Water Quality Standards.

TENTATIVE DETERMINATIONS
Ecology proposes to issue coverage under the general permit to the above listed applicant to discharge to public water, subject to certain effluent limitations and special permit conditions. These determinations are tentative. A final determination will not be made until all comments received pursuant to this notice have been evaluated.

PUBLIC COMMENT AND INFORMATION
Any person interested in Ecology's action on this application may notify Ecology of their interest within thirty days of the last

PUBLIC NOTICES

date of publication of this notice. The application and other related documents are available at Ecology's Central Regional Office for inspection and copying between the hours of 8:00 a.m. and 4:30 p.m., weekdays. To obtain a copy or to arrange to view copies at the Central Regional Office, please call 509/454-7658 or write to the address below.

Any person desiring to present their view to Ecology regarding this permit application may do so in writing within thirty days of the last date of publication of this notice to be considered for the final determination. E-mail comments should be sent to cynthia.huwe@ecy.wa.gov. Comments should be sent to: Cindy Huwe, Department of Ecology, Central Regional Office, 1250 West Alder Street, Union Gap, WA 98903.

Any interested party may request a public hearing on the proposed permit within 30 days of the publication date of this notice. The request for a hearing shall state the interest of the party and the reasons why a hearing is necessary. The request should be sent to the above address. Ecology will hold a hearing if it determines that there is significant public interest. If a hearing is to be held, public notice will be published at least 30 days in advance of the hearing date. Any party responding to this notice with comments will be mailed a copy of a hearing public notice.

If you require special accommodations or need this document in a format for the visually impaired, call Cindy Huwe at 509-457-7105. Persons with hearing loss can call 711 for Washington Relay Service. Persons with a speech disability can call 877-833-6341.

Dates published October 5 and 11, 2017.

Published in the Quad City Herald October 5 and 11, 2017. #79945



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